

Self-Aid and Buddy Care (SABC) EOC 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. What does clear fluid coming from the nose or ears potentially indicate in a patient?**
 - A. Sinus infection**
 - B. Dehydration**
 - C. Brain injury**
 - D. Allergic reaction**

- 2. Which type of external bleeding is less likely to clot?**
 - A. Venous**
 - B. Capillary**
 - C. Arterial**
 - D. Mixed**

- 3. When should you use QuikClot combat gauze?**
 - A. When a person is fainting**
 - B. When it is not practical to apply the combat application tourniquet**
 - C. Only for severe burns**
 - D. When first-aid supplies are unavailable**

- 4. Which airway-management technique minimizes head, neck, and spinal movement to prevent further injuries?**
 - A. Head tilt-chin lift**
 - B. BVM technique**
 - C. Jaw-thrust technique**
 - D. Cricothyrotomy method**

- 5. Why is QuikClot Combat Gauze particularly effective in controlling bleeding?**
 - A. It acts as a physical barrier**
 - B. It causes blood to clot within the wound**
 - C. It absorbs excess blood**
 - D. It slows down blood flow**

- 6. What is a critical step to take after sustaining a sudden head injury?**
- A. Resting completely**
 - B. Assessing for symptoms of concussion**
 - C. Drinking plenty of fluids**
 - D. Ignoring it if symptoms are mild**
- 7. What factors determine how you carry out SABC?**
- A. The type of injury and the condition of the casualty**
 - B. The time of day and weather conditions**
 - C. Personal experience and training level**
 - D. The feedback from bystanders**
- 8. What does the term "buddy care" refer to in SABC?**
- A. Self-care in emergencies**
 - B. Provision of care by one individual to another**
 - C. Basic first aid techniques**
 - D. Emergency evacuation procedures**
- 9. Which of the following is a primary goal of buddy care in emergency situations?**
- A. To take charge of the situation**
 - B. To provide assistance while ensuring personal safety**
 - C. To minimize paperwork**
 - D. To direct others on what to do**
- 10. What should you do if multiple casualties are present at an incident?**
- A. Treat all casualties equally regardless of injuries**
 - B. Evacuate all casualties simultaneously**
 - C. Prioritize treatment based on severity using triage**
 - D. Wait for emergency services to arrive before acting**

Answers

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

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Explanations

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1. What does clear fluid coming from the nose or ears potentially indicate in a patient?

- A. Sinus infection**
- B. Dehydration**
- C. Brain injury**
- D. Allergic reaction**

Clear fluid coming from the nose or ears can potentially indicate a brain injury, specifically a condition known as cerebrospinal fluid (CSF) leakage. This can occur when there's trauma to the head that causes a fracture in the skull, allowing CSF to escape through the nasal passages or ears. The presence of clear fluid can often be an indicator that the protective barriers surrounding the brain have been compromised, which is a serious medical situation that requires immediate evaluation and intervention. In contrast, while a sinus infection might cause discolored nasal discharge, it typically does not present with clear fluid leaking from the nose. Dehydration generally leads to other symptoms, such as dryness in mucous membranes and reduced urine output, rather than clear fluids from these areas. An allergic reaction might cause nasal discharge, but it would usually contain mucus, not the clear fluid associated with CSF. Therefore, the presence of clear fluid is most closely linked to a potential brain injury.

2. Which type of external bleeding is less likely to clot?

- A. Venous**
- B. Capillary**
- C. Arterial**
- D. Mixed**

When considering the types of external bleeding, arterial bleeding is indeed less likely to clot effectively. This is primarily due to the nature of arterial blood, which is under higher pressure compared to venous or capillary blood. Arterial bleeding tends to be more profuse and pulsatile, making it harder for the body's natural clotting mechanisms to keep pace with the blood loss. The rapid outflow of blood can wash away clotting factors and platelets before they can form a stable clot. Additionally, arterial injuries can damage the vessel walls significantly, leading to a more complex bleeding scenario that does not favor clot formation. Venous bleeding, in contrast, is more manageable as it flows steadily and has a better chance of clotting due to lower pressure. Capillary bleeding typically involves smaller vessels and is most often easier to control and clot effectively due to the gentle nature of the blood loss. Therefore, arterial bleeding stands out as the type of external bleeding that is less likely to clot, primarily due to its high pressure and the dynamics of blood flow.

