

# Ontario Office of the Fire Marshal (OFM) NFPA Technical Rescue (NFPA 1006) Written Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Table of Contents

**Copyright** ..... 1

**Table of Contents** ..... 2

**Introduction** ..... 3

**How to Use This Guide** ..... 4

**Questions** ..... 5

**Answers** ..... 8

**Explanations** ..... 10

**Next Steps** ..... 16

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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 is the term for the metal wheel in a pulley that the rope runs over?**
  - A. Axle**
  - B. Becket**
  - C. Sheave**
  - D. Tread**
  
- 2. What is a disadvantage of nylon rope?**
  - A. Inability to handle shock load**
  - B. Susceptibility to damage from alkalis**
  - C. It may lose 10 to 15 percent of its strength when wet**
  - D. Low melting point**
  
- 3. What essential quality should rescuers demonstrate when responding to an incident?**
  - A. Decision-making under pressure**
  - B. Knowledge of local laws**
  - C. Physical strength and endurance**
  - D. Technical expertise in machinery**
  
- 4. Each rope should have its own log card with what pertinent information?**
  - A. Manufacturer**
  - B. Diameter**
  - C. Date of purchase**
  - D. All of these choices are correct.**
  
- 5. What type of rescue involves incidents such as building collapses or entrapments?**
  - A. Water rescue**
  - B. Structural rescue**
  - C. Technical rescue**
  - D. Aerial rescue**

- 6. What type of harness is primarily used in vertical rescue operations?**
- A. Chest harness**
  - B. Safety harness**
  - C. Full-body harness**
  - D. Waist harness**
- 7. How often should training for technical rescue personnel be conducted?**
- A. Once a year**
  - B. As needed based on incidents**
  - C. Regularly, to ensure skills and knowledge remain current**
  - D. Every six months**
- 8. What is a critical component to consider when conducting search and rescue missions?**
- A. Public relations**
  - B. Incident management**
  - C. Equipment maintenance**
  - D. Volunteer recruitment**
- 9. What is a technique for bringing a rope into a more favorable position or angle?**
- A. Pendulum**
  - B. Directional**
  - C. Teaming**
  - D. Planning**
- 10. What is the correct sequence of the parts of a rope, starting at the rescuer on the ground working backwards to the anchor?**
- A. Running end, standing part, working end**
  - B. Working end, running end, standing part**
  - C. Standing part, working end, running end**
  - D. Running end, working end, standing part**

## Answers

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

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## **Explanations**

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**1. What is the term for the metal wheel in a pulley that the rope runs over?**

- A. Axle**
- B. Becket**
- C. Sheave**
- D. Tread**

The term for the metal wheel in a pulley that the rope runs over is "sheave." Sheaves play a critical role in pulleys by reducing friction and allowing the rope to move smoothly. This smooth movement is essential for efficient load lifting and helps in directing the rope as it operates in various rigging scenarios. The design of a sheave typically includes a groove that matches the diameter of the rope, ensuring a secure fit and proper functioning. Without a sheave, the rope would not be able to rotate freely, which could lead to greater wear on the rope and increased difficulty in lifting or moving loads. Thus, understanding the components of a pulley system, including the function of the sheave, is fundamental for anyone involved in technical rescue operations.

**2. What is a disadvantage of nylon rope?**

- A. Inability to handle shock load**
- B. Susceptibility to damage from alkalis**
- C. It may lose 10 to 15 percent of its strength when wet**
- D. Low melting point**

The chosen response highlights a significant characteristic of nylon rope, particularly regarding its performance in wet conditions. Nylon can absorb moisture, which may lead to its degradation in terms of strength when saturated. When the rope becomes wet, it is known to lose approximately 10 to 15 percent of its strength. This phenomenon is crucial for rescuers and those involved in technical rescue operations, as it can impact the safety and effectiveness of the equipment in real-world scenarios where wet conditions might be commonplace. When considering the other characteristics, it's also essential to understand how they relate to nylon rope's overall performance. For instance, while nylon does have a good capacity to handle shock loads due to its elasticity, it may not be suitable in all applications, particularly where repeated significant shock loading is anticipated. Susceptibility to damage from alkalis can also affect nylon, but this is not universally a primary concern in most rescue situations. Lastly, while the melting point of nylon is lower than that of some other materials, this is not typically the predominant disadvantage in the context of strength loss when wet. Each attribute has its place, but the focus on moisture absorption makes the selected response particularly relevant to the considerations for safety and effectiveness in technical rescue operations.

