

North Carolina EMT State Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. When does the third stage of labor occur?**
 - A. After the delivery of the baby**
 - B. During active labor**
 - C. Following descent of the fetus**
 - D. Upon delivery of the placenta**

- 2. A patient has a rib fracture in the lower left anterior region. Which organ is likely injured?**
 - A. Liver**
 - B. Spleen**
 - C. Kidney**
 - D. Stomach**

- 3. How should a healthcare provider respond to vaginal bleeding in the first trimester?**
 - A. Advise rest and monitor**
 - B. Immediately call for emergency assistance**
 - C. Perform an ultrasound**
 - D. Encourage hydration**

- 4. What is the first action to take when dealing with an unconscious choking infant?**
 - A. Begin CPR**
 - B. Check their airway**
 - C. Call for emergency help**
 - D. Look for foreign bodies in the mouth**

- 5. What condition is characterized by paralysis of the lower extremities?**
 - A. Quadriplegia**
 - B. Hemiplegia**
 - C. Paraplegia**
 - D. Monoplegia**

- 6. What condition is characterized by decreased total body water in elderly patients?**
- A. Dehydration**
 - B. Obesity**
 - C. Kidney failure**
 - D. Heart disease**
- 7. What is the primary goal when responding to a choking emergency?**
- A. To relieve the obstruction**
 - B. To perform rescue breaths**
 - C. To keep the patient calm**
 - D. To monitor vital signs**
- 8. In Class IV hemorrhage, what happens to the blood pressure?**
- A. It remains normal**
 - B. It drops dangerously low**
 - C. It becomes elevated**
 - D. It fluctuates rapidly**
- 9. What percentage of the body's total surface area does the head represent according to the Rule of 9s for adults?**
- A. 4.5%**
 - B. 9%**
 - C. 18%**
 - D. 27%**
- 10. Which of the following is NOT a step in the START Triage method?**
- A. Assess mental status**
 - B. Check for broken bones**
 - C. Open the airway if necessary**
 - D. Assess respirations**

Answers

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1. D
2. B
3. B
4. A
5. C
6. A
7. A
8. B
9. B
10. B

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Explanations

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1. When does the third stage of labor occur?

- A. After the delivery of the baby
- B. During active labor
- C. Following descent of the fetus
- D. Upon delivery of the placenta**

The third stage of labor is characterized specifically by the delivery of the placenta. This stage begins immediately after the baby is born and continues until the placenta is fully expelled from the uterus. Understanding the stages of labor is critical for EMTs and other healthcare providers to ensure proper care during childbirth. During the first stage of labor, contractions help to dilate the cervix, preparing for delivery. The second stage involves the actual delivery of the baby. Once the baby has been delivered, attention shifts to the third stage, which is focused on the expulsion of the placenta, ensuring that it is delivered completely to reduce the risk of complications such as postpartum hemorrhage. Recognizing that the third stage is defined by the delivery of the placenta helps clarify the sequence of events during labor and delivery, reinforcing the importance of monitoring both the mother and baby during this critical time.

2. A patient has a rib fracture in the lower left anterior region. Which organ is likely injured?

- A. Liver
- B. Spleen**
- C. Kidney
- D. Stomach

When considering a rib fracture in the lower left anterior region, the most likely organ to be injured is the spleen. The spleen is located in the upper left quadrant of the abdomen, adjacent to the lower left ribs. Rib fractures in this area can lead to direct trauma to the spleen, resulting in potential splenic laceration or rupture, which can cause significant internal bleeding. The liver is primarily located in the upper right quadrant, making it less likely to be affected by a left-sided rib fracture. The kidney is situated in the posterior abdomen and is usually more protected by the ribs, particularly from anterior rib fractures. The stomach, while located in the upper abdomen, does not typically sustain injury from fractures of the lower ribs, as its position is more central and on the midline. Given that the spleen's anatomical position and its vulnerability to trauma from rib fractures in the lower left region, it is the most likely injured organ in this scenario.