3. When should you use QuikClot combat gauze?

- A. When a person is fainting
- B. When it is not practical to apply the combat application tourniquet**
- C. Only for severe burns
- D. When first-aid supplies are unavailable

Using QuikClot combat gauze is most appropriate when it is not practical to apply the combat application tourniquet. QuikClot is designed to quickly control bleeding in situations where direct pressure may not be effective or feasible, such as in certain traumatic injuries where the bleeding site cannot be easily accessed or when a person cannot be moved to apply a tourniquet effectively. This hemostatic agent works by promoting rapid clotting at the site of the wound, making it a crucial tool in severe bleeding scenarios when immediate intervention is required. It is specifically formulated to help control life-threatening hemorrhages, particularly in combat or trauma settings. The other situations mentioned are not suitable for QuikClot. Fainting does not involve severe bleeding that QuikClot would address, and using it for severe burns is not appropriate since its primary function is to stop bleeding, not to treat burns. Lastly, first-aid supplies being unavailable does not justify the use of QuikClot unless there is severe bleeding, as it should be reserved for critical situations where its specific properties can be effectively utilized.

4. Which airway-management technique minimizes head, neck, and spinal movement to prevent further injuries?

- A. Head tilt-chin lift
- B. BVM technique
- C. Jaw-thrust technique**
- D. Cricothyrotomy method

The jaw-thrust technique is specifically designed to open the airway while minimizing movement of the head, neck, and spinal region. This is crucial in situations where a spinal injury is suspected, as excessive movement can worsen the injury or complicate the patient's condition. By utilizing the jaw-thrust method, the rescuer can maintain spinal immobilization and ensure that the airway remains clear without flexing or extending the neck. This technique is particularly effective in cases of trauma, where maintaining alignment of the spinal column is a priority to reduce additional risks during airway management. In contrast, other airway management techniques, such as the head tilt-chin lift, involve movement of the head and neck, which could potentially lead to exacerbating spinal injuries. The BVM (bag-valve-mask) technique also requires proper alignment and may not sufficiently minimize spinal movement. Lastly, a cricothyrotomy is an invasive procedure done when other methods fail, and it is not focused on minimizing spinal movement but rather on securing an airway rapidly. Therefore, the jaw-thrust technique is the optimal choice specifically for situations requiring careful handling of the spine while ensuring the airway is open.

5. Why is QuikClot Combat Gauze particularly effective in controlling bleeding?

- A. It acts as a physical barrier
- B. It causes blood to clot within the wound**
- C. It absorbs excess blood
- D. It slows down blood flow

QuikClot Combat Gauze is particularly effective in controlling bleeding primarily because it promotes coagulation by facilitating the body's natural clotting process at the site of a wound. The gauze contains a substance that encourages blood to clot quickly, making it an essential tool in emergency situations where rapid bleeding control is necessary. This ability to enhance clot formation not only helps to stop the bleeding but also minimizes the risk of further complications associated with severe blood loss. The other options do not accurately capture the key action of QuikClot Combat Gauze. For instance, while physical barriers can be a part of some wound care strategies, QuikClot's primary mechanism is its ability to promote coagulation. Absorbing blood might seem beneficial, but the emphasis on clotting is what makes this gauze particularly critical in life-threatening situations. Slowing down blood flow is not a primary function of this product; rather, it is the promotion of the body's natural hemostatic processes that leads to effective bleeding control.

6. What is a critical step to take after sustaining a sudden head injury?

- A. Resting completely
- B. Assessing for symptoms of concussion**
- C. Drinking plenty of fluids
- D. Ignoring it if symptoms are mild

Assessing for symptoms of concussion is a vital step following a sudden head injury because it helps identify the severity of the injury and any potential complications. Concussions can present with various symptoms such as headache, confusion, dizziness, nausea, and changes in vision or balance. By assessing these symptoms promptly, individuals can determine the need for further medical evaluation and treatment. Early recognition of a concussion can be crucial in preventing additional injuries or complications, especially in cases where an individual might be at risk for further impact or injury. While resting completely may seem beneficial, it is not the immediate priority as evaluating the injury's impact is essential. Drinking fluids is generally good advice for overall health, but it does not address the immediate concern of assessing for concussion symptoms. Ignoring any symptoms, regardless of their perceived severity, poses a risk, as symptoms can worsen or lead to serious consequences if not properly addressed. Therefore, the focus should be on assessing the injury and its symptoms to ensure safety and appropriate care.

