

SNHD EMS Protocol Exam EMT Basic Level Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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

- 1. What is the typical response when a patient demonstrates signs of shock?**
 - A. Provide immediate fluid resuscitation**
 - B. Encourage the patient to walk it off**
 - C. Monitor vital signs closely but wait for transport**
 - D. Initiate CPR**
- 2. What does the acronym ABC stand for in emergency care?**
 - A. Airway, Breathing, Circulation**
 - B. Assessment, Breathing, Circulation**
 - C. Airway, Blood pressure, Circulation**
 - D. Assessment, Breathing, Complications**
- 3. Which condition is least likely to present with sudden weakness as a symptom?**
 - A. Stroke**
 - B. Transient Ischemic Attack (TIA)**
 - C. Myocardial Infarction**
 - D. Multiple Sclerosis**
- 4. Which of the following is NOT part of the SAFER acronym?**
 - A. Stabilize the situation**
 - B. Assess the Situation/Crisis**
 - C. Facilitate the contact of resources**
 - D. Restrain**
- 5. In terms of environment, what must an EMT be aware of during patient assessment?**
 - A. Patient's emotional state**
 - B. Available medical equipment**
 - C. Hazardous materials or unsafe conditions that may present risks**
 - D. Nearby healthcare facilities**

- 6. What type of breathing pattern is characterized by a prolonged expiration phase?**
- A. Cheyne-Stokes breathing**
 - B. Asthmatic breathing**
 - C. Biot's respirations**
 - D. Hyperventilation**
- 7. In what order should the ABCs be assessed in an emergency situation?**
- A. Circulation, Airway, Breathing**
 - B. Breathing, Airway, Circulation**
 - C. Airway, Breathing, Circulation**
 - D. Airway, Circulation, Breathing**
- 8. What is the importance of obtaining a complete set of vital signs?**
- A. To establish baseline values and monitor patient condition**
 - B. To diagnose the patient's condition immediately**
 - C. To plan for transportation to the hospital**
 - D. To perform a physical examination**
- 9. In cases of suspected spinal injury, what is the recommended method of transporting the patient?**
- A. In a sitting position**
 - B. Flat on a rigid backboard**
 - C. With the head elevated**
 - D. In a fetal position**
- 10. What immediate intervention should be done for a patient with a suspected myocardial infarction?**
- A. Administer nitroglycerin**
 - B. Administer aspirin if there are no contraindications**
 - C. Begin CPR immediately**
 - D. Encourage the patient to walk around**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is the typical response when a patient demonstrates signs of shock?

- A. Provide immediate fluid resuscitation**
- B. Encourage the patient to walk it off**
- C. Monitor vital signs closely but wait for transport**
- D. Initiate CPR**

When a patient shows signs of shock, the typical response is to provide immediate fluid resuscitation. Shock indicates a state of inadequate blood flow to the body's tissues, which can lead to organ failure if not addressed quickly. Fluid resuscitation helps to restore blood volume, improve circulation, and ensure that vital organs receive the oxygen and nutrients they need. In cases of shock, timely intervention is critical to prevent deterioration. Administering fluids helps to increase preload, which can improve cardiac output and restore normal blood pressure. This is particularly important in various types of shock, such as hypovolemic shock, which results from a significant loss of blood volume, or septic shock, where infection leads to systemic vasodilation and fluid shifts. Providing fluids is much more effective than encouraging a patient to engage in physical activity or simply monitoring vital signs without intervention. Immediate care and stabilization of the patient are paramount, and taking proactive measures such as fluid resuscitation is a fundamental aspect of the EMT's role in managing shock.

2. What does the acronym ABC stand for in emergency care?

- A. Airway, Breathing, Circulation**
- B. Assessment, Breathing, Circulation**
- C. Airway, Blood pressure, Circulation**
- D. Assessment, Breathing, Complications**

The acronym ABC stands for Airway, Breathing, and Circulation, which represents the critical steps in assessing and managing a patient's life-threatening conditions in emergency care. Airway is the first priority; ensuring that the airway is clear and unobstructed is essential for effective breathing. If the airway is compromised, oxygen exchange cannot occur, leading to life-threatening situations. Breathing follows next, where the adequacy of the patient's respirations must be evaluated. If a patient is not breathing adequately, interventions like bag-mask ventilation may be necessary. Circulation is the final component that must be assessed to determine if the heart is effectively pumping blood and delivering oxygen to the tissues. This includes checking for pulse, skin signs, and signs of shock. Understanding the ABCs helps emergency responders prioritize life-saving interventions systematically. The other options introduce components that are important in patient care, but they do not capture the critical order and basic principles found in the ABCs framework for immediate life support.

