

Wilderness First Responder (WFH) Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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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

- 1. What should be avoided if there is persistent ischemia when treating joint injuries?**
 - A. Using a traction splint**
 - B. Applying heat**
 - C. Performing a splint**
 - D. Monitoring pain levels**
- 2. What is the first step in managing an abdominal evisceration?**
 - A. Position the patient upright**
 - B. Apply a dry dressing**
 - C. Apply a moist dressing**
 - D. Keep the abdomen exposed to air**
- 3. What is the compression to ventilation ratio for CPR in child/infant?**
 - A. 30:2**
 - B. 15:2**
 - C. 10:1**
 - D. 5:1**
- 4. How should a severed part be managed to ensure the best outcome after an amputation?**
 - A. Wrap it in a dry cloth and keep it warm**
 - B. Wrap it in a moist dressing and keep it cool**
 - C. Store it in a sealed plastic bag at room temperature**
 - D. Submerge it in ice water**
- 5. When assessing a patient, what does 'E' in the STOPEATS mnemonic represent?**
 - A. Exhaustion**
 - B. Electricity**
 - C. Elevation**
 - D. Examination**

- 6. What characterizes a High Risk Spine Injury?**
- A. It's not serious**
 - B. It is clear and mild**
 - C. Serious and emergent**
 - D. Requires no immediate action**
- 7. In addition to epinephrine, what medication is often administered for allergic reactions?**
- A. Aspirin**
 - B. Diphenhydramine**
 - C. Ibuprofen**
 - D. Acetaminophen**
- 8. Which type of burn is characterized by dry, leathery skin with no blisters?**
- A. Superficial burn**
 - B. Partial thickness burn**
 - C. Full thickness burn**
 - D. Second degree burn**
- 9. What is a common complication associated with rescue breathing?**
- A. Aspiration**
 - B. A complete obstruction**
 - C. Hypoventilation**
 - D. Bradycardia**
- 10. What does the term "wilderness" refer to in the context of Wilderness Protocols?**
- A. Working in urban environments**
 - B. Working in remote, high risk, low resource environments**
 - C. Working in medical facilities**
 - D. Working in populated areas with accessible resources**

Answers

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

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Explanations

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1. What should be avoided if there is persistent ischemia when treating joint injuries?

- A. Using a traction splint**
- B. Applying heat**
- C. Performing a splint**
- D. Monitoring pain levels**

When treating joint injuries with persistent ischemia, performing a splint should be avoided because splinting can further compromise blood flow and exacerbate ischemia. If ischemia is present, it indicates that there is inadequate blood supply to the affected area, and any additional pressure or immobilization from a splint can worsen the situation by restricting blood flow even more. In contrast, applying heat or traction may be more appropriate in other contexts as they can promote blood flow under certain conditions, but in the presence of ischemia, it is crucial to address the underlying issue and ensure that circulation is not hindered. Monitoring pain levels is also essential for assessing the patient's condition and guiding treatment decisions, thus it is not something that should be avoided. Therefore, choosing not to perform a splint is the correct approach in this scenario, as it aims to alleviate the risk of further damage due to compromised circulation.

2. What is the first step in managing an abdominal evisceration?

- A. Position the patient upright**
- B. Apply a dry dressing**
- C. Apply a moist dressing**
- D. Keep the abdomen exposed to air**

In the case of an abdominal evisceration, the first step in management is to apply a moist dressing. This is crucial because an evisceration involves the protrusion of abdominal organs through a wound, and keeping the exposed organs moist is essential to prevent tissue damage and maintain viability. A moist dressing helps prevent the organs from drying out and becoming necrotic. Using a moist dressing also helps reduce the risk of infection and provides a protective barrier against contaminants. Ensuring the organs remain moist is vital until the patient can receive definitive medical care. The other options would not adequately protect the involved organs or facilitate proper care. For example, positioning the patient upright could increase the risk of further injury or stress on the abdominal organs. Applying a dry dressing might lead to tissue desiccation, while leaving the abdomen exposed to air can increase the risk of contamination and infection. These actions would not prioritize the safety and health of the patient's abdominal contents in the case of an evisceration.

3. What is the compression to ventilation ratio for CPR in child/infant?

- A. 30:2
- B. 15:2**
- C. 10:1
- D. 5:1

The correct compression to ventilation ratio for CPR in children and infants is 15:2 when there are two rescuers available, which aligns with established CPR guidelines. This ratio is specifically designed to accommodate the physiological differences in children and infants compared to adults, recognizing that they typically require a higher ratio of breaths to compressions. The reason for the higher ratio of 15 compressions to 2 breaths stems from the lower body mass and heart rate in children and infants, where having more breaths relative to the number of compressions helps to ensure adequate oxygenation and ventilation during cardiac arrest situations. In cases where a single rescuer is performing CPR, the recommended ratio is 30:2, which is more appropriate for adults and in situations where quick action is critical. This emphasis on the correct compression to ventilation ratio is critical to providing effective life-saving measures and aligning with guidelines from organizations like the American Heart Association.

4. How should a severed part be managed to ensure the best outcome after an amputation?

- A. Wrap it in a dry cloth and keep it warm
- B. Wrap it in a moist dressing and keep it cool**
- C. Store it in a sealed plastic bag at room temperature
- D. Submerge it in ice water

Managing a severed part correctly is crucial for the possibility of successful reattachment. The appropriate method involves wrapping the severed part in a moist dressing and keeping it cool. Using a moist dressing helps to prevent the tissues from drying out, which is essential in preserving the viability of the cells and tissues until medical intervention can occur. This prevents irreversible damage that can happen if the tissue becomes desiccated. Keeping the severed part cool is also vital because cooler temperatures can slow down metabolic processes in the tissue, further helping to preserve its condition. However, it's important not to freeze the part, as that would cause ice crystals to form within the cells, leading to more damage. This combination of moist wrapping and cooling provides the best chance for the severed part to remain viable for surgical reattachment.

