

# TCCC Test-Out Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

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**SAMPLE**

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## **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.**

## **7. Use Other Tools**

**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!**

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## **Questions**

- 1. Which of the following is NOT a role the CLS may be expected to do while staging a casualty?**
  - A. Assess vital signs**
  - B. Intubate any casualties with respiratory compromise**
  - C. Provide basic first aid**
  - D. Stabilize the casualty for transport**
- 2. How often should medical supplies be reviewed for expiration dates?**
  - A. Every six months**
  - B. At the start of each mission**
  - C. On a quarterly basis**
  - D. Before any injury occurs**
- 3. What should you continue to monitor for a casualty with an affixed chest seal as you prepare for evacuation?**
  - A. Swelling of the abdomen**
  - B. Progressive respiratory distress**
  - C. Loss of consciousness**
  - D. Bleeding from the wound**
- 4. What is the expected respiratory rate for an adult casualty?**
  - A. 10 to 15 breaths per minute**
  - B. 12 to 20 breaths per minute**
  - C. 20 to 30 breaths per minute**
  - D. 15 to 25 breaths per minute**
- 5. Why is it advised to avoid loosening a tourniquet once applied?**
  - A. It may lead to fatal blood loss and is difficult to reapply effectively**
  - B. It can cause infection to set in**
  - C. It may cause more pain to the casualty**
  - D. It could interfere with evacuation efforts**



- 6. What is the priority for the medic during Care Under Fire?**
- A. To assist the casualty with their injuries**
  - B. To conduct a complete assessment**
  - C. To return fire and ensure their own safety and that of the casualty**
  - D. To prepare for evacuation**
- 7. What is the best method for controlling massive hemorrhage in Tactical Field Care?**
- A. Application of a tourniquet or direct pressure with a dressing**
  - B. Elevation of the affected limb**
  - C. Administration of crystalloids**
  - D. Compression bandaging without a tourniquet**
- 8. During Tactical evacuation care, what should be monitored closely?**
- A. The casualty's vital signs and level of consciousness**
  - B. The ambient temperature and weather conditions**
  - C. The time elapsed since the injury**
  - D. The type of equipment used for transport**
- 9. When should a combat lifesaver inspect their JFAK equipment?**
- A. Before/During/After**
  - B. Only before a mission**
  - C. Once per week**
  - D. Only after an engagement**
- 10. What protective measure should be taken for a casualty having a seizure?**
- A. Administer oral medications**
  - B. Secure the area to avoid injuries**
  - C. Isolate the casualty from others**
  - D. Place pillows around them**

## **Answers**

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

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## **Explanations**

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**1. Which of the following is NOT a role the CLS may be expected to do while staging a casualty?**

**A. Assess vital signs**

**B. Intubate any casualties with respiratory compromise**

**C. Provide basic first aid**

**D. Stabilize the casualty for transport**

The most appropriate answer is that intubating any casualties with respiratory compromise is NOT a role typically expected of a Combat Lifesaver (CLS) while staging a casualty. In the context of TCCC (Tactical Combat Casualty Care), the responsibilities of a CLS include assessing vital signs, providing basic first aid, and stabilizing casualties for transport. However, advanced interventions such as intubation are reserved for more highly trained medical personnel, such as medics or paramedics, who have the necessary skills and training to perform such procedures safely and effectively. By focusing on the key responsibilities of a CLS, it becomes clear that their role is more about immediate and basic care rather than advanced airway management, which is why the option regarding intubation does not align with typical CLS duties.

**2. How often should medical supplies be reviewed for expiration dates?**

**A. Every six months**

**B. At the start of each mission**

**C. On a quarterly basis**

**D. Before any injury occurs**

The correct choice is based on the critical importance of ensuring that all medical supplies are fresh and effective before they are needed in a mission setting. By reviewing medical supplies at the start of each mission, personnel can confirm that all items, particularly those crucial for emergency treatment, are within their expiration dates. This practice minimizes the risk of using expired products, which may not function as intended during a critical situation, potentially compromising patient outcomes. Ensuring that supplies are current just before deployment allows for immediate visibility on inventory and readiness, making it a proactive measure rather than a reactive one. It fosters a culture of preparedness, essential in tactical environments where timely and effective medical care is crucial. This approach contrasts with some of the other suggested intervals, which may not align with the urgent and variable nature of mission circumstances. Relying solely on a routine schedule, such as every six months, quarterly, or before an injury occurs, may leave gaps in readiness, especially if an unforeseen mission arises or if the supplies are unexpectedly needed. Therefore, verifying supplies just before each mission ensures that every aspect of medical readiness is attended to.

