

Workforce Safety and Wellness Practice Test (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

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- 1. A solution of bleach and water used to clean a unit should be diluted to which ratio?**
 - A. 1 to 10**
 - B. 1 to 100**
 - C. 1 to 50**
 - D. 1 to 20**

- 2. Which energy source is consumed in greater quantities during stress?**
 - A. Glucose**
 - B. Lipids**
 - C. Amino acids**
 - D. Nucleotides**

- 3. Body fluids are generally not considered infectious substances.**
 - A. True**
 - B. False**
 - C. Not sure**
 - D. Some are**

- 4. Prolonged or excessive exposure to stress is known as:**
 - A. Acute stress**
 - B. Chronic stress**
 - C. Posttraumatic stress**
 - D. Cumulative stress**

- 5. You should begin protecting yourself**
 - A. as soon as you are dispatched**
 - B. before you arrive on scene**
 - C. after you assess risk**
 - D. after you complete patient care**

- 6. Which statement about grieving is supported by the material?**
- A. Denial is usually the first step**
 - B. Anger is always the first step**
 - C. Acceptance is the first step**
 - D. Bargaining is the first step**
- 7. Which of the following is listed as one of the four principal determinations of violence?**
- A. Vocal activity**
 - B. Posture**
 - C. Criminal record**
 - D. Physical activity**
- 8. The term well being refers to which of the following?**
- A. The overall health and safety of EMTs**
 - B. The efficiency of EMS operations**
 - C. The quality of PPE available**
 - D. The level of community support**
- 9. _____ stress reactions occur after a stressful situation.**
- A. Immediate**
 - B. Acute**
 - C. Delayed**
 - D. Prolonged**
- 10. Which statement best describes an exposure event?**
- A. Direct or indirect contact with blood, body fluids, tissues, or airborne droplets**
 - B. A mild headache after a long shift**
 - C. A routine administrative task**
 - D. A non-contact injury**

Answers

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

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Explanations

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1. A solution of bleach and water used to clean a unit should be diluted to which ratio?

- A. 1 to 10**
- B. 1 to 100**
- C. 1 to 50**
- D. 1 to 20**

Bleach works as a disinfectant only when it's diluted to a practical strength for cleaning. The commonly recommended dilution for routine unit cleaning provides enough disinfecting power to inactivate many germs on hard surfaces while keeping the solution safer to handle and less harsh on surfaces and occupants. If the mix is weaker, it may not reliably inactivate germs; if it's stronger, it isn't usually necessary for daily cleaning and can increase fumes, residue, and potential surface damage. Always follow the product label for the exact concentration and dwell time, and prepare fresh solutions as directed.

2. Which energy source is consumed in greater quantities during stress?

- A. Glucose**
- B. Lipids**
- C. Amino acids**
- D. Nucleotides**

When the body faces stress, energy needs rise rapidly, and glucose becomes the main fuel because it can be turned into ATP quickly to power cells, especially the brain and muscles. Stress hormones mess you releasing glucose from the liver and promoting gluconeogenesis, so more glucose is available and used right away. Lipids provide a large energy reserve but are tapped more in longer, sustained activity rather than the immediate surge during stress. Amino acids can be used for energy or to make glucose later on, but they aren't the primary rapid fuel in acute stress. Nucleotides aren't a primary energy source in this context; the body relies on glucose to meet the sudden demand.

3. Body fluids are generally not considered infectious substances.

- A. True**
- B. False**
- C. Not sure**
- D. Some are**

Body fluids can carry infectious agents, so they're treated as potentially infectious substances in safety protocols. Pathogens such as viruses and bacteria may be present in blood and other fluids, including semen, vaginal secretions, cerebrospinal fluid, synovial fluid, and pleural or peritoneal fluids, especially if they're contaminated with blood. Because of this risk, you're instructed to handle all body fluids with appropriate precautions (PPE, hand hygiene, proper cleaning and decontamination). That's why the statement is false—body fluids are not generally considered non-infectious.

4. Prolonged or excessive exposure to stress is known as:

- A. Acute stress**
- B. Chronic stress**
- C. Posttraumatic stress**
- D. Cumulative stress**

Chronic stress is the state you get when the body's stress response stays activated because stressors persist for a long time without adequate recovery. When this happens, the body repeatedly releases stress hormones, keeps the heart rate and muscle tension elevated, and the overall burden on systems like sleep, digestion, immunity, and mood builds up over time. This ongoing activation is what people mean by prolonged or excessive exposure to stress. Acute stress is the short-term response to a specific event and ends once the event passes. Posttraumatic stress describes a disorder that can develop after a traumatic event, with lasting symptoms that go beyond the immediate stress response. Cumulative stress refers to the buildup of multiple stressors over time, which can contribute to chronic stress but isn't the technical label for prolonged exposure itself. So, the best match for prolonged exposure to stress is chronic stress.