5. When assessing a patient, what does 'E' in the STOPEATS mnemonic represent?

- A. Exhaustion**
- B. Electricity**
- C. Elevation**
- D. Examination**

In the context of the STOPEATS mnemonic, which is often used in wilderness first aid assessments, 'E' specifically represents Electricity. This term refers to the potential hazards and injuries associated with electrical exposure, including shocks and burns. It highlights the need for responders to assess whether a patient has been exposed to any form of electricity and to be cautious of the environment, as electrical hazards can pose significant risks during first aid interventions. Assessing for electrical exposure is crucial because it can lead to a variety of complications, such as arrhythmias, neurological damage, and even severe burns. By including electricity in the assessment, first responders are encouraged to think critically about the patient's environment and ensure safety for both the patient and themselves. The other options, while relevant to patient assessment in various ways, do not align with the STOPEATS mnemonic. Examining for exhaustion, elevation, or conducting an examination may indeed be important in different contexts but are not captured as specific elements within this particular mnemonic.

6. What characterizes a High Risk Spine Injury?

- A. It's not serious**
- B. It is clear and mild**
- C. Serious and emergent**
- D. Requires no immediate action**

A high-risk spine injury is characterized as serious and emergent due to the potential for significant consequences if not addressed promptly. These types of injuries can result from mechanisms such as high-velocity impacts, falls from heights, or severe trauma. Recognizing the seriousness of such an injury is crucial because spinal injuries can lead to severe complications, including paralysis or permanent neurological damage. Immediate action is necessary in these situations to minimize further injury and to ensure that appropriate medical care is obtained as soon as possible. The emphasis on the emergent nature of high-risk spine injuries underscores the importance of assessing the patient's condition accurately and implementing the appropriate interventions, such as immobilization and seeking advanced medical assistance.

7. In addition to epinephrine, what medication is often administered for allergic reactions?

A. Aspirin

B. Diphenhydramine

C. Ibuprofen

D. Acetaminophen

In the management of allergic reactions, especially anaphylaxis, diphenhydramine is often administered alongside epinephrine. Diphenhydramine is an antihistamine that helps block the action of histamine— a substance in the body that can cause allergy symptoms. While epinephrine acts rapidly to counteract the severe effects of anaphylaxis, such as bronchospasm and vasodilation, diphenhydramine can alleviate symptoms like itching, hives, and other mild allergic reactions. The other medications listed do not serve the same purpose in treating allergic reactions. Aspirin is primarily used for pain relief and reducing inflammation, while ibuprofen also functions as an anti-inflammatory and pain reliever, but neither address histamine-related symptoms. Acetaminophen is mainly used to reduce fever and alleviate pain, and it also does not play a role in counteracting allergic reactions. Therefore, diphenhydramine is the appropriate choice when administered alongside epinephrine for treating allergic reactions.

8. Which type of burn is characterized by dry, leathery skin with no blisters?

A. Superficial burn

B. Partial thickness burn

C. Full thickness burn

D. Second degree burn

The type of burn characterized by dry, leathery skin with no blisters is indeed a full thickness burn. This type of burn affects all layers of the skin, including the epidermis, dermis, and may even extend into the subcutaneous tissue. The skin's loss of moisture and damage to the underlying structures lead to the dry, leathery appearance. In contrast, superficial burns typically involve only the outer layer of the skin and present with redness and discomfort but without blisters. Partial thickness burns, which may also be referred to as second-degree burns, can vary in depth and usually present with blisters and a wet appearance, as there is still moisture in the involved skin layers. Full thickness burns, therefore, are distinctly identifiable by their texture and lack of blisters, making them a critical type of burn to recognize in emergency response situations.

9. What is a common complication associated with rescue breathing?

- A. Aspiration**
- B. A complete obstruction**
- C. Hypoventilation**
- D. Bradycardia**

Rescue breathing is a critical skill used during a cardiopulmonary resuscitation (CPR) scenario or when assisting someone who is not breathing adequately. A common complication associated with rescue breathing is the risk of a complete obstruction of the airway. When delivering breaths, if the airway is not properly opened or if there is any blockage, it can prevent air from reaching the lungs, leading to further complications. An obstruction can occur if the individual's tongue falls back, if there is foreign material in the airway, or if the technique used for rescue breathing is incorrect. This situation can quickly escalate, as the person may not be receiving any oxygen, which is vital for survival. Thus, understanding and properly executing the rescue breathing technique, ensuring that the airway is clear and open, is essential to avoid this complication and optimize the chances of a successful resuscitation outcome.

10. What does the term "wilderness" refer to in the context of Wilderness Protocols?

- A. Working in urban environments**
- B. Working in remote, high risk, low resource environments**
- C. Working in medical facilities**
- D. Working in populated areas with accessible resources**

In the context of Wilderness Protocols, the term "wilderness" specifically refers to remote, high-risk, low-resource environments. These areas are typically characterized by their isolation from immediate medical facilities and support, which often presents unique challenges for those providing care. When dealing with emergencies in such settings, responders must rely on their training, creativity, and available resources, often improvising with what they have on hand. Wilderness environments can include backcountry areas, mountains, forests, or other locations where access to advanced medical care is limited and evacuation might take significant time and effort. Understanding this definition is crucial for Wilderness First Responders, as it shapes their approach to assessment, treatment decisions, and emergency response protocols tailored to such challenging environments.

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://wildernessfirstresponder.examzify.com>

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