EDMONTON FIRE RESCUE SERVICES (EFRS) 159 PART 1 PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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

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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.

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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!

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Questions

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1. Elevation head pressure is 10 kPa per meter above the pump; what is the equivalent pressure per floor?

A. 25 kPa

B. 40 kPa

C. 35 kPa

D. 20 kPa

2. SOPs are the ____ of the department.

A. Policies

B. Standards

C. Laws

D. Rules

3. What is the flow for 44mm Hi-Combat?

A. 550 LPM

B. 650 LPM

C. 450 LPM

D. 600 LPM

4. Which of the following is NOT listed as a factor affecting fire development?

A. Fuel Type

B. Availability of fuels and location

C. Ventilation and O2 supply

D. Color of walls

5. Which statement about Balloon Frame construction is true?

A. It requires fire stops

B. It does not require fire stops

C. It is identical to Platform Frame

D. It uses steel framing

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6. Which sprinkler head orientation is installed to hang downward from the piping with the deflector facing downward?

A. Horizontal

B. Sidewall

C. Pendant

D. Upright

7. According to the 5-10-20 air bag rule, how far is a safe distance from the vehicle sides?

A. 5 inches

B. 10 inches

C. 20 inches

D. 15 inches

8. Which statement best defines hypothermia?

A. Body core temp less than 35C

B. Body core temp less than 32C

C. Body core temp less than 40C

D. Body core temp less than 36C

9. Which is an ice formation?

A. Thermal Crack

B. Pressure ridge

C. Wind

D. Water level

10. The goal of salvage operations is to reduce property damage from which set of categories?

A. Forcible entry, water, fire, and smoke

B. Forcible entry, water, wind, and smoke

C. Forcible entry, water, fire, and heat

D. Forcible entry, wind, fire, and smoke

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Answers

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

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Explanations

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1. Elevation head pressure is 10 kPa per meter above the pump; what is the equivalent pressure per floor?

A. 25 kPa

B. 40 kPa

C. 35 kPa

D. 20 kPa

Elevation head pressure converts height into pressure: for every meter of elevation, you gain 10 kPa. A standard floor-to-floor height used in many fire-rescue calculations is 3.5 meters. Multiply 3.5 meters by 10 kPa per meter and you get 35 kPa per floor. So the equivalent pressure per floor is 35 kPa. If the floor were only 2.5 meters, you'd have 25 kPa; at 4 meters, 40 kPa. The 3.5 m per floor assumption gives the 35 kPa result.

2. SOPs are the ____ of the department.

A. Policies

B. Standards

C. Laws

D. Rules

SOPs are the department's formal, binding procedures that tell staff exactly how to perform tasks. They go beyond a general policy by detailing the steps, the order of operations, required tools, safety checks, and who is responsible for each action. Because they prescribe the precise way to carry out routine work and deviations aren't optional, they function like internal laws that govern daily operations within the department. This is what makes them the best fit for the idea that SOPs are the department's laws: they establish what must be done, how it must be done, and in what sequence to ensure consistency, safety, and compliance. Policies describe broad aims and intent; standards set expected levels of performance or quality; rules are general constraints. SOPs uniquely provide the exact procedures, making them more prescriptive than the others.

3. What is the flow for 44mm Hi-Combat?

A. 550 LPM

B. 650 LPM

C. 450 LPM

D. 600 LPM

Flow is determined by the nozzle's opening size and the operating pressure. The 44 mm Hi-Combat has a fixed, nominal flow rating at the standard nozzle pressure used with this hose setup, which is 550 litres per minute. That makes 550 LPM the expected, tested flow for this specific nozzle size. The other numbers would correspond to different nozzle openings or pressures, not the established rating for the 44 mm Hi-Combat. Keep in mind that actual flow can vary with changes in discharge pressure, but the rated value for this nozzle is 550 LPM.

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4. Which of the following is NOT listed as a factor affecting fire development?

A. Fuel Type

B. Availability of fuels and location

C. Ventilation and O2 supply

D. Color of walls

Fire development is driven by what is burning, how much fuel is available, and how air moves in the space. The type of fuel determines how easily it ignites, how fast it burns, and how much heat and smoke it releases. The availability and location of fuels affect how quickly the fire can grow and how it can spread through a room or building. Ventilation and oxygen supply control how much air feeds the flames and can change growth rates, flashover timing, and overall fire behavior. The color of walls doesn't influence the chemical reactions of combustion or the amount of heat released, so it's not a factor used to assess fire development.