3. Which condition is least likely to present with sudden weakness as a symptom?

- A. Stroke**
- B. Transient Ischemic Attack (TIA)**
- C. Myocardial Infarction**
- D. Multiple Sclerosis**

Sudden weakness is a common symptom associated with both strokes and transient ischemic attacks (TIAs), which are both conditions that affect blood flow to the brain. In a stroke, the disruption of blood flow to a part of the brain can result in sudden onset of weakness or paralysis, typically on one side of the body. Similarly, a TIA produces similar symptoms but these tend to be temporary, often resolving within minutes to hours. Multiple Sclerosis (MS) can also result in weakness; however, it is typically characterized by varying symptoms that can develop more gradually, including episodes of weakness that may come and go along with other neurological symptoms. The nature of MS symptoms is often chronic and relapsing rather than suddenly occurring. Myocardial Infarction primarily presents with chest pain or discomfort, among other symptoms such as shortness of breath, sweating, nausea, and in some cases, weakness or lightheadedness. However, sudden weakness is not the hallmark presentation of a heart attack. This distinguishes it from the other conditions listed, where sudden weakness is a more defining symptom. Thus, myocardial infarction is the condition least likely to present primarily with sudden weakness.

4. Which of the following is NOT part of the SAFER acronym?

- A. Stabilize the situation**
- B. Assess the Situation/Crisis**
- C. Facilitate the contact of resources**
- D. Restrain**

The SAFER acronym is a mnemonic used in emergency management to guide responders through critical situations and ensure safety when handling crises. Each component of the acronym serves a specific purpose aimed at maintaining safety for both responders and those involved in the situation. The elements of the SAFER acronym include: 1. ****Stabilize the situation**** - This involves ensuring that the environment is safe and secure to prevent any further escalation of the crisis. 2. ****Assess the Situation/Crisis**** - Responders must evaluate what is happening, understanding the dynamics of the situation to make informed decisions. 3. ****Facilitate the contact of resources**** - This refers to coordinating with necessary emergency services or resources to effectively address the situation. While these components are critical to the framework for responding to a crisis, restraining individuals is not a formal part of the SAFER acronym. Restraining may occur based on specific circumstances, particularly for safety reasons, but it is not a defined step within this particular approach. In essence, SAFER focuses more on situational management and coordination rather than direct intervention, such as restraint.

5. In terms of environment, what must an EMT be aware of during patient assessment?

- A. Patient's emotional state**
- B. Available medical equipment**
- C. Hazardous materials or unsafe conditions that may present risks**
- D. Nearby healthcare facilities**

During patient assessment, it is crucial for an EMT to be aware of hazardous materials or unsafe conditions that may pose risks to both the patient and the EMT team. This awareness is central to ensuring safety in the environment where care is being provided. If there are hazardous materials present, they may affect the EMT's ability to effectively care for the patient or could create a risk of exposure to harmful substances. Similarly, identifying unsafe conditions—such as unstable structures, traffic hazards, or environmental dangers—helps to prevent further injury and ensures a safe environment for both the responder and the patient. Consideration of this environmental safety is particularly critical since EMTs often work in unpredictable and potentially dangerous situations, such as accident scenes or industrial sites. Understanding these risks allows EMTs to take appropriate precautionary measures, potentially initiate decontamination procedures, or call in specialized help if necessary. This proactive approach not only protects the health professionals but also ensures that patient care can be delivered effectively and without additional complications relating to the environment.

6. What type of breathing pattern is characterized by a prolonged expiration phase?

- A. Cheyne-Stokes breathing**
- B. Asthmatic breathing**
- C. Biot's respirations**
- D. Hyperventilation**

The type of breathing characterized by a prolonged expiration phase is known as asthmatic breathing. In this pattern, individuals exhibit difficulty exhaling air due to narrowed air passages, commonly resulting from conditions such as asthma. During an asthma attack or bronchospasm, the airways become inflamed and constricted, causing prolonged expiration as the patient struggles to release the trapped air in the lungs. This can lead to wheezing, a hallmark sound during expiration, as well as the sensation of breathlessness. In contrast, Cheyne-Stokes breathing features alternating periods of deep, rapid breathing followed by periods of apnea. Biot's respirations are characterized by irregular breathing patterns, with periods of the same depth and rhythm followed by abrupt pauses. Hyperventilation, on the other hand, usually involves increased respiratory rate and depth, leading to excessive exhalation of carbon dioxide, but does not demonstrate the prolonged expiration characteristic of asthmatic breathing. Understanding these distinctions helps recognize the underlying respiratory conditions that could be affecting a patient.

