

# SACRAMENTO COUNTY EMS PROTOCOLS PRACTICE TEST (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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<https://saccountyemsprotocols.examzify.com>



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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 correct adult dosage of Benadryl for an allergic reaction?**
  - A. 25mg PO
  - B. 50mg PO/IM/IV
  - C. 100mg PO
  - D. 75mg IM/IV
  
- 2. What role does PPE play in the context of EMT duties?**
  - A. It serves as a uniform standard
  - B. It provides protection against hazardous situations
  - C. It promotes a professional appearance
  - D. It is optional based on personal preference
  
- 3. What is the minimum acceptable SpO2 level for pediatric pain management criteria?**
  - A. 90%
  - B. 92%
  - C. 94%
  - D. 96%
  
- 4. What color is the #5 iGel?**
  - A. Yellow
  - B. Green
  - C. Orange
  - D. Red
  
- 5. What should be prioritized in case of a chemical exposure emergency?**
  - A. Decontamination followed by airway management
  - B. Thorough documentation
  - C. Immediate transportation to a hospital
  - D. Notification of local authorities

- 6. What does the Heimlich maneuver aim to accomplish in cases of obstructed airways?**
- A. To stimulate coughing and clear the airways
  - B. To reestablish blood flow to the brain
  - C. To create pressure that expels the obstruction
  - D. To facilitate direct airway visualization
- 7. What is the pediatric dose of Narcan for suspected opiate overdose based on weight?**
- A. 0.1 mg/kg
  - B. 0.05 mg/kg
  - C. 0.2 mg/kg
  - D. 0.3 mg/kg
- 8. Why is it essential for EMS personnel to communicate clearly and consistently?**
- A. To establish authority during emergency situations
  - B. To ensure efficient equipment usage
  - C. To minimize the risk of errors in patient care
  - D. To reduce the time spent on each call
- 9. How is "trauma" defined in EMS protocols?**
- A. An internal injury caused by disease
  - B. An injury caused by an external force
  - C. A mental injury affecting a patient
  - D. A natural disaster affecting patients
- 10. How is the Glasgow Coma Scale utilized in patient assessments?**
- A. To measure blood pressure
  - B. To evaluate consciousness based on responses
  - C. To determine the patient's medical history
  - D. To assess vital signs



## **Answers**

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

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## **Explanations**

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### 1. What is the correct adult dosage of Benadryl for an allergic reaction?

- A. 25mg PO
- B. 50mg PO/IM/IV**
- C. 100mg PO
- D. 75mg IM/IV

The adult dosage of Benadryl for an allergic reaction is typically 50mg, which can be administered by various routes including oral, intramuscular, or intravenous. This dosage effectively alleviates symptoms of allergic reactions by blocking histamine receptors, thus relieving symptoms such as itching, hives, and swelling. While the other options present varying dosages, they do not align with the established standard for treating allergic reactions in adults. Lower doses may not provide the necessary therapeutic effect for significant allergic reactions, and higher doses could lead to increased risk of side effects without additional benefit. Therefore, 50mg is recognized as a safe and effective dose for managing acute allergic reactions in adults.

### 2. What role does PPE play in the context of EMT duties?

- A. It serves as a uniform standard
- B. It provides protection against hazardous situations**
- C. It promotes a professional appearance
- D. It is optional based on personal preference

Personal Protective Equipment (PPE) is crucial for EMTs as it provides essential protection against a variety of hazardous situations they may encounter while on duty. This equipment includes items like gloves, masks, gowns, and eye protection, which are designed to shield EMTs from infectious diseases, bodily fluids, and other potentially harmful substances. By effectively using PPE, EMTs can not only safeguard their health but also minimize the risk of cross-contamination, ensuring both their safety and the safety of the patients they treat. The emphasis on PPE is rooted in the commitment to reducing exposure to risks that could lead to illness or injury during emergency medical responses.

### 3. What is the minimum acceptable SpO2 level for pediatric pain management criteria?

- A. 90%
- B. 92%
- C. 94%**
- D. 96%

The minimum acceptable SpO2 level for pediatric pain management criteria is set at 94% because this threshold is aligned with guidelines that emphasize maintaining adequate oxygen saturation to ensure the safety and effectiveness of treatments administered to children. An SpO2 level of 94% indicates that the child has sufficient oxygen levels in the blood, reducing the risk of hypoxia during procedures or interventions necessary for pain management. Selecting a minimum of 94% helps clinicians provide a balance between ensuring adequate oxygenation while allowing for timely interventions. Levels below this threshold may indicate the need for supplemental oxygen or further assessment, as inadequate oxygen levels can lead to complications. Thus, adhering to this standard supports both safety and efficacy in pediatric pain management practices.

