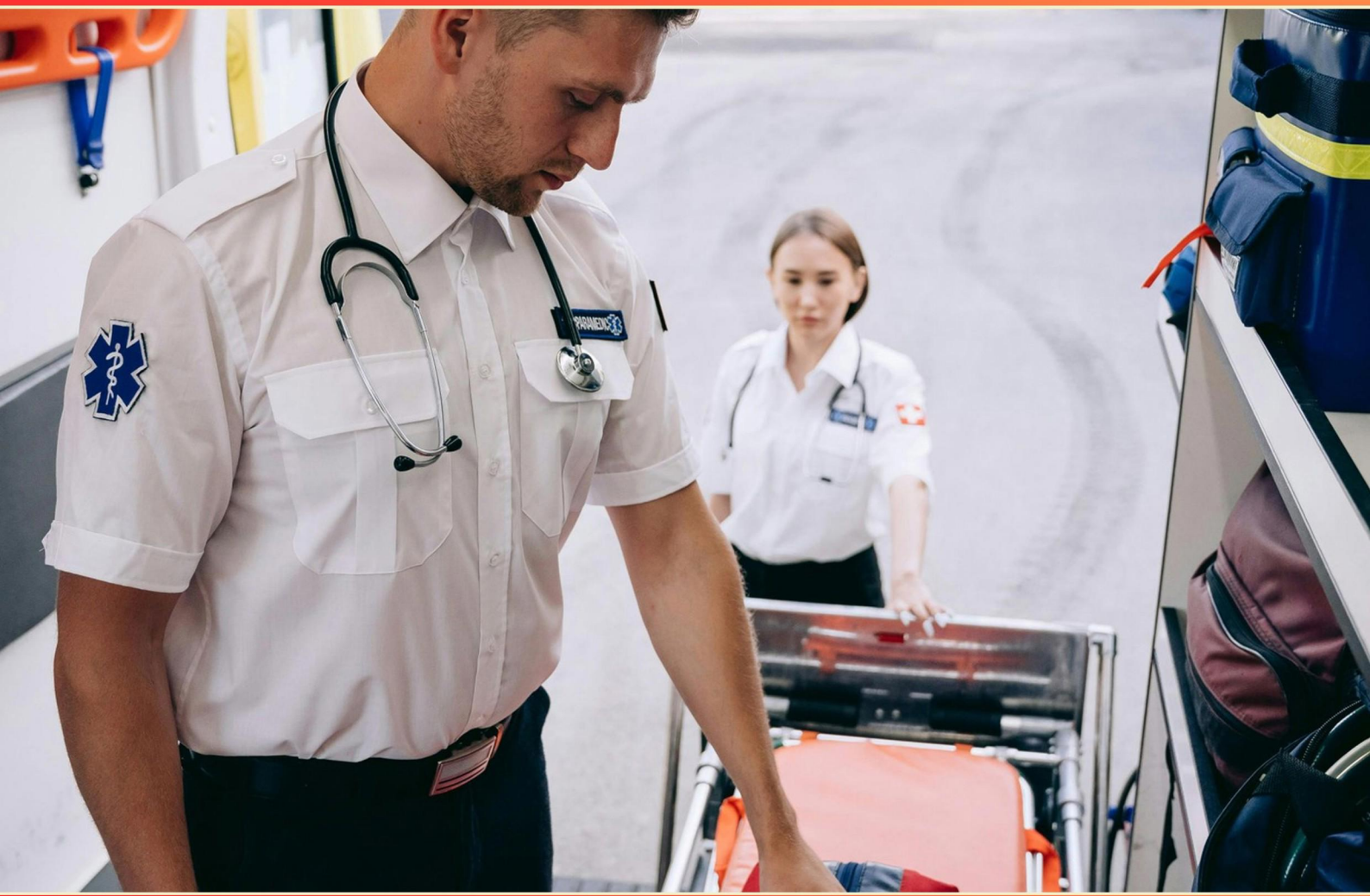
CFD ACADEMY EMS EXAM 1 PRACTICE (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://cfdacademyems1.examzify.com

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 15

SAMPLE

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. Which structure is the site of gas exchange with the bloodstream?