3. How should a healthcare provider respond to vaginal bleeding in the first trimester?

- A. Advise rest and monitor**
- B. Immediately call for emergency assistance**
- C. Perform an ultrasound**
- D. Encourage hydration**

When addressing vaginal bleeding in the first trimester, it is critical for healthcare providers to prioritize patient safety and the potential for serious complications. Vaginal bleeding during this stage of pregnancy can be a sign of various conditions, including miscarriage or ectopic pregnancy, both of which may require immediate medical intervention. The response that involves calling for emergency assistance is appropriate because it ensures that the patient receives urgent evaluation and care. This could include assessments to determine the cause of the bleeding, such as blood tests, ultrasounds, or other diagnostic measures necessary for the patient's oversight. In cases of significant bleeding, timely intervention can be crucial in preventing further complications for both the patient and the fetus. While other responses, like advising rest or encouraging hydration, may be relevant in low-risk scenarios, they do not take into account the possible severity of vaginal bleeding. Proper medical evaluation is necessary to rule out any dangerous conditions and to provide appropriate care.

4. What is the first action to take when dealing with an unconscious choking infant?

- A. Begin CPR**
- B. Check their airway**
- C. Call for emergency help**
- D. Look for foreign bodies in the mouth**

The first action to take when dealing with an unconscious choking infant is to begin CPR. This is because when an infant is unconscious and not breathing due to choking, immediate intervention is critical to restore their breathing and circulation. CPR serves to provide artificial ventilation and maintain blood flow to vital organs until further help can be provided. When performing CPR on an unconscious choking infant, one would typically start with a series of rescue breaths followed by chest compressions. This approach not only helps to clear the airway and dislodge the obstruction but also ensures that the infant's brain and heart continue to receive oxygen. In situations like this, checking the airway or looking for foreign bodies in the mouth could also be necessary, but they should come after initiating compressions, especially if the child is unresponsive. Calling for emergency help is vital as well, but it can be done simultaneously with starting CPR or immediately after it has begun if someone else is available to make that call. Therefore, starting CPR is the most immediate and crucial step in this life-threatening situation.

5. What condition is characterized by paralysis of the lower extremities?

- A. Quadriplegia**
- B. Hemiplegia**
- C. Paraplegia**
- D. Monoplegia**

The condition characterized by paralysis of the lower extremities is paraplegia. This condition occurs when there is damage to the spinal cord, typically at the thoracic, lumbar, or sacral levels, which impacts the lower half of the body. Individuals with paraplegia often retain full use of their upper limbs but are unable to use their legs, leading to loss of mobility and function in the lower body. In terms of differential diagnoses, quadriplegia involves paralysis of all four limbs and is associated with injury higher up the spinal cord. Hemiplegia refers to paralysis of one side of the body, often due to a stroke or neurological condition affecting one hemisphere of the brain. Monoplegia affects a single limb, which can result from localized issues such as nerve injury or conditions like polio. Therefore, paraplegia specifically describes the scenario involving only the lower extremities, distinguishing it clearly from the other terms.

6. What condition is characterized by decreased total body water in elderly patients?

- A. Dehydration**
- B. Obesity**
- C. Kidney failure**
- D. Heart disease**

Dehydration is characterized by a decrease in total body water, which is particularly common in elderly patients. As people age, they may experience a natural decline in their body's water content due to various factors such as reduced sensation of thirst, changes in kidney function, and often inadequate fluid intake. These changes can make older adults more susceptible to dehydration, especially in hot weather or during illness. In the elderly, dehydration can have significant effects on health, including impairing cognitive function, causing dizziness or confusion, and increasing the risk of falls. It can also complicate the management of chronic illnesses that are prevalent in this age group. The other conditions mentioned, such as obesity, kidney failure, and heart disease, can have varying impacts on hydration status but do not primarily reflect a straightforward decrease in total body water like dehydration does. Obesity, for example, typically involves increased body fat and may not correlate with total body water decrease. Kidney failure can lead to fluid retention rather than dehydration, and heart disease can affect fluid balance but is not solely defined by decreased total body water.

