

SELF-AID AND BUDDY CARE (SABC) EOC PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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 purpose of splinting a fracture?**
 - A. To reduce pain
 - B. To immobilize the injury
 - C. To prevent additional injury
 - D. All of the above

- 2. Why is it important to assess the length of the nasopharyngeal airway?**
 - A. To ensure it fits comfortably
 - B. To prevent airway obstructions
 - C. To minimize patient discomfort
 - D. To maintain proper ventilation

- 3. In which situation is it most critical to avoid using a nasopharyngeal airway?**
 - A. When the airway is obstructed
 - B. When there is blood present
 - C. When clear fluid is present
 - D. When the patient is unconscious

- 4. What is the recommended method for treating burns?**
 - A. Apply ice directly to the burn
 - B. Cool the burn with running water for at least 10 minutes
 - C. Cover with ointment and wrap tightly
 - D. Leave it open to air

- 5. What role does a nasopharyngeal airway play during emergency care?**
 - A. It is a primary treatment for shock
 - B. It assists in maintaining airway patency
 - C. It provides a route for IV fluids
 - D. It is an indicator for CPR requirements

- 6. What role does the buddy system play in SABC?**
 - A. It reduces the number of casualties
 - B. It ensures individuals support each other during emergencies
 - C. It allows for faster evacuation
 - D. It creates a distraction for the casualty

7. Why is it important to monitor a casualty's pulse?

- A. It indicates level of consciousness
- B. It helps assess blood circulation
- C. It determines the level of pain
- D. It provides information on body temperature

8. How should you control severe bleeding from a limb?

- A. Apply ice to the wound
- B. Apply direct pressure on the wound and elevate the limb
- C. Use a tourniquet immediately
- D. Leave the wound exposed to air

9. What causes abnormally low body temperatures?

- A. Excessive exercise
- B. Continued exposure to low or rapidly falling temperatures
- C. Severe dehydration
- D. Heat exposure

10. What is the first step in treating a severe burn?

- A. Apply butter to the burn area
- B. Cover the burn with a wet cloth
- C. Dress and bandage the burn
- D. Cool the burn under running water

Answers

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

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Explanations

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1. What is the purpose of splinting a fracture?

- A. To reduce pain
- B. To immobilize the injury
- C. To prevent additional injury
- D. All of the above**

The purpose of splinting a fracture encompasses multiple aspects that are crucial for effective injury management. Immobilizing the injury is a primary reason for splinting; it helps to prevent any movement at the fracture site, which can exacerbate pain and lead to further damage of surrounding tissues and nerves. By keeping the fractured bone in a fixed position, a splint aids in stabilizing the injury until professional medical treatment can be obtained. Additionally, reducing pain is an important factor associated with splinting. When a fracture is immobilized properly, it minimizes the motion that can cause pain to flare up, thus contributing to the overall comfort of the injured person. Preventing additional injury is another significant consideration. A splint not only protects the fracture from unnecessary movement but also safeguards surrounding muscles, ligaments, and blood vessels from further trauma. This is particularly important in complex fractures or when there is a risk of significant soft tissue injury. Thus, culminating in the overall objective, splinting serves multiple critical purposes: immobilization of the injury, reduction of pain, and prevention of further damage, making 'all of the above' the correct answer.

2. Why is it important to assess the length of the nasopharyngeal airway?

- A. To ensure it fits comfortably
- B. To prevent airway obstructions**
- C. To minimize patient discomfort
- D. To maintain proper ventilation

Assessing the length of the nasopharyngeal airway is crucial to prevent airway obstructions. The nasopharyngeal airway is designed to keep the airway open in patients who are unable to protect their own airway due to unconsciousness or other reasons. If the airway is too short, it may not extend far enough into the airway, leading to obstructions caused by tongue displacement or swelling. Conversely, if it's too long, it can irritate surrounding tissues and contribute to blockages. By ensuring that the airway is of appropriate length, healthcare providers can enhance the likelihood that the airway remains patent, thus facilitating adequate air exchange. This is vital in emergency situations where rapid and effective ventilation is necessary to prevent hypoxia and its complications. Assessing the length directly influences the ability to manage and maintain a clear and open airway, which is essential for patient survival and recovery.

