

SURFACE WATER RESCUE TECHNICIAN PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 is a sign of hypothermia at 27 degrees?**
 - A. Irrational behavior
 - B. Shiver
 - C. Loss of consciousness
 - D. Loss of motor skills
- 2. Which of the following is NOT a requirement for a landing zone (LZ)?**
 - A. Fire protection
 - B. Must be 36 x 36
 - C. Flat terrain with no obstacles
 - D. Proximity to a body of water
- 3. Which statement accurately describes wet drowning?**
 - A. It accounts for 80-90% of all drownings
 - B. The victim's lungs contain only air
 - C. It occurs only in hot weather
 - D. The victim remains afloat
- 4. What do red or orange colors represent on a topographic map?**
 - A. Structures
 - B. Vegetation
 - C. Contour lines
 - D. Roads
- 5. What do brown colors signify on a topographic map?**
 - A. Vegetation
 - B. Contour lines
 - C. Roads
 - D. Structures
- 6. What type of rescue is considered the most dangerous?**
 - A. Soft rescues
 - B. Planned rescues
 - C. Attack rescues
 - D. "GO" rescues

- 7. During group rescues, what is the importance of assigning roles?**
- A. To comply with legal requirements
 - B. To ensure a coordinated effort and reduce confusion
 - C. To allow more flexibility in actions
 - D. To guarantee faster rescue times
- 8. What is the purpose of keeping your head above water when entering for a rescue?**
- A. For better visibility
 - B. To maintain buoyancy
 - C. To avoid collisions with debris
 - D. To breathe easily
- 9. Why is it important to use the defensive swimming position?**
- A. It allows you to swim faster
 - B. It keeps your body warmer
 - C. It allows you to see ahead and absorb shocks
 - D. It prevents capsizing
- 10. What primarily causes buoyancy in the body after drowning?**
- A. Air trapped in the lungs
 - B. Decomposition leading to gas formation
 - C. Weight loss from immersion
 - D. Inflammation of body tissues

Answers

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

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Explanations

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1. What is a sign of hypothermia at 27 degrees?

- A. Irrational behavior
- B. Shiver
- C. Loss of consciousness**
- D. Loss of motor skills

At a temperature of 27 degrees Fahrenheit, the body's ability to maintain its core temperature becomes significantly compromised, leading to various physiological changes. One major sign of hypothermia is the loss of consciousness, which indicates that the body is in a critical state where mental and physical functions are severely impaired due to prolonged exposure to cold conditions. When a person becomes hypothermic, the body diverts blood flow away from extremities to preserve core heat, which can lead to confusion and decreased responsiveness. As the condition worsens, the individual may become less aware of their surroundings and unresponsive, ultimately resulting in unconsciousness. Recognizing this symptom is crucial in a rescue scenario, as it demands immediate and effective intervention to prevent life-threatening consequences. Other signs, such as shivering, irrational behavior, and loss of motor skills, typically occur in the earlier stages of hypothermia. While they indicate the onset of hypothermia and require attention, the onset of loss of consciousness signals a more advanced and severe state of hypothermia, which is a critical sign in the context of urgent rescue and medical assistance.

2. Which of the following is NOT a requirement for a landing zone (LZ)?

- A. Fire protection
- B. Must be 36 x 36
- C. Flat terrain with no obstacles
- D. Proximity to a body of water**

A landing zone (LZ) for helicopter operations needs to meet specific safety and operational criteria. Among the requirements, fire protection is crucial to ensure the safety of both the aircraft and personnel involved, as any potential fire hazards can pose significant risks during landing and takeoff. The designated area must also be large enough, specifically 36 feet by 36 feet, to accommodate the helicopter without encroaching upon surrounding hazards or obstacles. This space requirement helps ensure a safe landing and takeoff environment. Flat terrain with no obstacles is another essential requirement for an effective LZ. This characteristic minimizes the risk of accidents during landing and ensures that the helicopter can safely navigate the area without interference from terrain irregularities or obstructions. In contrast, proximity to a body of water is not a necessary requirement for an LZ. While being near water can be advantageous for rescue operations, particularly in surface water rescue scenarios, it does not influence the core criteria for a safe and operational landing zone. Thus, it is the factor that does not align with the critical requirements for LZ designation.

3. Which statement accurately describes wet drowning?

A. It accounts for 80-90% of all drownings

B. The victim's lungs contain only air

C. It occurs only in hot weather

D. The victim remains afloat

The statement that accurately describes wet drowning is that it accounts for 80-90% of all drownings. Wet drowning occurs when water enters the lungs, leading to respiratory impairment and can quickly incapacitate the victim. This type of drowning is far more common than other forms, such as dry drowning, where minimal water enters the airway. The other statements are not accurate descriptions of wet drowning. For instance, in wet drowning, the victim's lungs would contain water rather than air, which is critical in distinguishing it from dry drowning. Wet drowning can occur in various weather conditions, not exclusively in hot weather; thus, it does not depend on temperature. Additionally, a victim of wet drowning may not always remain afloat—often, they can sink or struggle to remain above the surface due to the intake of water and the loss of consciousness.

4. What do red or orange colors represent on a topographic map?

A. Structures

B. Vegetation

C. Contour lines

D. Roads

On a topographic map, red or orange colors are commonly used to represent roads and other significant linear features. This color choice makes these important pathways stand out against the natural landscape, which is often depicted in greens, browns, and blues to represent vegetation, elevation, and water features respectively. Topographic maps use a specific color scheme to convey various types of information, improving readability and functionality for users navigating these areas. The use of red or orange specifically for roads helps denote not just major highways but sometimes lesser roads and trails, giving the map an intuitive layout for those using it for travel or rescue operations. In contrast, structures would generally be indicated by other colors or symbols. Vegetation might be represented with greens, while contour lines are depicted in brown or black to illustrate changes in elevation. This systematic color-coding helps users quickly identify crucial features necessary for tasks like planning a rescue operation in water-related scenarios.

