

# 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. How much body surface area does each leg (front and back) represent in a child according to the Rule of 9's?**
  - A. 5%**
  - B. 7%**
  - C. 10%**
  - D. 14%**
  
- 2. What key responsibility does the Loading Supervisor have in an MCI?**
  - A. To supervise decontamination processes**
  - B. To manage patient treatment at the scene**
  - C. To oversee communications with hospitals**
  - D. To execute patient triage**
  
- 3. What is the primary purpose of the first step in START Triage?**
  - A. To create a triage category**
  - B. To identify stable patients**
  - C. To evaluate patients' breathing**
  - D. To mobilize patients to a safe area**
  
- 4. What does licensure grant an individual?**
  - A. Job security within a profession**
  - B. Permission to practice a job or profession**
  - C. Access to exclusive training programs**
  - D. Health care decision-making authority**
  
- 5. What is the correct technique for performing a pelvic assessment?**
  - A. Upward and outward pressure on the pelvis**
  - B. Downward and inward pressure on the iliac crests**
  - C. Assessment while the patient is sitting**
  - D. Palpation of the abdomen**

- 6. What are the two types of placental complications that can occur during pregnancy?**
- A. Abruptio placenta and placenta previa**
  - B. Placenta accreta and placenta increta**
  - C. Placenta previa and uterine atony**
  - D. Placenta abruption and uterine rupture**
- 7. What is a notable symptom of hyperglycemia?**
- A. Increased thirst and urination**
  - B. Excessive sweating**
  - C. Shaking**
  - D. Cold and clammy skin**
- 8. How does an ectopic pregnancy differ from a typical pregnancy?**
- A. It occurs in the uterus**
  - B. It develops in an area outside the uterus**
  - C. It is always a miscarriage**
  - D. It can develop in the cervix**
- 9. What is barotrauma a risk of during diving?**
- A. Drowning**
  - B. Hypoxia**
  - C. Pneumothorax**
  - D. Skin rashes**
- 10. Tendons primarily connect which two structures?**
- A. Muscle to muscle**
  - B. Bone to bone**
  - C. Bone to muscle**
  - D. Muscle to skin**

## Answers

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

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## **Explanations**

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**1. How much body surface area does each leg (front and back) represent in a child according to the Rule of 9's?**

- A. 5%
- B. 7%**
- C. 10%
- D. 14%

In children, the Rule of Nines splits the body so that each leg contributes 14% of the total body surface area, with the front of the leg accounting for 7% and the back for 7%. So when asked how much surface area each leg's front or back represents, the correct figure is 7%. The full leg (front plus back) would be 14%.

**2. What key responsibility does the Loading Supervisor have in an MCI?**

- A. To supervise decontamination processes
- B. To manage patient treatment at the scene
- C. To oversee communications with hospitals**
- D. To execute patient triage

The key responsibility of the Loading Supervisor in a Mass Casualty Incident (MCI) is to oversee communications with hospitals. This role is critical because the Loading Supervisor ensures that receiving facilities are informed about the types and numbers of patients being transported. This facilitates efficient hospital resource allocation, proper preparation for incoming patients, and enhanced overall coordination during the incident response. Managing communications effectively helps ensure that hospitals can mobilize the appropriate staff, equipment, and supplies to deal with the influx of patients resulting from an MCI. It's vital for maintaining a continuous flow of information between the scene of the emergency and hospital receiving areas, which ultimately contributes to better patient outcomes. Other roles, such as supervising decontamination processes or executing patient triage, focus on immediate scene management and treatment. However, the Loading Supervisor specifically addresses the logistics and communication aspects necessary for a successful transition of patients from the field to medical facilities.

### 3. What is the primary purpose of the first step in START Triage?

- A. To create a triage category
- B. To identify stable patients
- C. To evaluate patients' breathing
- D. To mobilize patients to a safe area**

The primary purpose of the first step in START Triage is to evaluate patients' breathing. START, which stands for Simple Triage and Rapid Treatment, is a system that allows first responders to quickly assess and prioritize patients based on the severity of their injuries in a mass casualty situation. By initially assessing a patient's breathing, responders can determine if the individual is in immediate distress. Those who are not breathing need urgent intervention, such as clearing the airway or providing rescue breaths, so they can be moved to the next step of treatment. This quick evaluation is critical to ensure that patients who are most in need receive timely care, preventing death due to airway compromise. The other choices focus on aspects of triage but do not encompass the immediate intent of the first step. Creating a triage category and identifying stable patients occur later in the triage process, after initial assessments of life threats such as breathing and circulation have been made. Mobilizing patients to a safe area, while an important part of emergency management, does not address the acute medical needs of patients as effectively as assessing breathing does at the outset of the triage process.

### 4. What does licensure grant an individual?

- A. Job security within a profession
- B. Permission to practice a job or profession**
- C. Access to exclusive training programs
- D. Health care decision-making authority

Licensure primarily serves as an official authorization from a regulatory body, allowing an individual to practice a specific job or profession legally. This permission comes after meeting certain educational, training, and examination requirements set by the governing authority, ensuring that the individual possesses the necessary skills and knowledge to perform effectively and safely in their role. The licensure process is crucial in professions such as emergency medical services where public safety is at stake. Holding a license signifies that the individual has met the state's standards for practice, providing assurance to employers and the public that they are qualified. This is why option B is the correct choice in this context. While other options might seem relevant to a professional's career, they do not accurately reflect the core purpose of licensure. Job security, access to training programs, or health care decision-making authority are not inherently granted through licensure itself; these aspects can depend on other factors, such as employment opportunities, organizational policies, or additional certifications and training beyond the basic licensure requirements.