5. You should begin protecting yourself

- A. as soon as you are dispatched**
- B. before you arrive on scene**
- C. after you assess risk**
- D. after you complete patient care**

Protecting yourself starts as soon as you're alerted to a call. When you're dispatched, you know you're about to enter a potentially hazardous environment, so you should begin protective measures right away—donning the proper PPE, checking your equipment, and reviewing scene safety. Taking these steps early reduces the chance of exposure, minimizes delays once you arrive, and keeps you in a position to provide care without being sidelined by injuries or exposure. Waiting to don protection until you actually get to the scene or until after you've assessed risk means unnecessary risk and potential delays. Completing patient care is obviously too late for your own safety. The idea is to be prepared and protected from the moment the call is dispatched, so you can approach safely and effectively.

6. Which statement about grieving is supported by the material?

- A. Denial is usually the first step**
- B. Anger is always the first step**
- C. Acceptance is the first step**
- D. Bargaining is the first step**

Grief is often described using a stage-like pattern that helps people understand common emotional responses after a loss. Denial acts as a protective shield, allowing a person to momentarily distance themselves from the full impact of the situation so they can gradually absorb what has happened. Because this defensive stance typically appears first as people start to face the reality of the loss, the statement that denial is usually the first step is the best-supported one in materials that present these patterns. Anger is not necessarily the first reaction; it often follows a period of denial for many, but not everyone experiences anger first, and some may feel shock or disbelief instead. Acceptance is generally listed as the final stage, representing coming to terms with the reality, not the initial response. Bargaining is an early, hopeful attempt to delay or alter the outcome, but it isn't usually the first reaction either. Remember that real-life grief can be non-linear and personal, and the stage framework is a guide to anticipate common experiences and respond with empathy.

7. Which of the following is listed as one of the four principal determinations of violence?

- A. Vocal activity**
- B. Posture**
- C. Criminal record**
- D. Physical activity**

This item is about recognizing signals that an individual may become violent. Vocal activity—like raised or loud speech, threats, shouting, or aggressive tone—serves as an immediate and direct indicator of heightened arousal and possible intent to harm. Because it reflects the person's current state and intent, it's a strong predictor in real-time risk assessment. Posture and physical activity can accompany aggression, but they're less reliable on their own. A tense or confrontational stance or movements might occur in many situations and don't always lead to violence. Criminal history, while important for broader risk considerations, is a static background factor and doesn't predict an imminent threat in a specific encounter. So, among these options, vocal activity best signals that violence could be imminent, which is why it's identified as a principal determinant.

8. The term well being refers to which of the following?

- A. The overall health and safety of EMTs**
- B. The efficiency of EMS operations**
- C. The quality of PPE available**
- D. The level of community support**

Well-being in this context means the EMTs' overall health and safety—their physical health, mental and emotional resilience, and the safety conditions that allow them to work effectively. When we talk about well-being, we're referring to being fit for duty, free from preventable hazards, and supported in managing stress and fatigue so that responders can perform at their best and provide safe patient care. This includes staying physically healthy, getting adequate rest, access to mental health resources and peer support, and working in environments with proper safety protocols, equipment, and staffing. The option describing the overall health and safety of EMTs best captures this idea because it addresses both the personal health of the responder and the safety of the work environment, which together underpin reliable, high-quality performance on calls. The other choices focus more narrowly—operational efficiency, PPE quality, or external community support—areas that are related to safety but do not define the full concept of well-being as it applies to the EMT's everyday ability to work safely and keep themselves healthy.

9. _____ stress reactions occur after a stressful situation.

- A. Immediate**
- B. Acute**
- C. Delayed**
- D. Prolonged**

Some stress reactions don't show up right away; they arise after the stressful situation has passed. This delayed onset means you might feel fine at first, then develop anxiety, sleep problems, irritability, or intrusive thoughts days or weeks later. That's why delayed is the best fit. Immediate reactions happen right after the event with a quick surge of adrenaline and alertness. Acute reactions occur relatively soon after and are typically short-term, while prolonged implies symptoms that persist for a long time rather than appearing later on.

10. Which statement best describes an exposure event?

- A. Direct or indirect contact with blood, body fluids, tissues, or airborne droplets**
- B. A mild headache after a long shift**
- C. A routine administrative task**
- D. A non-contact injury**

Exposure events involve coming into contact with materials that could carry infectious agents or other hazards. The best description is direct or indirect contact with blood, body fluids, tissues, or airborne droplets because these are the common routes by which exposure can occur. Direct contact means touching someone's blood or fluids, indirect contact includes touching a contaminated surface or instrument and then touching your face or a wound, and exposure to airborne droplets involves inhaling particles that may contain pathogens. The other scenarios—just a headache, a routine task, or a non-contact injury—do not involve contact with hazardous materials or infectious agents, so they don't describe an exposure 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.

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

<https://workforcesafetywellness.examzify.com>

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

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