#### 4. What color is the #5 iGel?

- A. Yellow
- B. Green
- C. Orange**
- D. Red

*The #5 iGel is specifically color-coded orange to facilitate quick identification in emergency situations. The orange color designates it for use in patients who typically weigh between 25-35 kg, which is important for EMS personnel to remember when selecting airway devices for pediatric patients. This color-coding system enhances efficiency and safety by minimizing the chance of using the wrong size device based on patient weight. Each size of the iGel is distinctly color-coded to ensure that providers can rapidly determine the appropriate device for their patient population at a glance. This systematic approach is vital in high-pressure environments where quick decision-making is essential.*

#### 5. What should be prioritized in case of a chemical exposure emergency?

- A. Decontamination followed by airway management**
- B. Thorough documentation
- C. Immediate transportation to a hospital
- D. Notification of local authorities

*In the case of a chemical exposure emergency, prioritizing decontamination followed by airway management is crucial for several reasons. Firstly, decontamination is essential to remove the harmful chemical substances from the patient's skin, clothing, and any other areas of contact to prevent further absorption or injury. This step is critical because even after initial treatment, residual chemicals can continue to cause harm if not properly dealt with. Removing these contaminants helps to minimize the overall impact on the body and can prevent long-term health effects. Following decontamination, airway management becomes the next priority, especially if the chemical exposure has potentially affected the respiratory system. Chemical agents can cause airway irritation, swelling, or bronchospasm, leading to compromised breathing. Ensuring that the airway is clear and utilizing appropriate interventions to maintain or secure it can be lifesaving. While thorough documentation, immediate transportation to a hospital, and notification of local authorities are important aspects of the overall response to a chemical exposure, they do not take precedence over the immediate health and safety interventions required. Documentation typically occurs after the patient has been stabilized, transportation is important but should not occur if the patient is still contaminated or experiencing airway issues, and local authorities may need to be informed later in the response process after managing the*

#### 6. What does the Heimlich maneuver aim to accomplish in cases of obstructed airways?

- A. To stimulate coughing and clear the airways
- B. To reestablish blood flow to the brain
- C. To create pressure that expels the obstruction**
- D. To facilitate direct airway visualization

*The Heimlich maneuver aims to create pressure that expels the obstruction, effectively dislodging a foreign object from the airway. This technique involves applying abdominal thrusts to increase intrathoracic pressure, which helps to forcefully expel the obstruction blocking the airway. When performed correctly, the sudden increase in pressure can make it difficult for the object to remain lodged, allowing for a potential release and thus restoring normal breathing. In the context of obstructed airways, this method is critical because a clear airway is essential for effective respiration. Time is of the essence when someone is choking, and the Heimlich maneuver serves as an immediate action to prevent severe complications or fatalities related to asphyxiation.*

**7. What is the pediatric dose of Narcan for suspected opiate overdose based on weight?**

- A. 0.1 mg/kg**
- B. 0.05 mg/kg
- C. 0.2 mg/kg
- D. 0.3 mg/kg

*The pediatric dose of Narcan (Naloxone) for suspected opiate overdose is determined based on the child's weight, and it is typically set at 0.1 mg/kg. This dosing guideline is established to ensure that children receive a safe and effective amount of the medication, as their physiological responses to drugs can differ significantly from adults. Using this weight-based dosing, emergency medical personnel can calculate the precise amount of Narcan needed based on a child's specific weight, thereby ensuring appropriate intervention in cases of suspected opioid overdose. The 0.1 mg/kg dosage is considered sufficient to counteract the effects of opioid overdose while minimizing the risk of side effects or complications. It is important for responders to have accurate knowledge of pediatric dosing to provide effective care in emergency situations.*

**8. Why is it essential for EMS personnel to communicate clearly and consistently?**

- A. To establish authority during emergency situations
- B. To ensure efficient equipment usage
- C. To minimize the risk of errors in patient care**
- D. To reduce the time spent on each call

*Clear and consistent communication among EMS personnel is vital primarily because it minimizes the risk of errors in patient care. In high-pressure emergency situations, coherent dialogue can significantly impact decision-making and the overall effectiveness of care provided. When team members communicate effectively, they ensure that critical information about a patient's condition, history, and treatment protocols is accurately conveyed and understood by everyone involved in the care process. This reduces the likelihood of misunderstandings that could lead to mistakes, such as administering the wrong medication or overlooking vital signs. Consistent communication also fosters teamwork, enabling each member to act based on the complete and accurate information, which is essential for delivering high-quality patient care.*

**9. How is "trauma" defined in EMS protocols?**

- A. An internal injury caused by disease
- B. An injury caused by an external force**
- C. A mental injury affecting a patient
- D. A natural disaster affecting patients

*Trauma in EMS protocols is defined as an injury caused by an external force. This definition encompasses any physical harm inflicted on an individual due to various events, such as falls, vehicle accidents, assaults, or other incidents where an outside agent impacts the body. Understanding trauma as a result of external factors is critical for EMS personnel as it guides their assessment and treatment strategies. Recognizing the nature of the injuries—whether blunt or penetrating, for example—allows responders to prioritize care effectively, anticipate potential complications, and determine the appropriate interventions and transport decisions. Effective trauma care hinges on this clear definition, which differentiates it from other types of injuries or conditions that may arise from internal processes, psychological factors, or environmental situations.*

## 10. How is the Glasgow Coma Scale utilized in patient assessments?

- A. To measure blood pressure
- B. To evaluate consciousness based on responses**
- C. To determine the patient's medical history
- D. To assess vital signs

*The Glasgow Coma Scale (GCS) is a neurological scale used to assess a patient's level of consciousness and responsiveness. It evaluates three specific aspects of a patient's responses: eye opening, verbal response, and motor response. Each response is scored, and the total score helps healthcare providers determine the severity of a patient's impaired consciousness, which is particularly useful in emergency medical situations. By using the GCS, medical professionals can quickly gauge the patient's neurological status, track changes over time, and make informed decisions about the necessary interventions. Other options do not correctly represent the purpose of the Glasgow Coma Scale. Measuring blood pressure, determining medical history, and assessing vital signs each serve different roles in patient evaluations but do not relate to the specific function of the GCS in assessing consciousness.*

## 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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