7. In what order should the ABCs be assessed in an emergency situation?

- A. Circulation, Airway, Breathing**
- B. Breathing, Airway, Circulation**
- C. Airway, Breathing, Circulation**
- D. Airway, Circulation, Breathing**

In the context of emergency medical response, the correct order to assess the ABCs, which stands for Airway, Breathing, and Circulation, emphasizes the importance of maintaining a patent airway and ensuring adequate breathing before evaluating circulation. Beginning with the airway is critical because an obstruction can rapidly lead to life-threatening situations. If a patient's airway is compromised, even the most effective ventilations and circulatory support may become futile. Once the airway is secured, the next step is to assess breathing. This involves checking for adequate ventilation and the effectiveness of the patient's respiratory efforts. Finally, circulation is assessed through pulse checks and evaluating the patient for signs of shock or circulatory failure. This systematic approach aligns with the basic life support principles, where the focus is on immediate threats to life. Therefore, the correct sequence starts with Airway assessment, followed by Breathing, and concludes with Circulation, which ensures that immediate life-saving interventions can be performed effectively.

8. What is the importance of obtaining a complete set of vital signs?

- A. To establish baseline values and monitor patient condition**
- B. To diagnose the patient's condition immediately**
- C. To plan for transportation to the hospital**
- D. To perform a physical examination**

Obtaining a complete set of vital signs is crucial in establishing baseline values and monitoring the patient's condition over time. Vital signs, including heart rate, respiratory rate, blood pressure, temperature, and oxygen saturation, serve as essential indicators of a patient's physiological status. By collecting this data, healthcare providers can identify any changes or trends that may indicate an improvement or deterioration in the patient's condition. Establishing a baseline helps in comparing subsequent measurements and assessing how the patient responds to interventions or treatments. For example, if a patient has a fever, tracking the temperature over a period will show if the fever is resolving or worsening. Furthermore, vital signs guide clinical decision-making and can lead to more tailored and effective patient care. While diagnosing a patient's condition is crucial, it often requires more than just vital signs; it typically involves a thorough assessment, including patient history and physical examination findings. Similarly, planning for transportation or performing a physical examination may rely on the assessment of vital signs but does not emphasize their role in ongoing patient assessment as directly as establishing a baseline and monitoring.

9. In cases of suspected spinal injury, what is the recommended method of transporting the patient?

- A. In a sitting position**
- B. Flat on a rigid backboard**
- C. With the head elevated**
- D. In a fetal position**

Transporting a patient with a suspected spinal injury on a flat, rigid backboard is critical for several reasons. This method minimizes movement of the spine, which is essential to prevent further injury to the spinal cord or surrounding tissues. A rigid backboard provides stability and support, ensuring that the spine remains aligned. This position helps to immobilize the entire body, which is necessary to protect any potential spinal fractures or neurological injuries. By securely strapping the patient to the backboard, you can effectively limit movement during transport, which is crucial in maintaining the patient's safety until further assessment and treatment can be provided. Additionally, the flat position of the backboard aids in maintaining airway patency and supports adequate breathing by preventing excessive flexion or rotation of the neck and spine. Other transport methods, such as sitting, with the head elevated, or in a fetal position, can create risks by allowing for movement of the spine, which could exacerbate any existing injuries and lead to significant complications. Therefore, utilizing a flat, rigid backboard is the recommended standard practice for safely transporting patients with suspected spinal injuries.

10. What immediate intervention should be done for a patient with a suspected myocardial infarction?

- A. Administer nitroglycerin**
- B. Administer aspirin if there are no contraindications**
- C. Begin CPR immediately**
- D. Encourage the patient to walk around**

For a patient with a suspected myocardial infarction (MI), administering aspirin is a critical immediate intervention. Aspirin works by inhibiting platelet aggregation, which can help prevent further clot formation in the coronary arteries. This is particularly crucial during an MI, where the blood flow to heart muscle is compromised due to a blockage. By providing aspirin, you can reduce the risk of further complications that might arise from the ongoing cardiac event. Moreover, aspirin has been widely studied and recommended in the initial management of suspected cardiac events, as it is both effective and generally safe for most patients, provided there are no contraindications such as a known allergy to aspirin, active gastrointestinal bleeding, or certain bleeding disorders. It can be administered quickly and does not require advanced medical equipment or complex procedures, making it highly accessible for EMTs in emergency situations. The other interventions, while they may be appropriate in their respective contexts, do not address the immediate need to reduce platelet activity and prevent further clotting in an acute MI scenario as effectively as aspirin.

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://snhdemsprotexamemtbasiclvl.examzify.com>

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