HIGH – ANGLE RESCUE TECHNICIAN EXAM 3 PRACTICE (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. What is the function of a rigging plate compared to a D-shaped carabiner in load distribution?

A. A rigging plate is used for single-point attachments, while a D-carabiner distributes loads across multiple points.

B. A rigging plate allows multiple connections and equalizes load across points; a D-carabiner is for single-point attachments, not for distributing loads.

C. A rigging plate is heavier and stronger than a D-carabiner but serves the same function.

D. A rigging plate serves as a locking device; a D-carabiner serves as an anchor.

2. In a triage situation, which injuries result in the highest color priority?

A. Red

B. Yellow

C. Black

D. Green

3. Why would you use a load-distributing anchor instead of a single anchor?

A. To reduce equipment costs

B. To share load across multiple points and increase overall safety when a single anchor is insufficient

C. To prolong rescue time

D. To complicate rigging unnecessarily

4. Which statement best describes the frog ascending system's advantages?

A. It is quick and efficient to ascend the rope

B. Users find it more efficient and easier to stop and rest when using the system

C. It helps prevent feet from slipping out of the stirrups while ascending

D. The system is simple as it utilizes one ascender

5. What is the purpose of a master point in anchor equalization?

A. To attach the rope to a single anchor.

B. To share load between anchors and provide a central tie-in for added redundancy.

C. To color-code anchors.

D. To shorten the rope.

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6. In a progress capture device used for low-angle evacuation hauling, what happens to the load when the pulling force is released?

A. will not release

B. lowers slowly

C. continues moving

D. to be reset

7. When using a litter basket, which factor determines whether the basket is lowered horizontally or vertically?

A. Patient condition is not a consideration when using a litter

B. Amount of rope available

C. Security of the patient in the evacuation process

D. Number of litter attendants, with two being the best

8. Which item is a rope grabbing device?

A. Gibbs ascender

B. Anchor plate

C. Carabiner

D. Rescue rack

9. The Sked stretcher can be used in which positions?

A. inverted position

B. horizontal position

C. vertical position

D. horizontal and vertical position

10. Which statement describes an advantage of the frog ascending system?

A. It is quick and efficient to ascend the rope

B. The system is simple as it utilizes one ascender

C. Users find it more efficient and easier to stop and rest when using the system

D. It helps prevent feet from slipping out of the stirrups while ascending

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Answers

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

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Explanations

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1. What is the function of a rigging plate compared to a D-shaped carabiner in load distribution?

A. A rigging plate is used for single-point attachments, while a D-carabiner distributes loads across multiple points.

B. A rigging plate allows multiple connections and equalizes load across points; a D-carabiner is for single-point attachments, not for distributing loads.

C. A rigging plate is heavier and stronger than a D-carabiner but serves the same function.

D. A rigging plate serves as a locking device; a D-carabiner serves as an anchor.

Distributing load across anchor points is the key idea. A rigging plate gives you multiple attachment holes that let you connect several slings or connectors so the pull from the system is shared among those points, creating an equalized load path and better redundancy. A D-shaped carabiner, on the other hand, is designed for a single-point attachment and does not inherently distribute load across multiple points; loading it through several paths can create cross-loading and concentrate force on one area, undermining the system's strength. So the rigging plate is best for multi-point connections with load sharing, while the D-carabiner is meant for single-point use.

2. In a triage situation, which injuries result in the highest color priority?

A. Red

B. Yellow

C. Black

D. Green

Immediate, life-threatening injuries are assigned the highest color priority in triage. Red is used for these cases because they require rapid assessment and intervention to preserve life—such as severe airway or breathing problems, massive bleeding, or shock. Delayed injuries are marked with a lower urgency (yellow), minor injuries with green, and cases with little chance of survival or that are already deceased with black. So the red-coded injuries have to be addressed first.

3. Why would you use a load-distributing anchor instead of a single anchor?

A. To reduce equipment costs

B. To share load across multiple points and increase overall safety when a single anchor is insufficient

C. To prolong rescue time

D. To complicate rigging unnecessarily

Distributing the load across multiple anchors spreads the forces so no single point bears the entire weight. In a high-angle rescue, the force from a person, equipment, and potential dynamic loads can exceed what one anchor can safely carry, especially if rock quality or geometry is uncertain. By using multiple anchor points and proper equalization, the load is shared, peak stresses on any one point are reduced, and redundancy is added if one point begins to fail. This makes the system safer and more reliable, particularly when a single anchor might be insufficient. It's not about saving gear or time; the safety margin gained by spreading load is the key benefit. While rigging a load-distributing anchor can be more involved, the improved stability and reduced risk justify the extra setup.

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4. Which statement best describes the frog ascending system's advantages?