7. What factors determine how you carry out SABC?

- A. The type of injury and the condition of the casualty**
- B. The time of day and weather conditions**
- C. Personal experience and training level**
- D. The feedback from bystanders**

The determining factors for how Self-Aid and Buddy Care (SABC) is carried out focus primarily on the type of injury and the condition of the casualty. Recognizing the specific nature of the injury informs the responder about the appropriate care and intervention needed. For instance, a severe bleeding wound would require immediate action to control bleeding, whereas a less critical injury may allow for more assessment time. Additionally, understanding the condition of the casualty, such as whether they are conscious, breathing, or showing signs of shock, aids in prioritizing care and determining next steps. This assessment allows responders to provide targeted, effective care that can significantly influence the casualty's outcome. While other factors like personal experience and training, or environmental conditions do impact the approach to SABC, the immediate and relevant information about the specific injury and overall state of the casualty are crucial in making informed decisions during a medical emergency.

8. What does the term "buddy care" refer to in SABC?

- A. Self-care in emergencies**
- B. Provision of care by one individual to another**
- C. Basic first aid techniques**
- D. Emergency evacuation procedures**

The term "buddy care" in the context of Self-Aid and Buddy Care (SABC) refers specifically to the provision of care by one individual to another. This concept emphasizes the importance of teamwork and mutual support in emergency situations, where individuals can assist each other in providing essential care. The idea is that while one person may be injured or in need of assistance, another person—often a buddy—steps in to provide help, ensuring that both individuals can maintain safety and well-being. This approach is crucial in SABC training, as it emphasizes not only the skills needed to administer care but also the interpersonal support that can significantly improve outcomes in emergency scenarios. This collaborative aspect allows for a more effective response to injuries or medical emergencies, as one individual can manage care while also keeping an eye on the environment and seeking further assistance if necessary. In contrast, other options such as self-care, basic first aid techniques, and emergency evacuation procedures address different aspects of emergency management but do not capture the essence of buddy care, which is fundamentally about cooperation and mutual aid between individuals.

9. Which of the following is a primary goal of buddy care in emergency situations?

- A. To take charge of the situation**
- B. To provide assistance while ensuring personal safety**
- C. To minimize paperwork**
- D. To direct others on what to do**

The primary goal of buddy care in emergency situations is to provide assistance while ensuring personal safety. This principle reflects a fundamental aspect of responding to emergencies, where the well-being of both the rescuer and the individual needing help is paramount. In buddy care, individuals are trained to look out for one another, offering support while also being mindful of dangers present in emergency scenarios. The value of personal safety cannot be understated; if a rescuer puts themselves at risk, not only may they be unable to help the individual in distress, but they also may require assistance themselves, complicating the situation further. This approach encourages teamwork and a shared responsibility among peers, fostering an environment where help can be rendered effectively and safely. While the other options may have some relevance to various situations, they do not encapsulate the primary objective of buddy care. Taking charge of a situation or directing others may not always be appropriate or safe, particularly in chaotic environments where quick decisions are vital. Minimizing paperwork is more relevant to administrative efficiency than to the immediate goal of providing care. The essence of buddy care is about mutual support and ensuring safety above all.

10. What should you do if multiple casualties are present at an incident?

- A. Treat all casualties equally regardless of injuries**
- B. Evacuate all casualties simultaneously**
- C. Prioritize treatment based on severity using triage**
- D. Wait for emergency services to arrive before acting**

In a scenario involving multiple casualties, the primary goal is to effectively manage care by assessing and prioritizing the injuries of each individual. Triage is a systematic approach that allows you to categorize patients based on the severity of their injuries, ensuring that those who need immediate medical attention receive it first. This is crucial in emergencies where resources, such as medical personnel and equipment, may be limited. Prioritizing treatment helps to maximize the chances of survival for the most seriously injured, while also providing care to those with less critical conditions as time and resources allow. This approach is vital because treating all casualties equally, evacuating everyone at once, or waiting for emergency services can lead to suboptimal outcomes. Triage ensures that medical assistance is allocated efficiently, improving overall survival and recovery rates.

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://sabceoc.examzify.com>

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

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