

# Sacramento County EMS Protocols Practice Test (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. For pediatric trauma pain management, what GCS indicates that it's appropriate to provide pain management?**
  - A. GCS of 10 or lower**
  - B. GCS of 12 or below**
  - C. GCS of 15 or baseline**
  - D. GCS of 8 or lower**
  
- 2. Why is it crucial for EMTs to wear PPE when there is a risk of infection?**
  - A. It is legally required by all EMS organizations**
  - B. To protect themselves and ensure patient safety**
  - C. Because it is part of the training curriculum**
  - D. To comply with hospital receiving guidelines**
  
- 3. What is the main purpose of the primary survey in patient assessment?**
  - A. To gather detailed medical history**
  - B. To identify life-threatening conditions quickly**
  - C. To conduct psychological assessments**
  - D. To determine patient consent for treatment**
  
- 4. What is a Burn Center Referral?**
  - A. For patients with minor burns**
  - B. For patients requiring treatment for severe burns**
  - C. Only for patients with burns above the neck**
  - D. For patients who refuse treatment**
  
- 5. For sync cardioversion in symptomatic tachycardia, what is the order of energy settings typically used?**
  - A. 50 > 100 > Max setting**
  - B. 100 > 150 > Max setting**
  - C. 100 > 200 > Max setting**
  - D. 200 > 300 > Max setting**

- 6. What is the importance of maintaining a high index of suspicion during assessments?**
- A. To diagnose conditions quickly**
  - B. To detect severe conditions early**
  - C. To minimize the time spent on each patient**
  - D. To avoid unnecessary treatments**
- 7. Which of the following is a key reason for EMTs to utilize PPE?**
- A. To make the cleaning process easier post-call**
  - B. To enhance the uniform appearance of responders**
  - C. To reduce the likelihood of cross-contamination**
  - D. To improve patient comfort during transport**
- 8. Which type of shock is classified as anaphylactic?**
- A. Cardiogenic**
  - B. Hypovolemic**
  - C. Septic**
  - D. Neurologic**
- 9. In which situations should EMTs utilize personal protective equipment (PPE)?**
- A. Only during transportation of non-infectious patients**
  - B. When treating patients with minor injuries**
  - C. In any situation involving exposure to blood or bodily fluids**
  - D. During routine cleaning of the ambulance**
- 10. When should an EMT initiate a transport decision?**
- A. After filling out all paperwork**
  - B. Based on patient's condition and severity of injury**
  - C. After determining the nearest hospital**
  - D. Only if the patient requests it**

## Answers

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

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## **Explanations**

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**1. For pediatric trauma pain management, what GCS indicates that it's appropriate to provide pain management?**

- A. GCS of 10 or lower**
- B. GCS of 12 or below**
- C. GCS of 15 or baseline**
- D. GCS of 8 or lower**

To determine the appropriateness of providing pain management to a pediatric trauma patient, it is essential to consider their level of consciousness as measured by the Glasgow Coma Scale (GCS). A GCS score of 15 indicates that the patient is fully alert and has no impairments in their ability to respond to stimuli, which allows for effective assessment of their pain. In pediatric care, providing pain management is crucial, but it should only be done when the patient is in a condition that allows for safe communication about pain levels and responses to medication. A GCS at baseline (15) signifies that the child can communicate effectively and express their pain, making it safe to provide pain management therapies. Lower GCS values, such as 10 or below, 12 or below, or 8 or lower, suggest impaired consciousness and an increased risk of further complications. In these cases, the child may not adequately respond to pain stimuli, may have altered airway or respiratory patterns, and could require different management considerations, such as stabilization before pain management is initiated. Therefore, the GCS of 15 is the appropriate threshold for confirming that a pediatric patient is capable of managing their own pain, allowing healthcare providers to proceed with pain management safely.

