

OFM Technical Rope Rescue 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. What does 'input force' refer to?**
 - A. Mechanical advantage of a system**
 - B. Amount of pull at the running end of the rope**
 - C. Weight of the anchor**
 - D. Number of pulleys in the system**

- 2. In incident management, the emergency phase ends when which condition is met?**
 - A. When all victims have been extricated and transferred to EMS**
 - B. When the scene is secured and initial care begins**
 - C. When law enforcement completes documentation**
 - D. When all hazards are eliminated**

- 3. Which of the following items constitute minimum PPE for a rescuer?**
 - A. Helmet**
 - B. All of the above**
 - C. Eye protection**
 - D. CSA approved footwear**

- 4. How many times would you wrap the rope around a figure 8 descender/rescue 8 for a two-person load?**
 - A. single wrap**
 - B. double wrap**
 - C. triple wrap**
 - D. quadruple wrap**

- 5. Which belay system is one of the most popular belay systems used in the fire service?**
 - A. Single rope belay**
 - B. Tandem Prusik Belay**
 - C. False belay**
 - D. Ratcheting belay**

- 6. How would you describe a proper load-testing procedure for a rescue anchor?**
- A. Apply a moderate load at random; observe.**
 - B. Test by applying the maximum possible load until failure.**
 - C. Test only after the operation.**
 - D. Apply a controlled load near anticipated working load, observe stability, verify redundancy, and re-check connections.**
- 7. Which type of belay system is managed by a separate person below the rappeller?**
- A. Automatic belay**
 - B. Manual belay**
 - C. Independent belay**
 - D. Bottom belay**
- 8. Who needs to understand the accountability system at an incident?**
- A. Incident Commander**
 - B. Firefighters**
 - C. Captains**
 - D. All personnel operating at the incident**
- 9. Who must give permission before you approach a helicopter?**
- A. Permission Isn't Required If You Feel It Is Safe**
 - B. Fire Captain**
 - C. Land Ambulance Paramedic**
 - D. Helicopter Pilot**
- 10. The minimum breaking strength of a G-rated life safety rope is 40 kN. Which of the following is the equivalent in pounds-force?**
- A. 2250 lb**
 - B. 9000 lb**
 - C. 4500 lb**
 - D. 6750 lb**

Answers

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

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Explanations

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1. What does 'input force' refer to?

- A. Mechanical advantage of a system**
- B. Amount of pull at the running end of the rope**
- C. Weight of the anchor**
- D. Number of pulleys in the system**

Input force is the effort you apply to the rope, at the running end, to make the system move. It's the actual pull you exert to lift or lower the load. In a pulley system, the number of pulleys and the arrangement determine how much load you can move per amount of input, but the input force itself is simply the pull you apply. Why this fits the choice: the amount of pull at the running end of the rope is exactly the force you exert to drive the system. The other options aren't the input force: mechanical advantage is the ratio of output to input, not the force you apply; the weight of the anchor is the load, not the input; and the number of pulleys affects potential advantage but isn't the input force itself.

2. In incident management, the emergency phase ends when which condition is met?

- A. When all victims have been extricated and transferred to EMS**
- B. When the scene is secured and initial care begins**
- C. When law enforcement completes documentation**
- D. When all hazards are eliminated**

In incident management, the emergency phase is the period of rapid rescue, hazard control, and getting victims to medical care. It ends when all victims have been extricated from the danger area and handed over to EMS for definitive medical treatment. Once victims are in EMS care, the on-scene focus shifts toward on-scene stabilization, transport coordination, and transitioning to the next management phases. Why this fits best: extrication and handover mark the point at which the immediate on-scene life-saving actions are complete and professional medical care takes over, which signals a move beyond the urgent rescue operations. Securing the scene and starting initial care happen earlier in the response, not at the end of the emergency phase. Administrative tasks like law enforcement documentation occur later in the incident timeline. While eliminating hazards is essential, remaining hazards don't necessarily define the end of the emergency phase; the decisive boundary is when victims are removed and transferred to EMS.

3. Which of the following items constitute minimum PPE for a rescuer?

A. Helmet

B. All of the above

C. Eye protection

D. CSA approved footwear

Minimum PPE for a rescuer includes protection for the head, eyes, and feet. The helmet guards the skull from impacts, overhead hazards, and contact with gear or rigging. Eye protection shields against rope frays, debris, and particles that can be kicked up during handling, lowering, or rescue operations. CSA approved footwear provides toe protection, durability against sharp objects, and reliable traction on uneven or slippery terrain often found around rope systems. Each item addresses a distinct safety need, so having all three together represents the baseline protection required. Without any one of them, a critical risk remains unmitigated.