A. It is quick and efficient to ascend the rope

B. Users find it more efficient and easier to stop and rest when using the system

C. It helps prevent feet from slipping out of the stirrups while ascending

D. The system is simple as it utilizes one ascender

The frog ascending system is designed to keep you in a stable, supported position as you climb, which makes the ascent smoother and less fatiguing. Because the setup allows you to pause, secure yourself, and regain grip without fully reconfiguring the rig, you can climb in a controlled rhythm and take rests as needed. That ability to stop and rest easily translates into greater overall efficiency and safety during longer or more demanding ascents. While speed is a consideration in any ascent, the standout benefit of this system is how it facilitates resting and steady progression, not just quick ascent. It isn't simply defined by using a single ascender, and it doesn't specifically prevent feet from slipping out of stirrups—that depends on other gear and technique—so those aspects aren't the best description of its primary advantage.

5. What is the purpose of a master point in anchor equalization?

A. To attach the rope to a single anchor.

B. To share load between anchors and provide a central tie-in for added redundancy.

C. To color-code anchors.

D. To shorten the rope.

The main idea here is distributing the load across multiple anchors to increase safety and redundancy. A master point acts as the central tie-in where all anchor legs come together, forming an equalized path for the load. This setup lets the force be shared among the anchors rather than concentrated on just one point, and it provides a single, reliable attachment for the rope system, making management and adjustments easier. If you use a single anchor, you don't gain redundancy and you risk overloading that anchor or seeing unpredictable forces if the anchor shifts or fails. The other options don't address how loads are distributed or provide that central, redundant tie-in, which is why they're not appropriate for anchor equalization.

6. In a progress capture device used for low-angle evacuation hauling, what happens to the load when the pulling force is released?

A. will not release

B. lowers slowly

C. continues moving

D. to be reset

Progress capture devices are designed to hold the haul line in place when the pulling force is removed. The locking mechanism engages as load is applied, gripping the rope so it cannot slide back through the device. When you stop pulling, that lock stays engaged, so the load stays put rather than moving or lowering on its own. To move again, you must reset or re-arm the device. This is why the load will not release in this situation—the device is intentionally locking the rope to prevent uncontrolled movement.

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7. When using a litter basket, which factor determines whether the basket is lowered horizontally or vertically?

A. Patient condition is not a consideration when using a litter

B. Amount of rope available

C. Security of the patient in the evacuation process

D. Number of litter attendants, with two being the best

The main idea is that keeping the patient secured and under control during the evacuation determines how you lower the litter. If the patient is well strapped and immobilized, you can lower the basket in a way that keeps it stable and level, reducing movement and swing. If the patient's security can't be ensured or the route requires tighter line control to avoid contact with obstacles, the team may adjust the orientation to maintain that control and prevent unsafe movement. So, the priority is maintaining patient security throughout the descent, which guides whether the basket is lowered horizontally or vertically.

8. Which item is a rope grabbing device?

A. Gibbs ascender

B. Anchor plate

C. Carabiner

D. Rescue rack

The key idea here is a device that grips the rope so you can move along it without slipping. A Gibbs ascender fits that role perfectly. It's a mechanical rope grab designed to bite into the rope when loaded, allowing you to ascend by pulling the handle to release and slide upward, then re-engage to hold as you weight the unit. This selective gripping and controlled movement along a live rope is exactly what a rope grabbing device is meant to do. An anchor plate serves as a fixed attachment point for lines, not a device that grabs and moves on the rope. A carabiner is a connector used to link gear or lines but doesn't by itself grip the rope to enable progression. A rescue rack provides friction to control rope movement during lowering or hauling; it's a braking/friction device, not a rope grab that lets you ascend the rope.

9. The Sked stretcher can be used in which positions?

A. inverted position

B. horizontal position

C. vertical position

D. horizontal and vertical position

The Sked stretcher is built for versatility in how you carry or move a casualty, so you can set it up for both horizontal transport and vertical lifting or lowering. In a horizontal configuration, the patient lies on the stretcher and can be dragged or carried across ground with the handles and securing straps keeping them stable. In a vertical configuration, the device can be rigged with ropes or lines to lift or lower the patient along a rope system, which is essential in tight spaces, over ledges, or down a vertical drop while keeping the body aligned and protected. Inverted use isn't a typical or preferred setup because it complicates stabilization and airway management. So, the Sked stretcher is designed for horizontal and vertical use.

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10. Which statement describes an advantage of the frog ascending system?

A. It is quick and efficient to ascend the rope

B. The system is simple as it utilizes one ascender

C. Users find it more efficient and easier to stop and rest when using the system

D. It helps prevent feet from slipping out of the stirrups while ascending

The key idea here is that the frog ascending system is valued for how it supports the user to rest and conserve energy during the climb. The design uses a leg/foot loop and a controlled body position that lets you weight the rope and lean into the ascent, freeing your hands to manage rope movement, adjust gear, or regrip as needed. That capability to pause, take a break, and then resume without losing progress makes the ascent feel more efficient and less tiring, especially on longer climbs. While other aspects like speed or simplicity can vary with technique and setup, the main practical benefit people notice is being able to stop and rest more easily while still maintaining control on the rope.

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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://highanglerescuetech3.examzify.com

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

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