**2. Why is it crucial for EMTs to wear PPE when there is a risk of infection?**

- A. It is legally required by all EMS organizations**
- B. To protect themselves and ensure patient safety**
- C. Because it is part of the training curriculum**
- D. To comply with hospital receiving guidelines**

Wearing personal protective equipment (PPE) is essential for EMTs primarily to protect themselves and ensure patient safety. This practice mitigates the risk of infection transmission, which can occur through blood, bodily fluids, or airborne pathogens during medical interventions. When EMTs wear appropriate PPE—such as gloves, masks, gowns, and eye protection—they create a barrier against potential germs and viruses that may be present in various situations, including during patient contact or when handling contaminated materials. This not only safeguards the health of the EMTs themselves, reducing the likelihood of workplace-associated infections, but it also contributes to the overall safety of patients by minimizing the chance of cross-contamination. While legal requirements, training curriculum, and compliance with hospital guidelines are important aspects of EMS operations, the fundamental reason for PPE use centers on the direct impact it has on safety and health for both EMTs and patients.

### 3. What is the main purpose of the primary survey in patient assessment?

- A. To gather detailed medical history
- B. To identify life-threatening conditions quickly**
- C. To conduct psychological assessments
- D. To determine patient consent for treatment

The primary survey is a crucial component of patient assessment, specifically aimed at identifying life-threatening conditions quickly and accurately. During this initial assessment, healthcare providers assess the patient's airway, breathing, circulation, disability, and exposure. The focus is on rapidly identifying any immediate threats to life that require urgent intervention, such as severe bleeding, airway obstruction, or inadequate breathing. This initial evaluation is designed to prioritize interventions that stabilize the patient's condition before any further assessments are made or more detailed data, such as medical history, is gathered. By identifying critical issues early, responders can take immediate and appropriate actions, which is essential for improving patient outcomes in emergency situations.

### 4. What is a Burn Center Referral?

- A. For patients with minor burns
- B. For patients requiring treatment for severe burns**
- C. Only for patients with burns above the neck
- D. For patients who refuse treatment

A Burn Center Referral is specifically designed for patients requiring treatment for severe burns. This includes individuals who have sustained extensive burns, exhibit signs of deep tissue damage, or need specialized care that is not available in standard emergency settings. Burn centers are equipped with advanced resources and personnel trained in the complexities associated with burn injuries, such as grafting procedures, pain management, and rehabilitation, which are crucial for optimal recovery. Minor burns do not typically necessitate referral to a burn center, as they can usually be managed effectively in urgent care or outpatient settings. Similarly, burns only above the neck may not automatically qualify for referral unless they involve other factors, such as the total body surface area affected or the patient's overall condition. Referrals for patients who refuse treatment do not represent a medical necessity for a burn center; rather, they suggest a situation that may require further discussion about the risks of not receiving care rather than an indication for referral. Therefore, the correct answer highlights the importance of identifying patients whose conditions need the advanced capabilities of a burn center, ensuring they receive the most appropriate and effective medical attention.

5. For sync cardioversion in symptomatic tachycardia, what is the order of energy settings typically used?

- A. 50 > 100 > Max setting
- B. 100 > 150 > Max setting
- C. 100 > 200 > Max setting**
- D. 200 > 300 > Max setting

The correct answer highlights the standard protocol for energy settings in synchronized cardioversion for symptomatic tachycardia. Starting with 100 joules is appropriate as it is typically effective for most tachyarrhythmias. If the initial shock does not successfully restore normal rhythm, increasing the energy to 200 joules is the next logical step, as higher energy levels may be necessary for successful cardioversion, particularly in more resistant cases. If further attempts are needed, proceeding to the maximum available setting is indicated to maximize the chances of converting the arrhythmia to a normal sinus rhythm. Using these energy levels—100, then 200, and finally the maximum setting—aligns with the established guidelines for managing tachycardic patients. The choices reflect different potential settings, but the correct sequence ensures a methodical approach that balances effectiveness with patient safety, as the energy levels increase systematically while following current best practices in emergency cardiac care.

6. What is the importance of maintaining a high index of suspicion during assessments?

- A. To diagnose conditions quickly
- B. To detect severe conditions early**
- C. To minimize the time spent on each patient
- D. To avoid unnecessary treatments

Maintaining a high index of suspicion during assessments is crucial for detecting severe conditions early. This approach allows healthcare providers to remain vigilant and alert for atypical symptoms or subtle signs that may indicate a serious underlying issue. When providers are aware of the potential for severe conditions and consider them in their assessments, they increase the likelihood of identifying critical situations before they escalate. Early detection can significantly improve patient outcomes by facilitating timely intervention. For instance, a patient presenting with vague symptoms may have a serious condition such as a myocardial infarction or sepsis that could easily be overlooked if the provider does not maintain a high index of suspicion. By being attentive and conducting thorough evaluations, responders ensure that no potentially life-threatening conditions are missed, which is vital in emergency medical scenarios where seconds can save lives.

