FUNDAMENTALS SAFETY/HYGIENE EAQ PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://fundamentalsafetyhygieneeaq.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 16

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 instruction should the nurse give to the NAP to ensure safety while performing perineal care?**

   A. Wear sterile gloves

   B. Wear clean gloves

   C. Wear an isolation gown

   D. Use hot water

2. **When providing perineal care, what is one key factor to maintain the patient's dignity?**

   A. Discussing the procedure loudly

   B. Using proper draping techniques

   C. Asking multiple personnel to assist at once

   D. Clearing the room of all staff and ignoring the patient

3. **What is an essential practice when performing perineal care on a patient with a catheter?**

   A. Use antiseptic wipes for cleaning

   B. Wear a face mask during the procedure

   C. Ensure the catheter remains secured throughout the cleaning process

   D. Clean the area with cold water for comfort

4. **In which direction should an oral airway be inserted into an unconscious patient's mouth?**

   A. Upside down, or with the curve facing up

   B. Right side up, or with the curve facing down

   C. With the curve angled toward the patient's left cheek

   D. With the curve angled toward the patient's right cheek

5. **For a patient who had knee surgery 24 hours ago, what is the best way to maximize comfort while using a bedpan?**

   A. Evaluate the patient's ability to move in bed

   B. Raise the knee gatch

   C. Offer a dose of the patient's prescribed oral pain medication

   D. Elevate the head of the bed to between 30 and 60 degrees

SAMPLE

6. In which scenario would a nurse instruct a nursing assistant to use a urinal in bed instead of a standing position?

A. Patient admitted for hypertension and diabetes

B. Patient with complete left-sided paralysis caused by a stroke

C. Patient receiving diagnostic tests for esophageal strictures

D. Patient being treated for dehydration from heat exposure

7. What is the primary purpose of implementing safety protocols in healthcare settings?

A. To ensure compliance with legal standards

B. To prevent accidents and promote a safe environment for patients and staff

C. To minimize operational costs

D. To streamline administrative processes

8. For which of the following patients would it be necessary to use a disposable shampoo cap, rather than a shampoo board?

A. An older adult woman with a drainage tube in place following a mastectomy

B. An older adult man with a history of bleeding problems

C. A young woman whose arm and leg have been immobilized on the right side following a car accident

D. A young man who has sustained a fracture of the upper spine in a football game

9. The nurse observes the NAP providing perineal care to a male patient. Which observation of care requires the nurse's follow-up?

A. Assisting the patient into the supine position in bed

B. Cleansing the tip of the penis with a circular motion, starting at the meatus

C. Reserving the cleansing of the tip of the penis as the final step in perineal care

D. Using a gloved hand to grasp the shaft of the penis in order to retract the forskin

10. After positioning a patient safely in the tub, what is the nurse's best response when the patient says, "I'll call you when I'm done"?

A. "All right. Just holler when you're ready, and I'll come help you get out of the tub."

B. "Well, I'll check back with you in about 5 minutes to see if you need anything."

C. "That's not safe. I'll wait right outside the door for you to finish."

D. "I'll be back in 15 minutes. That should be enough time for you to finish up."

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which instruction should the nurse give to the NAP to ensure safety while performing perineal care?

A. Wear sterile gloves

B. Wear clean gloves

C. Wear an isolation gown

D. Use hot water

Wearing clean gloves during perineal care is essential for maintaining safety and preventing infections. In this context, clean gloves provide a barrier between the caregiver's skin and the patient's bodily fluids, which minimizes the risk of contamination and transmission of pathogens. Perineal care involves cleaning areas that can be exposed to bacteria and other potential sources of infections. Therefore, the use of clean gloves is a standard precaution that promotes proper hygiene practices in a healthcare setting. Other options, such as wearing sterile gloves or using an isolation gown, are not necessary for routine perineal care unless specific medical conditions warrant such precautions. Wearing sterile gloves is reserved for invasive procedures where maintaining a sterile field is critical. An isolation gown is typically required when there is a risk of contact with body fluids that may transmit infections, but it is not routinely needed for perineal care. Additionally, using hot water is not advisable, as it could cause burns or discomfort to the patient. Using warm, comfortable water is the appropriate practice to ensure patient safety and comfort during perineal care.

2. When providing perineal care, what is one key factor to maintain the patient's dignity?

A. Discussing the procedure loudly

B. Using proper draping techniques

C. Asking multiple personnel to assist at once

D. Clearing the room of all staff and ignoring the patient

Maintaining a patient's dignity during perineal care is crucial, and using proper draping techniques plays a significant role in achieving this objective. Draping involves covering the patient appropriately to provide privacy while ensuring that only the area being cleaned is exposed. This not only protects the patient's modesty but also promotes a sense of safety and comfort, which are essential to a dignified care experience. While discussing the procedure loudly could create a sense of embarrassment and a lack of respect for the patient's privacy, and asking multiple personnel to assist can be intrusive and overwhelming, proper draping helps to mitigate these factors by ensuring that the focus remains on the patient's comfort and dignity. Clearing the room might momentarily enhance privacy, but it does not address the fundamental need for respectful, compassionate care during such a personal procedure. Therefore, utilizing appropriate draping techniques directly supports the goal of preserving the patient's dignity.