**3. What should you continue to monitor for a casualty with an affixed chest seal as you prepare for evacuation?**

- A. Swelling of the abdomen**
- B. Progressive respiratory distress**
- C. Loss of consciousness**
- D. Bleeding from the wound**

Monitoring for progressive respiratory distress in a casualty with an affixed chest seal is crucial because it can indicate that the seal is not effectively preventing air from entering the pleural space, which may lead to a tension pneumothorax—a life-threatening condition. If the casualty experiences increasing difficulty in breathing, it may be a sign that the chest seal has failed or that the underlying lung injury has worsened. This could necessitate immediate intervention, such as needle decompression, and emphasizes the importance of ongoing assessment during the evacuation preparation process. While observing the other conditions, like swelling of the abdomen or loss of consciousness, is important, they do not specifically relate to the effectiveness of the chest seal in preventing respiratory complications. Bleeding from the wound is also a concern, but it directly pertains to the management of the traumatic injury rather than assessing respiratory function, which is critical in this scenario. Thus, focusing on respiratory distress provides essential insight into the casualty's evolving condition and informs the next steps in medical management.

**4. What is the expected respiratory rate for an adult casualty?**

- A. 10 to 15 breaths per minute**
- B. 12 to 20 breaths per minute**
- C. 20 to 30 breaths per minute**
- D. 15 to 25 breaths per minute**

The expected respiratory rate for a healthy adult at rest typically falls within the range of 12 to 20 breaths per minute. This range is considered normal for a resting adult and is used as a guideline in assessing respiratory function in clinical settings. A rate below 12 breaths per minute may indicate respiratory depression, while a rate above 20 breaths per minute could signal conditions such as anxiety, exercise, or respiratory distress. It's essential for medical personnel to understand these ranges to accurately assess a casualty's condition and respond appropriately. This knowledge allows for early identification of potential respiratory problems, guiding further intervention or monitoring as needed.

**5. Why is it advised to avoid loosening a tourniquet once applied?**

- A. It may lead to fatal blood loss and is difficult to reapply effectively**
- B. It can cause infection to set in**
- C. It may cause more pain to the casualty**
- D. It could interfere with evacuation efforts**

The recommendation to avoid loosening a tourniquet once it has been applied is primarily grounded in the risk of significant blood loss and the difficulty of effectively reapplying the tourniquet. When a tourniquet is tightened, it occludes blood flow to the extremity and controls hemorrhage. If the tourniquet is loosened, even slightly, it can allow blood to flow back into the affected area, potentially leading to re-bleeding, which can be life-threatening, especially in cases of severe trauma. Additionally, once loosened, it is challenging to reapply a tourniquet effectively; doing so may not achieve the same level of compression needed, further jeopardizing the victim's chances of maintaining hemostasis. Understanding the gravity of arterial bleeding and the necessity to maintain pressure is crucial in trauma care. It is widely accepted in tactical emergency medicine that once a tourniquet has been placed, it should be left in place until a medical professional can manage the injury, ensuring that the patient's chances of survival remain optimal.

**6. What is the priority for the medic during Care Under Fire?**

- A. To assist the casualty with their injuries**
- B. To conduct a complete assessment**
- C. To return fire and ensure their own safety and that of the casualty**
- D. To prepare for evacuation**

During Care Under Fire, the primary focus for the medic is to ensure their own safety as well as the safety of the casualty while also being able to return fire if necessary. This phase of care occurs in an active combat environment where there is an imminent threat, and the medic must prioritize situational awareness to prevent further injuries, both to themselves and the casualty. A medic's ability to provide care is heavily contingent on maintaining a secure environment. If the medic is compromised, they cannot effectively assist the wounded or make sound decisions. Therefore, assessing the scene for hazards, protecting oneself, and returning effective fire when needed are crucial actions. This ensures that the medic can eventually provide care once the immediate threat has been mitigated, and it sets the groundwork for safe medical intervention later in the casualty's care. Other priorities, such as assisting the casualty with their injuries, conducting a complete assessment, or preparing for evacuation, become vital but are secondary during the intense conditions of Care Under Fire. The medic must first ensure their safety and the safety of the casualty before addressing those needs.