3. In which situation is it most critical to avoid using a nasopharyngeal airway?

- A. When the airway is obstructed
- B. When there is blood present
- C. When clear fluid is present**
- D. When the patient is unconscious

A nasopharyngeal airway is a medical device used to maintain an open airway in patients who are unable to breathe adequately on their own. It is particularly useful when the airway is obstructed due to various reasons. However, there are certain situations where utilizing a nasopharyngeal airway could cause more harm than good. When clear fluid is present, it signifies that there might be cerebral spinal fluid (CSF) leaking, which often indicates a possible skull fracture. Inserting a nasopharyngeal airway in this scenario could worsen the injury by creating a path for bacteria to enter the cranial cavity, leading to severe complications such as meningitis or other infections. The delicate nature of the nasal passages and the potential for further trauma to the brain make it imperative to avoid this intervention in such cases. In other situations, like when the airway is obstructed or when the patient is unconscious, a nasopharyngeal airway can still be beneficial, provided no other contraindications are present. Blood presence alone does not categorically prevent the use of a nasopharyngeal airway, as there are circumstances where it can still be employed carefully, depending on the level of bleeding and the overall condition of the patient. Therefore, it's

4. What is the recommended method for treating burns?

- A. Apply ice directly to the burn
- B. Cool the burn with running water for at least 10 minutes**
- C. Cover with ointment and wrap tightly
- D. Leave it open to air

Cooling a burn with running water for at least 10 minutes is recommended because it helps to reduce the temperature of the burn area, which can minimize tissue damage and alleviate pain. Running water effectively cools the burn and helps to flush out any dirt or debris that could lead to infection. This method is beneficial as it reduces the potential for the burn to worsen while promoting healing by controlling inflammation. Using ice directly on a burn can lead to further skin damage and frostbite, as the extreme cold can constrict blood vessels and potentially harm the already sensitive skin. Covering a burn with ointment and wrapping it tightly can trap heat and moisture, which may increase the risk of infection and slow down the healing process. Leaving the burn open to air may be appropriate for some minor burns but does not provide the cooling effect or protection that a running water application offers.

5. What role does a nasopharyngeal airway play during emergency care?

- A. It is a primary treatment for shock
- B. It assists in maintaining airway patency**
- C. It provides a route for IV fluids
- D. It is an indicator for CPR requirements

A nasopharyngeal airway is specifically designed to help maintain airway patency, meaning it keeps the airway open and unobstructed. This is crucial during emergency care, especially in situations where a person may be unconscious or unable to maintain their own airway. The device is typically inserted into the nasal passage and extends down into the throat, allowing for unobstructed airflow. In emergencies, maintaining a clear airway is one of the top priorities, as without it, a patient can quickly suffer from lack of oxygen, leading to severe complications or death. The use of a nasopharyngeal airway is particularly beneficial because it can be tolerated by patients with a gag reflex and is effective in cases where other methods, like an oral airway, might be contraindicated. Other options do not fulfill the primary role of a nasopharyngeal airway. For example, a nasopharyngeal airway is not a treatment for shock, does not offer a way to administer IV fluids, and is not an indicator for initiating CPR. Each of those respective roles is managed through different medical interventions and assessments.

6. What role does the buddy system play in SABC?

- A. It reduces the number of casualties
- B. It ensures individuals support each other during emergencies**
- C. It allows for faster evacuation
- D. It creates a distraction for the casualty

The buddy system is fundamental in Self-Aid and Buddy Care (SABC) as it promotes mutual support among individuals in emergency situations. When individuals are paired with a buddy, they share the responsibility of monitoring each other's well-being and providing assistance as needed. This collaborative approach enhances situational awareness and ensures that individuals can help one another with tasks such as administering first aid, looking out for signs of distress, or coordinating actions during a crisis. The inherent design of the buddy system also increases the overall safety of participants. By working together, buddies can provide reassurance and emotional support, which is crucial in high-stress environments. This teamwork not only boosts morale but also ensures that someone is always present to respond to immediate needs or to administer appropriate care while awaiting further assistance. In contrast, while the other options may seem relevant, they do not capture the essence of the buddy system as effectively. Reducing casualties and enabling faster evacuation are outcomes that can be influenced by the buddy system but are not its primary function. Creating a distraction for the casualty does not align with the purpose of the buddy system, which is to focus on care and support rather than distraction.