SAMPLE

3. What is an essential practice when performing perineal care on a patient with a catheter?

A. Use antiseptic wipes for cleaning

B. Wear a face mask during the procedure

C. Ensure the catheter remains secured throughout the cleaning process

D. Clean the area with cold water for comfort

An essential practice when performing perineal care on a patient with a catheter is to ensure that the catheter remains secured throughout the cleaning process. This is crucial because maintaining the stability of the catheter helps prevent any unnecessary trauma or pulling on the catheter, which could lead to complications such as irritation, displacement, or urinary tract infections. Securing the catheter allows for safe handling of the area around it while minimizing discomfort for the patient. Utilizing antiseptic wipes or specific cleaning solutions can be part of perineal hygiene, but they might not be necessary for every patient and practice varies according to institutional protocols. Wearing a face mask is generally not required unless there are specific infection control concerns, as the risk of droplet transmission in this context is minimal. Cleaning the area with cold water might not be the most effective or comfortable method for all patients, as it can lead to discomfort rather than comfort. Thus, keeping the catheter secure is the most critical aspect to ensure safety and effectiveness during perineal care.

4. In which direction should an oral airway be inserted into an unconscious patient's mouth?

A. Upside down, or with the curve facing up

B. Right side up, or with the curve facing down

C. With the curve angled toward the patient's left cheek

D. With the curve angled toward the patient's right cheek

An oral airway should be inserted upside down, meaning the curve faces up. This technique allows for easier insertion because the curve conforms to the anatomical shape of the patient's airway. Once the airway is inserted to a certain depth, it can then be rotated 180 degrees so that the curve is facing downward, which properly positions the airway to maintain patency. This is especially crucial in unconscious patients, as they lack muscle tone to keep the airway open, and using the oral airway correctly facilitates airflow and helps prevent obstruction by the tongue or soft tissues. While other options may imply alternative methods for insertion, using the correct initial approach is vital to ensure proper placement and effectiveness of the airway device, thus enhancing patient safety.

SAMPLE

5. For a patient who had knee surgery 24 hours ago, what is the best way to maximize comfort while using a bedpan?

A. Evaluate the patient's ability to move in bed

B. Raise the knee gatch

C. Offer a dose of the patient's prescribed oral pain medication

D. Elevate the head of the bed to between 30 and 60 degrees

When considering the comfort of a patient who has undergone knee surgery, elevating the head of the bed to between 30 and 60 degrees is particularly effective. This position allows the patient to be more comfortable and facilitates easier use of a bedpan by reducing strain and promoting relaxation. It also helps with breathing and decreases the risk of complications associated with immobility, which can be especially important following surgical procedures. By having the head of the bed elevated, the patient is in a more upright position, which can alleviate pressure on the surgical site and enhance the overall comfort level. This position can also support better access to the bedpan, making the process less awkward and physically taxing for the patient. Other options may provide some benefits, but they do not directly address the immediate need for comfort while using a bedpan. Understanding the patient's ability to move contributes to their care but does not specifically enhance comfort. Raising the knee gatch may help with specific positioning post-surgery, but it may not be the best immediate intervention for comfort related to bedpan use. Offering pain medication is important for managing discomfort, but it may not be immediately available for the patient to use effectively while on the bedpan if they require immediate assistance.

6. In which scenario would a nurse instruct a nursing assistant to use a urinal in bed instead of a standing position?

A. Patient admitted for hypertension and diabetes

B. Patient with complete left-sided paralysis caused by a stroke

C. Patient receiving diagnostic tests for esophageal strictures

D. Patient being treated for dehydration from heat exposure

Using a urinal while in bed is especially appropriate for patients who have significantly limited mobility, such as those with paralysis. In the scenario involving the patient with complete left-sided paralysis due to a stroke, the patient's ability to stand or move independently is severely impaired. This creates a risk of falls and injury if the patient attempts to use the urinal while standing. By instructing the nursing assistant to provide the urinal while the patient is in bed, the nurse ensures the patient's safety and comfort by allowing them to use the device without the need to move out of a stable position. This approach is crucial in the care of patients with mobility challenges, emphasizing the importance of adapting nursing care to meet the specific needs of each patient. The other scenarios involve patients who either have better mobility or require different considerations, such as their overall condition or treatment protocol, making the usage of a urinal while standing more feasible or necessary.