**3. What essential quality should rescuers demonstrate when responding to an incident?**

- A. Decision-making under pressure**
- B. Knowledge of local laws**
- C. Physical strength and endurance**
- D. Technical expertise in machinery**

Demonstrating decision-making under pressure is a crucial quality for rescuers responding to an incident because emergencies often occur in dynamic and unpredictable environments where quick and effective decisions can dramatically impact the outcome. Rescuers must analyze situations rapidly, assess risks, and determine the best course of action to ensure the safety of all involved, including victims and team members. This ability to remain calm and make sound judgments under stress is key to managing chaotic scenarios effectively. While knowledge of local laws, physical strength and endurance, and technical expertise in machinery are also valuable traits, they serve more as supplementary qualities. Rescuers can benefit from understanding the legal framework surrounding their operations, being physically fit to handle demanding tasks, and possessing technical skills relevant to specific rescue situations. However, without the ability to make clear and rational decisions in high-pressure situations, even the most knowledgeable or physically capable rescuer might struggle to achieve the best outcomes. Therefore, the emphasis on decision-making under pressure highlights its central importance in the context of technical rescue operations.

**4. Each rope should have its own log card with what pertinent information?**

- A. Manufacturer**
- B. Diameter**
- C. Date of purchase**
- D. All of these choices are correct.**

Each rope should indeed have its own log card detailing all pertinent information to ensure proper usage and maintenance. This log card is essential for tracking the rope's history and understanding its specifications, which directly impacts safety during rescue operations. Including the manufacturer on the log card is crucial because it provides information on the quality and compliance standards of the rope, which can be vital for understanding its performance characteristics and limitations. Knowing the diameter of the rope is also important, as it can affect compatibility with hardware and overall strength. Finally, the date of purchase helps to assess the lifespan of the rope, allowing users to determine when it should be retired based on usage and age. Having all this information documented on a log card creates a comprehensive overview of the rope's specifications and history, which is fundamental for adherence to safety protocols and for conducting routine inspections effectively. Therefore, the inclusion of all these details reinforces best practices in rope maintenance and ensures that users are fully informed about the equipment they are relying on during rescue operations.

**5. What type of rescue involves incidents such as building collapses or entrapments?**

- A. Water rescue
- B. Structural rescue**
- C. Technical rescue
- D. Aerial rescue

Structural rescue is specifically concerned with incidents that involve the collapse of buildings or situations where individuals are trapped within structures. This type of rescue focuses on the unique challenges posed by confined spaces and the complexities associated with unstable environments. Firefighters and rescue personnel trained in structural rescue must understand the building's integrity, the potential for secondary collapses, and the safe use of tools and techniques to extricate victims. While technical rescue is a broader term that encompasses various specialized rescue techniques, including water, aerial, and structural rescues, structural rescue zeroes in on specific scenarios related to constructions and environments where collapse or entrapments occur. Water rescue pertains to incidents involving drowning or water-related emergencies, aerial rescue involves operations performed from heights or within aircraft, and technical rescue encompasses all specialized rescue disciplines. Thus, among the options, structural rescue is the most accurate choice for situations specifically addressing building collapses and entrapments.

**6. What type of harness is primarily used in vertical rescue operations?**

- A. Chest harness
- B. Safety harness
- C. Full-body harness**
- D. Waist harness

In vertical rescue operations, a full-body harness is the most appropriate choice due to its design, which allows for optimal body support and weight distribution. This type of harness secures the rescuer at both the shoulders and the hips, which is critical in preventing falls and providing stability while working in vertical environments. A full-body harness also allows for easier maneuvering and positioning during operations such as rappelling or ascending, where the rescuer may need to maintain control over their body orientation and safety. The harness is designed to facilitate efficient rescue operations by providing attachment points for safety lines and equipment, ensuring that the rescuer can perform their tasks safely without the risk of slipping out of the harness. This is particularly important in scenarios where the rescuer may need to hang suspended or make complex movements in the vertical space. Other harness types, while useful in certain contexts, do not offer the same level of security and versatility as a full-body harness in vertical rescue situations. For example, a chest harness or a waist harness may not provide adequate support across the body, increasing the risk of falling or injury. Therefore, the full-body harness is the standard for these operations, emphasizing both safety and functionality.