7. Why is it important to monitor a casualty's pulse?

- A. It indicates level of consciousness
- B. It helps assess blood circulation**
- C. It determines the level of pain
- D. It provides information on body temperature

Monitoring a casualty's pulse is crucial because it provides valuable information about blood circulation. The pulse reflects the heartbeat and can indicate the efficiency of the heart in pumping blood throughout the body. This is particularly important in assessing the circulatory system's status, as changes in the pulse can signal issues such as shock or significant blood loss. A strong, steady pulse suggests good circulation, while a weak or rapid pulse may indicate that the body is not maintaining adequate blood flow to vital organs. Therefore, evaluating the pulse is essential for understanding the patient's overall condition and determining the appropriate steps in providing care.

8. How should you control severe bleeding from a limb?

- A. Apply ice to the wound
- B. Apply direct pressure on the wound and elevate the limb**
- C. Use a tourniquet immediately
- D. Leave the wound exposed to air

Applying direct pressure to the wound and elevating the limb is an effective method for controlling severe bleeding from a limb. Direct pressure helps to compress the blood vessels and minimize blood loss, while elevation can reduce blood flow to the injured area, further aiding in controlling the bleeding. This approach is fundamental in first aid because it addresses the immediate need to stop or slow down the hemorrhage, which is critical to prevent shock and maintain circulation. Using ice on the wound, while it may reduce swelling or numbing pain, does not directly address the bleeding and can potentially hinder proper assessment and treatment of the injury. Utilizing a tourniquet is appropriate in specific situations and usually as a last resort when direct pressure fails to control bleeding. Leaving the wound exposed to air is generally not recommended because it can lead to infection and does not help in managing the bleeding. Therefore, applying direct pressure and elevating the limb constitutes an effective and immediate response to severe bleeding in a limb.

9. What causes abnormally low body temperatures?

- A. Excessive exercise
- B. Continued exposure to low or rapidly falling temperatures**
- C. Severe dehydration
- D. Heat exposure

Abnormally low body temperatures, or hypothermia, are primarily caused by continued exposure to low or rapidly falling temperatures. When a person is exposed to cold environments for extended periods, their body loses heat faster than it can produce it, leading to a drop in core body temperature. This can occur in cold weather, during immersion in cold water, or in conditions where wind chill rapidly decreases body temperature. Other factors may contribute to the risk of hypothermia, but the central mechanism at play in this scenario is the body's inability to maintain its normal temperature due to environmental conditions. It's crucial to recognize that while severe dehydration, excessive exercise, and heat exposure can have their own health effects, they do not directly cause low body temperatures in the same way that exposure to cold does.

10. What is the first step in treating a severe burn?

- A. Apply butter to the burn area
- B. Cover the burn with a wet cloth
- C. Dress and bandage the burn**
- D. Cool the burn under running water

The first step in treating a severe burn is to cool the burn under running water. This process is critical because it helps to reduce the temperature of the skin and prevents further tissue damage. Cooling a burn can also alleviate pain and minimize swelling. Ideally, this should be done as quickly as possible, ideally within minutes after the injury occurs. Cooling the burned area with running water for at least 10-20 minutes is a recommended first aid measure. Applying butter to the burn area is an outdated and unsafe practice that can trap heat and increase the risk of infection. Covering the burn with a wet cloth is also beneficial, but this should be done after the burn has been cooled with running water. Dressing and bandaging the burn is important for protecting the area, but it should come after the initial cooling step to ensure that the burn is treated properly. Thus, cooling the burn is the most critical and immediate action to take.

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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://sabceoc.examzify.com>

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

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