SAMPLE

7. What is the primary purpose of implementing safety protocols in healthcare settings?

A. To ensure compliance with legal standards

B. To prevent accidents and promote a safe environment for patients and staff

C. To minimize operational costs

D. To streamline administrative processes

The primary purpose of implementing safety protocols in healthcare settings is to prevent accidents and promote a safe environment for patients and staff. Safety protocols are designed to mitigate risks and hazards that can lead to injuries or adverse events within healthcare facilities. By prioritizing safety, healthcare organizations create an environment where patients receive care without the added burden of avoidable accidents, and staff can perform their duties in a secure atmosphere. These protocols encompass a wide range of practices, including infection control measures, proper handling of hazardous materials, training for emergency situations, and ensuring that medical equipment is used safely. The ultimate goal is to protect the health and well-being of everyone in the healthcare environment, thereby enhancing the quality of care provided. While compliance with legal standards, minimizing operational costs, and streamlining administrative processes are important aspects of healthcare management, they are secondary goals that support the overarching aim of ensuring safety. A focus on safety directly contributes to better patient outcomes and a more effective healthcare system.

8. For which of the following patients would it be necessary to use a disposable shampoo cap, rather than a shampoo board?

A. An older adult woman with a drainage tube in place following a mastectomy

B. An older adult man with a history of bleeding problems

C. A young woman whose arm and leg have been immobilized on the right side following a car accident

D. A young man who has sustained a fracture of the upper spine in a football game

Using a disposable shampoo cap is suitable for patients who may have certain medical devices or conditions that make traditional shampooing methods, like a shampoo board, less practical or safe. In this case, the older adult woman with a drainage tube following a mastectomy falls into this category because her condition requires careful handling to avoid disrupting the drainage tube, which is critical for her healing process. The disposable shampoo cap allows for cleaning the hair without the risk of water and potentially harmful substances interfering with her medical equipment or injury. This is especially relevant given her situation, as any unnecessary manipulation around her surgical site could risk complications or infection. On the other hand, while other patients might benefit from different methods, they do not have the same immediate concerns related to surgical drains that necessitate the use of a disposable shampoo cap for safety and convenience.

SAMPLE

9. The nurse observes the NAP providing perineal care to a male patient. Which observation of care requires the nurse's follow-up?

A. Assisting the patient into the supine position in bed

B. Cleansing the tip of the penis with a circular motion, starting at the meatus

C. Reserving the cleansing of the tip of the penis as the final step in perineal care

D. Using a gloved hand to grasp the shaft of the penis in order to retract the forskin

The correct choice highlights a critical aspect of male perineal care that emphasizes the importance of technique in hygiene practices. Cleansing the tip of the penis is a sensitive area and should be treated with appropriate care to avoid any potential contamination or injury. By reserving the cleansing of the tip of the penis as the final step in perineal care, it may increase the risk of bacteria being spread from other areas of the perineum to the tip, which could lead to infections or discomfort. This approach is important because cleansing the most sensitive area last could result in inadequate sanitation of the tip, thus negating the purpose of the entire perineal care process. Proper technique involves addressing the tip early in the sequence of cleansing to ensure that it is properly sanitized before any other parts, reducing the likelihood of cross-contamination. In contrast, the other observations made during this perineal care, such as positioning the patient correctly, using a circular cleansing motion toward the tip, and utilizing a gloved hand for safety and hygiene, align well with best practice standards in providing perineal care. These actions reflect proper technique and safety protocols that help maintain patient comfort and hygiene.

10. After positioning a patient safely in the tub, what is the nurse's best response when the patient says, "I'll call you when I'm done"?

A. "All right. Just holler when you're ready, and I'll come help you get out of the tub."

B. "Well, I'll check back with you in about 5 minutes to see if you need anything."

C. "That's not safe. I'll wait right outside the door for you to finish."

D. "I'll be back in 15 minutes. That should be enough time for you to finish up."

The chosen response, which involves checking back with the patient in about 5 minutes, is a proactive approach that balances the patient's independence with safety considerations. This strategy shows that the nurse respects the patient's need for privacy and autonomy while also maintaining a watchful eye on their well-being. By regularly checking in, the nurse creates an opportunity for the patient to ask for assistance if needed, thereby reducing the risk of accidents or emergencies during tub use. This response is particularly advantageous as it also softens any potential feelings of isolation that might accompany being left alone in the tub. This option supports the patient's comfort while ensuring that prompt help is available should any issues arise, illustrating an understanding that patients may require assistance but also want to maintain control over their own care process. In contrast, other responses may either undermine the patient's autonomy or create unnecessary time delays in responding to potential needs.

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://fundamentalsafetyhygieneeaq.examzify.com

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

SAMPLE