**5. What is the correct technique for performing a pelvic assessment?**

- A. Upward and outward pressure on the pelvis**
- B. Downward and inward pressure on the iliac crests**
- C. Assessment while the patient is sitting**
- D. Palpation of the abdomen**

The technique for performing a pelvic assessment involves applying downward and inward pressure on the iliac crests. This method is crucial for evaluating the stability of the pelvis, particularly in trauma cases, as it helps to identify any potential fractures or instability in the pelvic ring. By exerting this specific pressure, you can ascertain whether the pelvis is intact or if there are any signs of injury, such as pain or abnormal movement. In contrast, applying upward and outward pressure on the pelvis might not provide an accurate assessment of stability or injury. Conducting the assessment while the patient is sitting is not advisable, as this position may not allow for a thorough examination of the pelvis. Finally, palpation of the abdomen, while useful in other assessments, does not specifically evaluate the pelvic structure or any potential deformities or fractures of the pelvic area. Thus, the recommended technique focuses directly on the iliac crests to ensure a proper and effective evaluation.

**6. What are the two types of placental complications that can occur during pregnancy?**

- A. Abruptio placenta and placenta previa**
- B. Placenta accreta and placenta increta**
- C. Placenta previa and uterine atony**
- D. Placenta abruption and uterine rupture**

The correct response identifies the two primary types of placental complications that can arise during pregnancy: abruptio placenta and placenta previa. Abruptio placenta refers to a condition where the placenta detaches from the uterine wall prematurely, which can lead to severe bleeding and can pose significant risks to both the mother and fetus. Symptoms may include abdominal pain and vaginal bleeding, and this condition often necessitates immediate medical intervention. Placenta previa, on the other hand, occurs when the placenta is abnormally located in the lower part of the uterus, covering all or part of the cervix. This condition can lead to complications, particularly during labor, as it can cause significant bleeding. It often requires special management, which may include a cesarean delivery if the placenta does not move away from the cervix as the pregnancy progresses. Recognizing these two conditions is crucial for the proper assessment and management of complications during pregnancy, which is a key aspect of obstetric care that EMTs must be familiar with in order to provide safe and effective support in emergency situations.

## 7. What is a notable symptom of hyperglycemia?

- A. Increased thirst and urination**
- B. Excessive sweating**
- C. Shaking**
- D. Cold and clammy skin**

Increased thirst and urination are hallmark symptoms of hyperglycemia, which occurs when there is an excess of glucose in the bloodstream. This condition often arises in individuals with uncontrolled diabetes. The elevated blood sugar levels lead to osmotic diuresis, where glucose spills over into the urine, pulling water with it. As a result, the body becomes dehydrated, triggering increased thirst as a compensatory mechanism. This symptom, along with frequent urination, is significant for identifying hyperglycemia and warrants further assessment and management.

## 8. How does an ectopic pregnancy differ from a typical pregnancy?

- A. It occurs in the uterus**
- B. It develops in an area outside the uterus**
- C. It is always a miscarriage**
- D. It can develop in the cervix**

An ectopic pregnancy is characterized by the implantation of the embryo in an area outside the uterine cavity, most commonly in the fallopian tubes. This situation poses significant risks to the health of the mother, as the growing embryo can lead to internal bleeding and other complications if not diagnosed and treated promptly. In contrast, a typical pregnancy occurs within the uterus, wherein the embryo implants and develops normally. While it's true that an ectopic pregnancy may sometimes be found in locations like the cervix, that is not a defining characteristic of ectopic pregnancies in general. Furthermore, not all ectopic pregnancies result in miscarriage; they are unique pathological conditions rather than a distinct stage of pregnancy that leads to termination. Therefore, the identification of an ectopic pregnancy rests significantly on the fact that it develops in an area outside the uterus, making that the correct differentiation.

## 9. What is barotrauma a risk of during diving?

- A. Drowning
- B. Hypoxia
- C. Pneumothorax**
- D. Skin rashes

Barotrauma occurs when there is a difference in pressure between the air spaces in the body and the surrounding environment, which can happen during activities such as diving. As a diver descends, the water pressure increases, and if a diver does not equalize the pressure in their lungs or sinuses, it can lead to severe complications.

Pneumothorax, which is the presence of air in the pleural cavity that can cause the lung to collapse, is a direct result of barotrauma. When the diver ascends, the pressure decreases, and if air trapped in a pulmonary space expands without being exhaled, it can rupture the lung tissue, leading to pneumothorax. This makes it a significant risk associated with diving and a clear outcome of unmanaged pressure changes within the body. The other options, while they may be associated with diving, do not result directly from the pressure changes that characterize barotrauma. Drowning is primarily related to water inhalation, hypoxia can occur due to inadequate oxygen rather than pressure change, and skin rashes are generally related to allergic reactions or other skin irritants rather than pressure-related injuries. Thus, pneumothorax is specifically linked to the risks posed by barotrauma.

## 10. Tendons primarily connect which two structures?

- A. Muscle to muscle
- B. Bone to bone
- C. Bone to muscle**
- D. Muscle to skin

Tendons are fibrous connective tissues that play a crucial role in the musculoskeletal system by connecting muscles to bones. This connection allows for the transmission of force generated by the muscle to the bone, facilitating movement at the joints. When a muscle contracts, it pulls on the tendon, which then pulls on the associated bone, resulting in motion. This anatomical relationship is essential for various activities, from simple movements like walking to complex tasks requiring coordination and strength. Understanding the function of tendons is vital for recognizing how injuries can occur in these structures and the importance of proper conditioning and rehabilitation in maintaining musculoskeletal health.

## 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](mailto: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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