5. What do brown colors signify on a topographic map?

A. Vegetation

B. Contour lines

C. Roads

D. Structures

Brown colors on a topographic map signify contour lines, which are essential for depicting the elevation and shape of the terrain. These lines represent areas of equal elevation, helping users understand the slope and relief of the landscape. Contour lines can also indicate the steepness of a hill or valley; closely spaced lines suggest steep terrain, while lines that are spaced farther apart indicate a gentler slope. Recognizing this color coding is critical for anyone navigating or analyzing geographical features, as it allows for better planning and assessment of the terrain. While vegetation, roads, and structures have their respective symbols and color codes on a topographic map, brown is specifically designated for contour lines, making this the most accurate identification of what the color signifies.

6. What type of rescue is considered the most dangerous?

- A. Soft rescues
- B. Planned rescues
- C. Attack rescues
- D. "GO" rescues**

"GO" rescues are considered the most dangerous type of rescue primarily because they involve immediate action in response to a life-threatening situation. In these scenarios, rescuers are often required to enter the water quickly without the luxury of a detailed plan or risk assessment. The urgency of the situation can increase the likelihood of hazards such as strong currents, low visibility, or rapidly changing environmental conditions, all of which can pose significant risks to both the rescuer and the victim. The nature of "GO" rescues typically means that the rescuer must act decisively and promptly, often at great personal risk. This immediacy can lead to reckless behavior if the rescuer does not adequately assess the risks involved or if they underestimate the severity of the situation. Therefore, understanding the dangers involved and the inherent risks of hasty actions is crucial for anyone involved in surface water rescue operations in order to maintain safety for both the rescuer and the person in distress.

7. During group rescues, what is the importance of assigning roles?

- A. To comply with legal requirements
- B. To ensure a coordinated effort and reduce confusion**
- C. To allow more flexibility in actions
- D. To guarantee faster rescue times

Assigning roles during group rescues is crucial for ensuring a coordinated effort among team members and significantly reducing confusion. When each individual understands their specific responsibilities, it allows for better communication and teamwork, enabling rescue operations to be executed more effectively. Clear role definitions help avoid overlaps or gaps in actions, which can lead to critical mistakes during high-pressure rescue situations. Furthermore, having designated roles helps streamline decision-making processes, as team members know whom to consult for certain issues or tasks. This structured approach not only increases efficiency but also enhances safety for both the rescuers and those being rescued. Overall, assigning roles is foundational to the success of the operation.

8. What is the purpose of keeping your head above water when entering for a rescue?

- A. For better visibility
- B. To maintain buoyancy
- C. To avoid collisions with debris**
- D. To breathe easily

When entering the water for a rescue, keeping your head above water serves multiple critical purposes, with avoiding collisions with debris being a significant concern. In many rescue scenarios, the water can be filled with various hazards such as branches, rocks, or other submerged objects that pose a risk of injury. By keeping your head above water, you can maintain a better awareness of your immediate surroundings, allowing you to navigate away from these potential dangers effectively. Maintaining a visible position helps ensure that you can spot obstacles and adjust your movements accordingly to reduce the risk of accidents during the rescue effort. This awareness is crucial not only for your safety but also for the safety of the person you are attempting to rescue, as you can avoid creating further peril during the process. While other factors like visibility, buoyancy, and being able to breathe comfortably are important considerations, the ability to remain aware of your surroundings and avoid physical hazards takes precedence during a rescue operation.

9. Why is it important to use the defensive swimming position?

- A. It allows you to swim faster
- B. It keeps your body warmer
- C. It allows you to see ahead and absorb shocks**
- D. It prevents capsizing

The defensive swimming position is important because it allows the swimmer to see ahead and absorb shocks. In a defensive swimming posture, the body is typically positioned with the chest down and arms extended, which enables better visibility of the surroundings and potential hazards in the water. This awareness is crucial for navigating turbulent conditions or debris that can arise during a rescue scenario. Additionally, by adopting this position, the swimmer can brace their body against waves or currents, effectively absorbing the impact and maintaining stability. This helps prevent the swimmer from being overwhelmed by the water's forces and allows for better control and maneuverability. Maintaining sight lines ahead is particularly essential in rescue situations, where quick decision-making can be the difference between success and failure. Understanding this position's advantages helps ensure the safety and effectiveness of rescue operations in water-based emergencies.

10. What primarily causes buoyancy in the body after drowning?

- A. Air trapped in the lungs
- B. Decomposition leading to gas formation**
- C. Weight loss from immersion
- D. Inflammation of body tissues

Buoyancy in the body after drowning is primarily influenced by the process of decomposition, which leads to gas formation. When a body is submerged in water, the tissues start to break down gradually after death. This decomposition produces gases, such as methane, carbon dioxide, and others, which accumulate within the body. The formation of these gases increases the body's buoyancy, allowing it to rise to the surface after a period. While trapped air in the lungs may initially contribute to buoyancy when a person drowns, it is not the primary cause of buoyancy for a body after death. Furthermore, weight loss from immersion and inflammation of body tissues are not significant factors in buoyancy related to drowning. The overarching process of decomposition and gas accumulation is the critical factor that determines whether a body will float or remain submerged, making it the most relevant cause of buoyancy in this context.

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://surfacewaterrescuetechnology.examzify.com>

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

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