5. Which statement about Balloon Frame construction is true?

A. It requires fire stops

B. It does not require fire stops

C. It is identical to Platform Frame

D. It uses steel framing

Balloon frame construction has studs that run uninterrupted from the foundation all the way to the top plate of the building, creating continuous vertical channels through multiple stories. Because those channels can allow fire and heat to travel upward between floors, fire stops are needed at each floor level to interrupt the path and slow vertical fire spread. That's why this statement is true. It's different from platform framing, where each floor is built separately and the long vertical channels aren't continuous through multiple stories in the same way. And it uses wood framing, not steel.

6. Which sprinkler head orientation is installed to hang downward from the piping with the deflector facing downward?

A. Horizontal

B. Sidewall

C. Pendant

D. Upright

Pendant sprinklers are installed to hang down from the piping, with the deflector facing downward. This arrangement directs the water spray downward toward the area beneath the ceiling, which is exactly what the description describes. Upright heads are mounted on top of the piping with the deflector oriented upward, sidewall heads project horizontally from walls, and the other orientations involve different mounting and spray directions. The defining feature here is the head hanging below the pipe with the deflector pointing downward, so pendant is the correct choice.

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7. According to the 5-10-20 air bag rule, how far is a safe distance from the vehicle sides?

A. 5 inches

B. 10 inches

C. 20 inches

D. 15 inches

The 5-10-20 air bag rule is a safety guideline for how close you can safely work to airbags during vehicle rescue. The distance you should maintain from the vehicle sides is five inches. This small gap helps protect you if a side airbag deploys or if the side components shift suddenly as the vehicle is cut or moved. Keeping roughly five inches from the side airbag housing gives you space to operate tools and positioning without risking impact from deploying airbags. The other numbers in the rule relate to other airbag zones or tasks, but for the sides, five inches is the recommended safe distance.

8. Which statement best defines hypothermia?

A. Body core temp less than 35C

B. Body core temp less than 32C

C. Body core temp less than 40C

D. Body core temp less than 36C

Hypothermia occurs when the body's core temperature falls below the level at which normal heat production and regulation can maintain warmth. The standard cutoff used in EMS and medical guidelines is 35°C. So a core temperature under 35°C defines hypothermia. Temperatures below 32°C describe more severe hypothermia, while a normal body temperature is around 36–37°C, and fever involves a higher-than-normal temperature (typically above ~38°C).

9. Which is an ice formation?

A. Thermal Crack

B. Pressure ridge

C. Wind

D. Water level

This item focuses on recognizing ice formations on frozen water. A pressure ridge forms when moving ice floes collide and compress, pushing the ice up into raised ridges along the surface. These elevated features indicate deformation from stress in the ice as it thickens and buckles. Thermal cracks are cracks caused by temperature changes, not raised surfaces. Wind can move and shape ice, but the specific formation produced by compression of ice is a pressure ridge. Water level isn't a surface ice feature; it relates to depth or stage of freezing rather than a formation.

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10. The goal of salvage operations is to reduce property damage from which set of categories?

A. Forcible entry, water, fire, and smoke

B. Forcible entry, water, wind, and smoke

C. Forcible entry, water, fire, and heat

D. Forcible entry, wind, fire, and smoke

Salvage operations are aimed at preventing additional property damage from the conditions that can worsen once a fire is underway or just after it is being addressed. The key factors to control are those you can directly influence inside and around the structure: you need to be able to access the area (forcible entry) to perform actions that protect contents, and you must guard against the damage caused by wind, fire, and smoke. Forcible entry is essential because without access you can't move valuables, cover openings, or remove items to safety. Wind can drive embers, rain, or debris into the structure, increasing losses, so actions like closing doors, covering windows, or sealing openings are used to limit that exposure. Fire and smoke continue to threaten contents through heat, scorching, and residue; salvage focuses on protecting belongings from those effects, such as shielding items from radiant heat and preventing smoke staining or odor from spreading. Water and heat, while related to firefighting and overall building conditions, are more closely tied to other phases of response—water control and removal deal with firefighting aftercare, and heat is managed as part of extinguishment and control. The set that best matches salvage' s protective scope is forcible entry, wind, fire, and smoke.

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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://efrs159part1.examzify.com

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

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