A. Alveoli

B. Bronchi

C. Bronchioles

D. Trachea

2. Which virus damages immune system cells so that the body cannot fight infection or certain cancers

A. HIV

B. Hepatitis

C. Contamination

D. Pathogen

3. The retroperitoneal space is located behind the peritoneum and contains which of the following?

A. Urinary, vascular, digestive, nerves, and glands

B. Lungs and heart

C. Skin and subcutaneous tissue

D. The spinal cord and brain

4. What is the purpose of critical incident stress management (CISM)?

A. Address acute stress and potentially decrease the likelihood of PTSD after an incident

B. Diagnose PTSD

C. Replace therapy

D. Treat physical injuries

5. Which term refers to assisting patients who are mentally ill, developmentally delayed, or in behavioral crisis?

A. Involuntary Consent

B. Emancipated Minors

C. In Loco Parentis

D. Competence

SAMPLE

6. What is the role of arteries during blood volume loss?

A. They contract to increase resistance and raise blood pressure
B. They become rigid and stop blood flow
C. They convert blood to lymph
D. They thicken blood

7. Which directional term is synonymous with the front of the body?

A. Anterior: front (ventral)
B. Posterior: back (dorsal)
C. Superior: above
D. Inferior: below

8. In the direct carry method, which statement is true?

A. The patient's hands are crossed over the chest
B. The partner moves between the patient's legs facing away from the patient
C. The lifters rise to a crouching position and lift on command
D. All of the above

9. The sternoclavicular joint is the articulation between which bones?

A. Clavicle and sternum
B. Scapula and humerus
C. Radius and Ulna
D. Pelvis and sacrum

10. What is the pulse rate range for an infant (1 month to 1 year)?

A. 100 to 160
B. 60 to 100
C. 120 to 140
D. 80 to 120

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which structure is the site of gas exchange with the bloodstream?

A. Alveoli

B. Bronchi

C. Bronchioles

D. Trachea

Gas exchange happens where air is in very close contact with blood, across walls that are extremely thin and offer a large surface area for diffusion. That role is fulfilled by the alveoli, tiny sacs at the ends of the respiratory tree. Their walls are only about one cell thick and are surrounded by a dense network of capillaries, so oxygen in the alveolar air diffuses into the bloodstream and carbon dioxide diffuses from the blood into the alveoli to be exhaled. The surface is kept moist and coated with surfactant to optimize diffusion and prevent collapse, which further enhances exchange efficiency. In contrast, the bronchi and bronchioles mainly serve to conduct air to the lungs, and the trachea is the main airway, not the site of gas exchange.

2. Which virus damages immune system cells so that the body cannot fight infection or certain cancers

A. HIV

B. Hepatitis

C. Contamination

D. Pathogen

The situation tests how a virus can weaken the immune system by attacking the very cells that coordinate immune defense. The virus that fits this description is the one that specifically targets CD4+ T helper cells, which are crucial for directing other immune responses. It binds to the CD4 receptor and a co-receptor on these cells, enters, and uses its genetic material to replicate, gradually destroying the helper T cells. As their numbers decline, the body loses its ability to mount effective responses against many infections and certain cancers, leading to the defeats of immunity seen in advanced infection. That's why this virus is HIV. Hepatitis viruses mainly damage liver cells rather than immune cells, so they don't produce the same kind of systemic immunodeficiency. Contamination and pathogen are broad terms that don't describe a specific virus with the described effect, so they don't fit the scenario.

3. The retroperitoneal space is located behind the peritoneum and contains which of the following?

A. Urinary, vascular, digestive, nerves, and glands

B. Lungs and heart

C. Skin and subcutaneous tissue

D. The spinal cord and brain

The retroperitoneal space lies behind the peritoneum in the abdominal cavity and contains structures that are not suspended by the peritoneal lining. It includes the urinary system (kidneys, ureters), vascular elements (the aorta, inferior vena cava and their major branches), parts of the digestive tract (such as the pancreas and portions of the duodenum and colon), nerves, and glands (notably the adrenal glands). This matches the description of urinary, vascular, digestive, nerves, and glands, making it the best fit. The other options don't fit because the lungs and heart reside in the thoracic cavity, skin and subcutaneous tissue are outside the peritoneal cavity, and the spinal cord and brain are part of the central nervous system within the vertebral canal and skull, not the retroperitoneal space.

SAMPLE

4. What is the purpose of critical incident stress management (CISM)?

A. Address acute stress and potentially decrease the likelihood of PTSD after an incident

B. Diagnose PTSD

C. Replace therapy

D. Treat physical injuries

CISM focuses on the immediate emotional and psychological responses after a traumatic event. It provides education about normal stress reactions, offers support, and helps individuals process what happened in the hours to days after the incident. The goal is to reduce acute distress and intervene early to lower the chance that this distress becomes a longer-term problem like PTSD. It is not used to diagnose PTSD, nor to replace ongoing therapy or counseling, and it does not treat physical injuries. Trained responders use structured discussions and follow-up to guide coping and connect people with additional help if needed.

