

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

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

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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 position should a casualty with an abdominal wound be placed in immediately?**
 - A. On their side
 - B. On their back with their knees flexed
 - C. Sitting upright
 - D. Face-down
- 2. Which action is incorrect when treating external bleeding?**
 - A. Applying direct pressure on the wound
 - B. Elevating the affected limb
 - C. Using a tourniquet as the first option
 - D. Cleaning the wound with water
- 3. What may indicate a serious head injury in a casualty?**
 - A. Loss of consciousness
 - B. Shortness of breath
 - C. Skin rash
 - D. Nausea
- 4. What should you do if a person expresses intent to harm himself or herself over the phone?**
 - A. Ignore the call
 - B. Seek immediate medical assistance
 - C. Provide reassurance over the phone
 - D. Call a friend of the individual
- 5. What is an effective first response for a suspected heat stroke victim?**
 - A. Cooling them down with ice
 - B. Providing them with fluids
 - C. Moving them to shade
 - D. All of the above

- 6. What is a common first step in assessing a casualty?**
- A. Check responsiveness
 - B. Move the casualty to a safer location
 - C. Begin chest compressions immediately
 - D. Analyze their breathing pattern
- 7. What should be done immediately if a tourniquet is applied?**
- A. Keep the casualty in a seated position
 - B. Document the time the tourniquet was applied
 - C. Remove the tourniquet after 30 minutes
 - D. Continue to check for pulse below the tourniquet
- 8. When applying an emergency bandage to the head, what is done to prevent the bandage from shifting?**
- A. Wrap the bandage around the forehead only
 - B. Wrap the bandage at least once underneath the chin and back around the head
 - C. Use adhesive tape for better hold
 - D. Place pressure on the bandage during application
- 9. Which of the following is NOT a common sign of a heat stroke?**
- A. High body temperature
 - B. Confusion or altered mental state
 - C. Excessive sweating
 - D. Hot and dry skin
- 10. What can be used to reduce the chance of infection from an insect bite or sting?**
- A. Hydrogen peroxide
 - B. Rubbing alcohol or an antiseptic
 - C. Vinegar
 - D. Soap and water

Answers

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

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Explanations

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1. What position should a casualty with an abdominal wound be placed in immediately?

- A. On their side
- B. On their back with their knees flexed**
- C. Sitting upright
- D. Face-down

Placing a casualty with an abdominal wound on their back with their knees flexed is the correct approach because this position helps reduce tension on the abdominal muscles and can relieve pain. This positioning also aids in preventing further injury to the abdominal organs by keeping them in a more stable configuration. It can allow for a more passive state for the muscles of the abdomen, which may help in managing discomfort. Additionally, positioning the casualty in this way can facilitate easier monitoring of their condition and readiness for medical evacuation or treatment. Generally, individuals with abdominal wounds should avoid positions that may increase stress on the abdomen, such as lying flat and straight or on their sides. Sitting upright might compromise their breathing and increase pressure on abdominal organs, while a face-down position is unsuitable due to the risk of further injury or obstruction.

2. Which action is incorrect when treating external bleeding?

- A. Applying direct pressure on the wound
- B. Elevating the affected limb
- C. Using a tourniquet as the first option**
- D. Cleaning the wound with water

Using a tourniquet as the first option is an incorrect action when treating external bleeding because tourniquets are considered a last resort for controlling severe, life-threatening bleeding, typically in situations where direct pressure and elevation have failed or when a limb injury is contributing to massive hemorrhage. The primary methods to control bleeding are to apply direct pressure on the wound and, if applicable, elevate the affected limb above the heart level. These methods are more effective in the early stages of bleeding and should be attempted first. The application of direct pressure helps to create a barrier to further blood loss and encourages the natural clotting processes of the body. Elevating the limb can also assist in reducing blood flow to the area, further aiding in the control of bleeding. Cleaning the wound with water is important after initial bleeding is controlled, but it should not be the immediate focus when active bleeding is present. Thus, opting for a tourniquet without first employing these more conservative measures is not only ineffective but potentially harmful, as it may lead to unnecessary tissue damage or complications.

3. What may indicate a serious head injury in a casualty?

A. Loss of consciousness

B. Shortness of breath

C. Skin rash

D. Nausea

Loss of consciousness is a critical indicator of a serious head injury in a casualty. When an individual loses consciousness, it suggests that there may be significant brain injury or increased intracranial pressure, both of which can occur from trauma to the head. This condition indicates that the brain may be compromised, which requires immediate medical evaluation and intervention. Other signs and symptoms, such as changes in cognition, confusion, or worsening headaches, may accompany this, further supporting the severity of the injury. In contrast, while shortness of breath, skin rash, and nausea can be symptoms that indicate other health concerns, they are not directly linked to serious head injuries. Shortness of breath could result from various issues such as respiratory problems or anxiety, skin rash may suggest an allergic reaction or infection, and nausea can stem from many causes, including gastrointestinal distress or motion sickness. Thus, among the options given, loss of consciousness is the most telling sign of potential brain injury requiring urgent attention.

4. What should you do if a person expresses intent to harm himself or herself over the phone?

A. Ignore the call

B. Seek immediate medical assistance

C. Provide reassurance over the phone

D. Call a friend of the individual

Seeking immediate medical assistance is essential when a person expresses intent to harm themselves over the phone. This response prioritizes the individual's safety and mental health needs. By involving professionals, such as medical personnel or crisis intervention specialists, you ensure that the person receives the appropriate help and support they require. These trained professionals are equipped to handle such distressing situations effectively and can provide the necessary interventions to prevent harm. While providing reassurance over the phone can be supportive, it may not be sufficient in cases of serious intent to harm, as the situation may be beyond what a layperson can provide. Ignoring the call neglects an urgent issue that may require an immediate response and can lead to tragic consequences. Calling a friend of the individual might seem helpful, but it does not guarantee a timely or appropriate response to the individual's immediate needs. Therefore, the most responsible action is to seek immediate medical assistance.