**7. How often should training for technical rescue personnel be conducted?**

- A. Once a year**
- B. As needed based on incidents**
- C. Regularly, to ensure skills and knowledge remain current**
- D. Every six months**

Regular training for technical rescue personnel is essential to ensure that their skills and knowledge remain current and they are prepared for real-world incidents. The nature of technical rescue operations often involves high-risk situations and complex scenarios that require precise execution of skills. Regular training sessions not only reinforce existing knowledge and techniques but also introduce personnel to new methods, equipment, and safety protocols that may evolve over time. In many organizations, annual training may not be sufficient, especially considering the potential time gaps between incidents. Regular training ensures that responders do not become complacent and stay sharp in their abilities, effectively preparing them for diverse and challenging rescue situations. Continuous education and practice can significantly enhance safety for both the rescuers and the individuals they are tasked with rescuing. By prioritizing regular training, organizations can adapt to the ever-changing landscape of rescue operations, maintaining the effectiveness and efficiency of their technical rescue personnel when responding to emergencies.

**8. What is a critical component to consider when conducting search and rescue missions?**

- A. Public relations**
- B. Incident management**
- C. Equipment maintenance**
- D. Volunteer recruitment**

Incident management is a critical component to consider during search and rescue missions because it encompasses the organization, coordination, and execution of actions taken to respond effectively to incidents. Proper incident management ensures that all resources—human and material—are utilized efficiently and that responders operate in a safe environment under a unified command structure. Effective incident management involves establishing clear roles and responsibilities among team members, managing communications, and making strategic decisions based on the assessment of risks and conditions on the scene. This structured approach helps streamline operations, ensuring that rescues can be conducted quickly and safely while minimizing confusion and maximizing the effectiveness of the rescue efforts. In contrast, while public relations, equipment maintenance, and volunteer recruitment are also important for the overall success of rescue operations, they do not directly dictate the immediate operational effectiveness and safety that the primary focus of incident management provides during a mission.

**9. What is a technique for bringing a rope into a more favorable position or angle?**

- A. Pendulum
- B. Directional**
- C. Teaming
- D. Planning

The technique known as directional refers to the method of bringing a rope into a more favorable position or angle to improve the efficiency and safety of a rescue operation. This involves setting up anchors and adjusting the direction of the load, which helps to manage the forces acting on the rope and equipment effectively. By utilizing this technique, rescuers can ensure that the load is distributed properly, reducing wear and tear on gear, while maximizing the effectiveness of the system in place. A directional system allows for better control of the load and can position the rope in a way that minimizes the risk of abrasion or other hazards that can occur when a rope is pulled at suboptimal angles. This is particularly critical in rescue scenarios where precision is essential for the safety of both the rescuers and the individuals being rescued. The other techniques, while useful in different contexts, do not specifically address the adjustment of the rope's position or angle in the same manner that the directional technique does. Therefore, understanding and applying the directional technique is vital for effective and safe technical rescue operations.

**10. What is the correct sequence of the parts of a rope, starting at the rescuer on the ground working backwards to the anchor?**

- A. Running end, standing part, working end**
- B. Working end, running end, standing part
- C. Standing part, working end, running end
- D. Running end, working end, standing part

The correct sequence of the parts of a rope, starting at the rescuer on the ground and working backwards to the anchor, is indeed running end, standing part, working end. To understand this, let's break down the terminology: - The **\*\*running end\*\*** is the portion of the rope that is free to move and is typically used to tie off or manipulate the rope during a rescue operation. When starting at the rescuer, this is the end of the rope that would be coming toward the person. - The **\*\*standing part\*\*** is the length of rope that is not being used for the operation at hand. It remains anchored and stable, providing the necessary support in a rescue scenario. This part connects the running end to the anchor point. - The **\*\*working end\*\*** is the part of the rope that is typically engaged in the task at hand, like securing a victim or making a knot. When you visualize this in a rescue setup, you would see the running end closest to the rescuer, allowing them to manipulate the rope as needed. The standing part offers stability and support for the operation, and the working end, often closest to the victim or tied off, is utilized for the actual rescue task. This sequence is

## 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://ofm-nfpa1006technicalrescue.examzify.com>**

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

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