5. Which term refers to assisting patients who are mentally ill, developmentally delayed, or in behavioral crisis?

A. Involuntary Consent

B. Emancipated Minors

C. In Loco Parentis

D. Competence

When a patient cannot understand or communicate due to mental illness, developmental delay, or a behavioral crisis, the provider relies on involuntary consent. This reflects the plan to proceed with treatment to protect the patient from harm because they're not able to make a valid informed decision at that moment. It's about the legal allowance to treat when consent can't be obtained, not about the patient's personality, parentage, or general decision-making ability in normal times. Emancipated minors refer to legally independent minors, which isn't about medical decision-making in crisis. In loco parentis means someone is acting in place of a parent, again not the consent concept here. Competence is the patient's capacity to make decisions, but the term that describes the act of providing care when the patient can't consent is involuntary (or implied) consent.

6. What is the role of arteries during blood volume loss?

A. They contract to increase resistance and raise blood pressure

B. They become rigid and stop blood flow

C. They convert blood to lymph

D. They thicken blood

When blood volume drops, arteries respond by constricting through vasoconstriction. The smooth muscle in arterial walls tightens under sympathetic stimulation, increasing systemic vascular resistance and helping to raise or maintain blood pressure so essential organs like the brain and heart continue to receive adequate blood flow. This reflex is triggered by baroreceptors sensing the fall in pressure and supported by hormonal signals that amplify the response. In other words, arteries pull the blood forward by narrowing, not by becoming rigid, and they don't convert blood to lymph or thicken the blood. This constriction keeps perfusion up while the body works to restore volume.

SAMPLE

7. Which directional term is synonymous with the front of the body?

A. Anterior: front (ventral)

B. Posterior: back (dorsal)

C. Superior: above

D. Inferior: below

The front of the body is described by the term anterior, also called ventral. It means toward the face or belly side, which is the front surface. This fits best because it directly denotes the front direction, while the other terms describe other directions: posterior means the back, superior means above, and inferior means below. For example, the sternum is on the anterior surface of the chest, whereas the spine is on the posterior surface. So, anterior is synonymous with the front.

8. In the direct carry method, which statement is true?

A. The patient's hands are crossed over the chest

B. The partner moves between the patient's legs facing away from the patient

C. The lifters rise to a crouching position and lift on command

D. All of the above

The direct carry method relies on two rescuers moving a patient with coordinated steps and precise body positions to keep the transfer safe over a short distance. The grip with hands crossed over the chest helps secure the upper body and reduce the chance of the patient shifting or slipping. Having the partner move between the patient's legs and face away from the patient sets up a firm lower-body grip and stable stance, which supports a controlled lift. Lifting from a crouched position and doing so on command ensures both lifters use their legs, not the back, and stay in sync to maintain balance throughout the lift. When these elements come together, they define the direct carry, so all of the described aspects are part of the technique.

9. The sternoclavicular joint is the articulation between which bones?

A. Clavicle and sternum

B. Scapula and humerus

C. Radius and Ulna

D. Pelvis and sacrum

The key idea here is identifying which bones form the sternoclavicular joint. This joint is the connection between the clavicle (clavicle) and the sternum (breastbone), specifically at the manubrium. It's the only true bony linkage between the upper limb and the axial skeleton, and it's a synovial saddle-type joint that allows movements like elevation/depression, protraction/retraction, and some rotation. The other bone pairings describe different joints: the scapula and humerus form the shoulder (glenohumeral) joint, the radius and ulna form forearm joints, and the pelvis and sacrum form the sacroiliac joint.

SAMPLE

10. What is the pulse rate range for an infant (1 month to 1 year)?

A. 100 to 160

B. 60 to 100

C. 120 to 140

D. 80 to 120

Infants have higher resting heart rates because their bodies have higher metabolic demands and their hearts pump less blood with each beat, so the rate must stay fast to maintain adequate circulation. For a child aged 1 month to 1 year, a typical resting pulse rate falls in the range of about 100 to 160 beats per minute, which is why that option is the best match. This range accommodates normal variability due to activity, crying, fever, and other factors that can temporarily raise the heart rate. The other ranges don't fit the typical infant baseline: 60 to 100 is more like an adult resting range (and would be unusually low for an infant), 120 to 140 is narrower and misses lower healthy values, and 80 to 120 underrepresents the upper end seen in many infants.

SAMPLE

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://cfdacademyems1.examzify.com

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

SAMPLE