**7. Which of the following is a key reason for EMTs to utilize PPE?**

- A. To make the cleaning process easier post-call**
- B. To enhance the uniform appearance of responders**
- C. To reduce the likelihood of cross-contamination**
- D. To improve patient comfort during transport**

Utilizing personal protective equipment (PPE) is essential for EMTs primarily to reduce the likelihood of cross-contamination. This measure is vital in protecting both the first responders and their patients from potential infections, pathogens, and harmful biological agents. By wearing appropriate PPE such as gloves, masks, and gowns, EMTs create a barrier that decreases the risk of transmitting infectious diseases during patient care and transport, ensuring a safer environment for everyone involved. This practice is not just a protective measure but also aligns with standard infection control protocols that aim to minimize risks in emergency medical situations.

**8. Which type of shock is classified as anaphylactic?**

- A. Cardiogenic**
- B. Hypovolemic**
- C. Septic**
- D. Neurologic**

Anaphylactic shock is a severe and potentially life-threatening allergic reaction that occurs when the immune system overreacts to a substance, such as food, insect stings, or medication. This type of shock falls under the category of distributive shock, which involves widespread vasodilation leading to a decrease in systemic vascular resistance and impaired circulation. In anaphylactic shock, the release of histamines and other mediators from mast cells and basophils causes rapid expansion of blood vessels, leading to a significant drop in blood pressure and reduced blood flow to vital organs. This can cause symptoms such as difficulty breathing, swelling, and cardiovascular collapse. Immediate medical intervention, often via epinephrine, is critical to counteract these effects and restore hemodynamic stability. Other types of shock, such as cardiogenic, hypovolemic, and neurologic shock, are categorized based on their underlying causes and mechanisms. Cardiogenic shock is due to heart failure, hypovolemic shock results from significant fluid loss, and neurologic shock refers to a loss of vascular tone following spinal cord injury. Each type of shock has distinct etiologies, presentations, and treatment strategies, making the understanding of anaphylactic shock particularly important in emergency medical services.

**9. In which situations should EMTs utilize personal protective equipment (PPE)?**

- A. Only during transportation of non-infectious patients**
- B. When treating patients with minor injuries**
- C. In any situation involving exposure to blood or bodily fluids**
- D. During routine cleaning of the ambulance**

Utilizing personal protective equipment (PPE) is essential for EMTs in any situation involving exposure to blood or bodily fluids. This encompasses a wide range of scenarios, as blood and bodily fluids can transmit infectious diseases, making the health and safety of both the EMTs and patients a priority. By wearing appropriate PPE—such as gloves, masks, and gowns—EMTs can significantly reduce the risk of infection and protect themselves from potential exposure to harmful pathogens. In contrast, situations involving transportation of non-infectious patients or treating patients with minor injuries might not pose the same risk, and therefore do not require the same level of PPE. Routine cleaning of the ambulance, while important for maintaining hygiene, is a separate procedure that may involve different safety protocols but does not typically require the same protective measures as handling patients. Thus, option C reflects the critical guideline that PPE should be standard in any situation where there is potential exposure to infectious materials.

**10. When should an EMT initiate a transport decision?**

- A. After filling out all paperwork**
- B. Based on patient's condition and severity of injury**
- C. After determining the nearest hospital**
- D. Only if the patient requests it**

An EMT should initiate a transport decision based on the patient's condition and severity of injury. This approach ensures that the needs of the patient are prioritized and that the appropriate level of care is provided in a timely manner. The severity of the patient's condition—such as whether they are experiencing a life-threatening situation or stable enough for a less urgent response—directly influences the decision on how quickly to transport them to a medical facility. This focus on the patient's condition allows the EMT to assess vital signs, mechanism of injury, and overall mental state, which are critical in making an informed decision regarding transport. The determination of which hospital to transport the patient to or completing paperwork can come after the transport decision is made, ensuring that patient care remains the primary focus. Thus, by placing the decision-making process around the patient's medical needs first, the EMT aligns with best practices in emergency medical services.

## 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://saccountyemsprotocols.examzify.com>**

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

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