**7. What is the best method for controlling massive hemorrhage in Tactical Field Care?**

- A. Application of a tourniquet or direct pressure with a dressing**
- B. Elevation of the affected limb**
- C. Administration of crystalloids**
- D. Compression bandaging without a tourniquet**

The best method for controlling massive hemorrhage in Tactical Field Care is the application of a tourniquet or direct pressure with a dressing. This approach is crucial because it effectively occludes blood flow to the injured area, significantly reducing the risk of further blood loss, which is vital in situations where time is critical. Tourniquets are particularly effective for limb injuries, as they can rapidly stop hemorrhage in a way that elevating the limb or using compression bandages cannot accomplish alone. Direct pressure with a dressing also plays a key role, especially when a tourniquet is not feasible, as it can help to form a clot and control bleeding by applying consistent pressure to the wound site. While other approaches, like elevation of the affected limb or use of crystalloids, can be part of treatment for managing hemorrhage, they do not provide the immediate control needed in cases of massive blood loss. Elevating a limb may not stop the flow of blood effectively, and crystalloids are more suited for fluid resuscitation after hemorrhage has been addressed rather than direct control of bleeding. Compression bandaging is a valid technique but may not be sufficient in cases of massive hemorrhage where a tourniquet is necessary. Overall, rapid intervention with a

**8. During Tactical evacuation care, what should be monitored closely?**

- A. The casualty's vital signs and level of consciousness**
- B. The ambient temperature and weather conditions**
- C. The time elapsed since the injury**
- D. The type of equipment used for transport**

Monitoring the casualty's vital signs and level of consciousness during Tactical Evacuation Care is critically important because these parameters provide vital information about the patient's physiological status and response to treatment. Changes in vital signs, such as heart rate, blood pressure, respiratory rate, and oxygen saturation, can indicate deterioration or improvement in the casualty's condition. Additionally, the level of consciousness, often assessed using the AVPU (Alert, Verbal, Pain, Unresponsive) scale, can indicate the effectiveness of interventions and the need for further medical assistance. In a tactical environment, where conditions can change rapidly, paying close attention to these vital signs helps healthcare providers make informed decisions regarding the urgency of evacuation, the modifications needed in treatment, and the appropriateness of transport methods. It ensures that the patient's needs are prioritized throughout the evacuation process, increasing the chances of a successful outcome.



**9. When should a combat lifesaver inspect their JFAK equipment?**

- A. Before/During/After**
- B. Only before a mission**
- C. Once per week**
- D. Only after an engagement**

Inspecting the Joint First Aid Kit (JFAK) equipment is crucial for ensuring that all medical supplies are available and functioning properly when they're needed most. By choosing to inspect the JFAK before, during, and after a mission, a combat lifesaver ensures that they are fully prepared for any medical situation that may arise. Before a mission, this inspection allows the lifesaver to confirm that all necessary supplies are present, properly stored, and in good condition. This proactive approach helps to avoid any potential issues during the operation. During the mission, a brief inspection can help to ensure that supplies have not been damaged or depleted, allowing for real-time adjustments to be made if needed. After the mission, reviewing the JFAK equipment provides an opportunity to restock and replace any used or expired items, maintaining readiness for future deployments. Overall, the comprehensive approach to inspection reinforces the combat lifesaver's preparedness and capability to provide timely care in critical situations.

**10. What protective measure should be taken for a casualty having a seizure?**

- A. Administer oral medications**
- B. Secure the area to avoid injuries**
- C. Isolate the casualty from others**
- D. Place pillows around them**

For a casualty experiencing a seizure, securing the area to avoid injuries is the most critical protective measure. During a seizure, individuals can lose control of their body and may inadvertently harm themselves by hitting nearby objects or falling. Ensuring that the environment is safe by removing any hazards or obstacles helps prevent injury. While other options, such as placing pillows around the person or administering medications, might seem beneficial, they do not address the immediate need to protect the individual from potential harm due to their surroundings. Isolating the casualty from others might not be necessary unless there are specific distractions or dangers, and administering oral medications would not be appropriate during a seizure, as the individual may not be able to swallow safely. Therefore, securing the area is the appropriate response to prioritize the casualty's safety during such an event.

# 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://tccctestout.examzify.com>**

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