5. What is an effective first response for a suspected heat stroke victim?

- A. Cooling them down with ice
- B. Providing them with fluids
- C. Moving them to shade
- D. All of the above**

An effective first response for a suspected heat stroke victim involves a combination of actions aimed at rapidly cooling the individual and addressing potential dehydration. Moving the victim to a shaded or cooler area is critical, as it reduces exposure to direct heat and helps begin the cooling process. This can significantly lower the risk of further heat-related complications. Providing fluids is also important; however, it is essential to do so carefully. In some cases of heat stroke, the victim may be unable to drink or may require medical assistance, so while hydration is generally beneficial, it must be paired with proper evaluation of the victim's condition. Cooling the victim with ice can contribute to lowering their body temperature effectively, but should be done carefully to avoid complications such as ice burns or shock from rapid cooling. Combining all these actions—moving to shade, providing fluids, and applying cooling measures—maximizes the effectiveness of the response to heat stroke and is vital in reducing the risk of serious complications. Therefore, selecting a comprehensive approach that includes all these measures is the most effective way to assist someone suspected of suffering from heat stroke.

6. What is a common first step in assessing a casualty?

- A. Check responsiveness**
- B. Move the casualty to a safer location
- C. Begin chest compressions immediately
- D. Analyze their breathing pattern

Checking responsiveness is a fundamental initial step when assessing a casualty. This step is crucial because it helps you determine the level of consciousness and alertness of the individual, which can provide vital information about their condition. By assessing responsiveness, you can quickly identify if the casualty is able to respond to stimuli, such as verbal commands or physical touch. This evaluation aids in deciding the appropriate next actions, such as calling for help or performing further assessments. If a casualty is unresponsive, it raises the urgency for immediate interventions, such as assessing the airway and breathing, while being prepared to begin resuscitation efforts if necessary. Understanding the casualty's responsiveness can also guide you in determining the severity of their injuries and if they require specific medical assistance.

7. What should be done immediately if a tourniquet is applied?

- A. Keep the casualty in a seated position
- B. Document the time the tourniquet was applied**
- C. Remove the tourniquet after 30 minutes
- D. Continue to check for pulse below the tourniquet

Documenting the time the tourniquet was applied is crucial because it provides vital information for medical personnel who will take over the care of the casualty. The length of time a tourniquet is in place can significantly impact the decision-making regarding further treatment and the potential for limb viability. If the tourniquet is on for an extended period, medical teams will need to be aware of this to assess the risk of tissue damage and ischemia. This documentation assists in planning necessary interventions once the casualty reaches a medical facility, ensuring that appropriate actions are taken based on the duration the tourniquet has been applied. It also helps in maintaining a clear timeline of care, which can be important for both medical records and legal considerations if needed.

8. When applying an emergency bandage to the head, what is done to prevent the bandage from shifting?

- A. Wrap the bandage around the forehead only
- B. Wrap the bandage at least once underneath the chin and back around the head**
- C. Use adhesive tape for better hold
- D. Place pressure on the bandage during application

The correct approach to applying an emergency bandage to the head involves wrapping the bandage at least once underneath the chin and then bringing it back around the head. This method creates a secure fit that helps prevent the bandage from shifting. The support provided by wrapping under the chin ensures that the bandage stays in place, even with movement or if the injury site is disturbed. Other methods, such as wrapping only around the forehead, do not provide sufficient stability, as they lack a fixation point that secures the bandage effectively. While adhesive tape can help hold the bandage in place, it may not be practical in all emergency situations and does not provide the comprehensive wrap necessary for head injuries. Placing pressure on the bandage during application may help initially, but without a proper anchoring technique like wrapping under the chin, the bandage could easily slip or loosen over time. Therefore, the most effective technique is the one that includes the additional stabilization offered by wrapping around the chin.

9. Which of the following is NOT a common sign of a heat stroke?

- A. High body temperature
- B. Confusion or altered mental state
- C. Excessive sweating**
- D. Hot and dry skin

In cases of heat stroke, one of the distinguishing characteristics is that the individual often presents with hot and dry skin, rather than excessive sweating. This is significant because, in heat stroke, the body's temperature regulation mechanism fails, leading to an inability to sweat, which differs from other heat-related illnesses like heat exhaustion, where excessive sweating is common. Therefore, the correct answer highlights that excessive sweating is not a common sign of heat stroke, while high body temperature, confusion or an altered mental state, and hot and dry skin are all signs that are typically observed in such cases.

10. What can be used to reduce the chance of infection from an insect bite or sting?

- A. Hydrogen peroxide
- B. Rubbing alcohol or an antiseptic**
- C. Vinegar
- D. Soap and water

Using rubbing alcohol or an antiseptic is effective in reducing the chance of infection from an insect bite or sting because these substances contain agents that kill bacteria and decrease the risk of infection. Antiseptics help to clean the area around the bite or sting, preventing pathogens from entering the skin and causing an infection. Rubbing alcohol, specifically, is known for its antimicrobial properties, which further supports its role in disinfecting the site of the bite or sting, particularly when immediate care is not possible. This proactive step can significantly impact the healing process and reduce complications associated with insect bites or stings. While soap and water can also be effective in cleaning the area and removing dirt and bacteria, antiseptics typically provide a more potent solution for disinfection. Hydrogen peroxide may be suitable for cleaning wounds, but it can be irritating and is not recommended for all types of wounds. Vinegar, while sometimes used for certain stings (like jellyfish), doesn't provide the same broad-spectrum antibacterial effect that rubbing alcohol or antiseptics can offer.

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:

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

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