7. What is the primary goal when responding to a choking emergency?

- A. To relieve the obstruction**
- B. To perform rescue breaths**
- C. To keep the patient calm**
- D. To monitor vital signs**

The primary goal when responding to a choking emergency is to relieve the obstruction. In situations where an individual is choking, their airway is compromised, which can lead to suffocation and loss of consciousness if not addressed promptly. The objective is to clear the airway and restore normal breathing. When someone is choking, effective techniques such as the Heimlich maneuver must be employed to dislodge the object that is blocking the airway. This action focuses on applying the right amount of pressure to the abdomen, which can help expel the obstruction. Restoring airflow to the lungs is critical, as failure to do so will result in a lack of oxygen, leading to serious physiological consequences. While factors such as keeping the patient calm, performing rescue breaths, and monitoring vital signs are important in a broader first aid context, they are secondary to immediate action aimed at relieving the obstruction when a patient is choking. The priority is always to make sure that the airway is clear to enable the patient to breathe again.

8. In Class IV hemorrhage, what happens to the blood pressure?

- A. It remains normal**
- B. It drops dangerously low**
- C. It becomes elevated**
- D. It fluctuates rapidly**

In Class IV hemorrhage, which is characterized by a significant loss of blood volume, the body's response typically involves a drastic drop in blood pressure. When approximately 40% or more of blood volume is lost, compensatory mechanisms such as increased heart rate and vasoconstriction can initially help maintain blood pressure; however, these mechanisms are often insufficient to counteract the severity of the fluid loss. As the condition progresses, the inability to maintain adequate perfusion leads to hypotension, which is a defining feature of this class of hemorrhage. Furthermore, the drop in blood pressure can lead to decreased perfusion of vital organs, potentially resulting in shock. This is critical for understanding patient assessment and management in emergency medical situations, as recognizing the signs of Class IV hemorrhage is vital for initiating timely and effective treatment.

9. What percentage of the body's total surface area does the head represent according to the Rule of 9s for adults?

- A. 4.5%
- B. 9%**
- C. 18%
- D. 27%

In the context of the Rule of 9s, the head accounts for 9% of the total body surface area in adults. This method is a quick way to estimate the surface area affected by burns, which is essential for guiding treatment decisions and fluid resuscitation in burn victims. The Rule of 9s segments the body into sections, with each section representing a percentage that adds up to a total of 100%. Specifically, the head, including the face and scalp, is designated as 9%, split into 4.5% for the anterior (front) and 4.5% for the posterior (back) side. Understanding this rule is crucial for emergency responders, as quick and accurate assessments can significantly impact patient outcomes in critical situations involving burns.

10. Which of the following is NOT a step in the START Triage method?

- A. Assess mental status
- B. Check for broken bones**
- C. Open the airway if necessary
- D. Assess respirations

In the START (Simple Triage and Rapid Treatment) Triage method, the primary goal is to quickly assess and categorize patients based on the severity of their conditions to prioritize medical treatment. Each step in this system is designed to ensure that patients who need immediate care receive it as swiftly as possible. Assessing mental status is a crucial part of the START triage process, as it helps determine the patient's neurological status and ability to follow simple commands, which directly impacts their priority for treatment. Checking respirations is also a vital step; the presence or absence of adequate breaths can indicate the patient's need for immediate intervention. Opening the airway if necessary is a critical intervention for patients who are not breathing adequately because it can restore airflow and potentially save a life. In contrast, checking for broken bones is not a step in the START Triage method. This assessment is more specific and does not impact the immediate classification of the patient's condition in the context of urgent interventions required at the scene. START focuses on rapid assessments of life-threatening conditions rather than detailed examinations of musculoskeletal injuries.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://northcarolinaemt.examzify.com>

We wish you the very best on your exam journey. You've got this!

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