4. How many times would you wrap the rope around a figure 8 descender/rescue 8 for a two-person load?

A. single wrap

B. double wrap

C. triple wrap

D. quadruple wrap

The main idea is how friction and control change when the load gets heavier. When you're using a figure-8 descender (rescue 8), wrapping the rope around it more times increases the friction between the rope and the device. With a two-person load, the force on the rope is greater, so a single wrap may not provide enough friction to keep the descent or haul under control. A double wrap adds enough friction to slow and manage the movement reliably, helping you hold the load, feed rope smoothly, and reduce the chance of the rope slipping through the device. Adding more than two wraps would increase friction further, but it can make feeding rope awkward and generate more heat, which isn't desirable in standard two-person operations. So, for a two-person load, two wraps strike the right balance between control and practicality.

5. Which belay system is one of the most popular belay systems used in the fire service?

- A. Single rope belay**
- B. Tandem Prusik Belay**
- C. False belay**
- D. Ratcheting belay**

In fire-service rope rescue, having a belay system that provides a reliable, redundant means to stop movement is essential. The Tandem Prusik Belay achieves this by using two Prusik friction knots on the control rope, worked in tandem to arrest the load if the primary braking action slips or fails. One Prusik serves as the main friction point, while the second acts as a backup that catches and holds the load, increasing safety and giving the rescuer an extra layer of protection without needing complex gear. This setup works well with a single rope and can be quickly rigged in the field, which is why it's widely taught and used in fire service operations. It also remains functional across a range of rope diameters and conditions since the braking relies on friction from the knots rather than a single mechanical device that could jam or fail under heat and debris. Other options either lack this built-in redundancy, rely on devices that may jam or fail in rugged environments, or involve mechanisms that are not as practical or safe for the typical fire-rescue context.

6. How would you describe a proper load-testing procedure for a rescue anchor?

- A. Apply a moderate load at random; observe.**
- B. Test by applying the maximum possible load until failure.**
- C. Test only after the operation.**
- D. Apply a controlled load near anticipated working load, observe stability, verify redundancy, and re-check connections.**

Testing an anchor's load-bearing ability in rope rescue is about confirming it behaves as expected under realistic conditions while staying within safe margins. The best approach is to apply a controlled load near the anticipated working load and watch how the system responds. You want to see that the anchor remains stable, that no unwanted movement or deformation occurs, and that the load path remains solid. Verifying redundancy means ensuring there are alternative load paths or backup anchors so a single component failure won't collapse the system. Re-checking connections—carabiners, knots, anchor bolts, slings—under load catches components that might loosen or fail once tension is applied. This method provides practical, safe verification before use, without risking damage by testing to failure, and it confirms readiness for an operation.

7. Which type of belay system is managed by a separate person below the rappeller?

- A. Automatic belay**
- B. Manual belay**
- C. Independent belay**
- D. Bottom belay**

Belay control during a rappel hinges on who holds the rope and from where. A bottom belay is when a separate person stationed at the base takes responsibility for the belay, managing the rope for the rappeller from below. This position provides direct, independent control of rope tension and slack from the bottom, enabling immediate stopping or controlled lowering as needed—a key safety setup in rescue scenarios. Other options describe belays managed from different arrangements (device-based automatic belay, top-based manual belay, etc.), which do not involve a dedicated belayer below the rappeller, so bottom belay is the correct match.

8. Who needs to understand the accountability system at an incident?

- A. Incident Commander**
- B. Firefighters**
- C. Captains**
- D. All personnel operating at the incident**

The main idea here is that accountability on an incident is about knowing who is on the scene, where they are, and what they are doing at all times. This keeps everyone safe, ensures resources are used effectively, and lets command quickly identify who might be at risk or needed for a task. All personnel operating at the incident must understand and participate in the accountability process. When every responder knows how to log in, report location, and take part in progress reports and PAR checks, the incident can adapt rapidly to changing conditions and no one is left unaccounted for. While leaders rely on the system, its effectiveness hinges on universal understanding. If only some roles know the process, gaps can appear and safety or coordination can suffer.

9. Who must give permission before you approach a helicopter?

- A. Permission Isn't Required If You Feel It Is Safe**
- B. Fire Captain**
- C. Land Ambulance Paramedic**
- D. Helicopter Pilot**

Approaching a helicopter requires explicit clearance from the person piloting the aircraft because they control rotor safety, engine status, and the designated approach path. The pilot is in the best position to judge when it's safe to move toward or away from the rotor, and to coordinate signals with ground crew. Other responders on scene help manage safety and operations, but they do not grant access to the aircraft; their roles don't override the pilot's authority. If there's a need to approach, the pilot will give the specific permission and directions for a safe approach.

10. The minimum breaking strength of a G-rated life safety rope is 40 kN. Which of the following is the equivalent in pounds-force?

A. 2250 lb

B. 9000 lb

C. 4500 lb

D. 6750 lb

Converting from kilonewtons to pounds-force is the key idea. A minimum breaking strength of 40 kN equals 40,000 newtons. With 1 newton about 0.2248 pounds-force, multiply: $40,000 \times 0.2248 \approx 8,992$ lbf, which rounds to about 9,000 lbf. Therefore, the equivalent in pounds-force is about 9,000. The other options correspond to roughly 10 kN, 20 kN, and 30 kN, which do not match the 40 kN value.

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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://ofmtechnicalroperescue.examzify.com>

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

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