# JBL EMT 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


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.

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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. After the AED has delivered a shock, the EMT should:**

A. assess for a carotid pulse

B. immediately resume CPR

C. re-analyze the cardiac rhythm

D. transport the patient at once

**2. A 30-year-old male experienced a generalized (tonic-clonic) seizure, which stopped before you arrived at the scene. The patient is conscious, is answering your questions appropriately, and refuses EMS transport. Which of the following would be the MOST compelling reason to disagree with his refusal of transport?**

A. He has experienced seizures since he was 20.

B. He is currently not prescribed any medications.

C. His Glasgow Coma Scale (GCS) score is 15.

D. His wife states that this was his "usual" seizure.

**3. Interruption of cerebral blood flow may result from all of the following, EXCEPT:**

A. an acute arterial rupture

B. an embolism

C. a thrombus

D. cerebral vasodilation

**4. Despite various treatments, blood pressure remains 132/74 mm Hg, pulse at 110 beats/minute, respirations are 20 breaths/min for a patient with severe headaches. What is the recommended EMS treatment?**

A. Apply warm compress to the neck and transport with lights and siren

B. Assist patient with migraine medication without lights and siren

C. Keep lights dimmed and transport without escalating emergency response

D. Place the patient supine and transport to a stroke center with sirens

**5. In addition to body substance isolation (BSI) equipment, what should you use before attempting to suction a patient's airway?**

A. Another suction unit on standby

B. Dental rolls

C. Water-soluble lubricant

D. Available patient's medical history

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**6. The bones of the lower leg are called?**

A. cuboid and scaphoid.

B. radius and ulna.

C. tibia and fibula.

D. humerus and ulna.

**7. You are caring for a 40-year-old female who was involved in a motor vehicle crash. Her husband, who was driving the vehicle, was killed. When the patient asks you if her husband is all right, you should:**

A. avoid answering her questions and focus on her injuries

B. immediately tell her of his death so that she might grieve

C. let clergy or hospital staff relay the bad news if possible

D. tell her that he is being resuscitated by other EMTs

**8. Shortly after assisting a 65-year-old female with her prescribed nitroglycerin, she begins complaining of dizziness and experiences a drop of 30 mm Hg in her systolic blood pressure. The patient remains conscious and her breathing is adequate. You should:**

A. assist ventilations with a bag-valve mask

B. place her in a supine position

C. transport her in a sitting position

D. wait 5 minutes and reassess her blood pressure

**9. Your patient opens his eyes, moans, and pulls away from you when you pinch his trapezius muscle. You should assign a Glasgow Coma Scale (GCS) score of:**

A. 6

B. 7

C. 8

D. 9

**10. The plane separating the body into anterior and posterior portions is called:**

A. Coronal

B. Midsagittal

C. Sagittal

D. Transverse

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# Answers

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

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# Explanations

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**1. After the AED has delivered a shock, the EMT should:**

A. assess for a carotid pulse

B. immediately resume CPR

C. re-analyze the cardiac rhythm

D. transport the patient at once

*After the AED has delivered a shock, the EMT should assess for a carotid pulse. This is because it is important for the EMT to determine if the shock was successful in restoring a pulse. By checking for a carotid pulse, the EMT can quickly assess the patient's response to the shock and make informed decisions about the next steps in care. In this scenario, immediately resuming CPR or re-analyzing the cardiac rhythm without checking for a pulse could lead to unnecessary interventions or delays in providing appropriate care. Transporting the patient at once may not be the best course of action until the EMT has assessed for the presence of a pulse to ensure the patient's circulation has been restored effectively.*

**2. A 30-year-old male experienced a generalized (tonic-clonic) seizure, which stopped before you arrived at the scene. The patient is conscious, is answering your questions appropriately, and refuses EMS transport. Which of the following would be the MOST compelling reason to disagree with his refusal of transport?**

A. He has experienced seizures since he was 20.

B. He is currently not prescribed any medications.

C. His Glasgow Coma Scale (GCS) score is 15.

D. His wife states that this was his "usual" seizure.

*In this scenario, the most compelling reason to disagree with the patient's refusal of transport is the fact that he has been experiencing seizures since he was 20 years old. This information indicates a long history of seizures, which may suggest an underlying medical condition that requires further evaluation and management by healthcare professionals. Seizures can have various causes and potential complications, and it is essential for individuals with a history of recurrent seizures to receive appropriate medical assessment and treatment. This history increases the risk of future seizures and associated complications, making it crucial for the patient to seek medical attention despite appearing stable after the current seizure episode. Option B is not as compelling because the patient's current lack of prescribed medications does not necessarily indicate the immediate need for transport. Option C, stating that the patient's Glasgow Coma Scale score is 15, confirms his current mental status and responsiveness but does not address the underlying risk factors associated with his seizure history. Option D, the wife stating that this was his "usual" seizure, provides some context but does not directly address the need for further evaluation and medical care based on his history of seizures.*

**3. Interruption of cerebral blood flow may result from all of the following, EXCEPT:**

A. an acute arterial rupture

B. an embolism

C. a thrombus

D. cerebral vasodilation

*This is because an interruption of cerebral blood flow can result from a decrease in blood supply, which would occur with an arterial rupture, embolism, or thrombus. However, cerebral vasodilation refers to an increase in blood flow, so this would not result in an interruption of cerebral blood flow.*

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**4. Despite various treatments, blood pressure remains 132/74 mm Hg, pulse at 110 beats/minute, respirations are 20 breaths/min for a patient with severe headaches. What is the recommended EMS treatment?**

A. Apply warm compress to the neck and transport with lights and siren

B. Assist patient with migraine medication without lights and siren

C. Keep lights dimmed and transport without escalating emergency response

D. Place the patient supine and transport to a stroke center with sirens

*Despite the patient's severe headaches, their blood pressure, pulse, and respiration rates all fall within normal ranges. This indicates that the patient's condition is not life-threatening and does not require an escalated emergency response such as using sirens. Providing a warm compress to the neck can help to alleviate pain and discomfort, but it is not the recommended treatment for this situation. Administering migraine medication without lights and siren is also not the recommended course of action as it does not address the underlying cause of the patient's symptoms. Placing the patient supine and transporting them to a stroke center with sirens is also not the appropriate treatment as the patient's symptoms do not indicate a stroke. The most appropriate recommended EMS treatment in this scenario is to transport the patient with lights and siren to a medical facility for further evaluation and treatment.*

**5. In addition to body substance isolation (BSI) equipment, what should you use before attempting to suction a patient's airway?**

A. Another suction unit on standby

B. Dental rolls

C. Water-soluble lubricant

D. Available patient's medical history

*Before attempting to suction a patient's airway, it is essential to have another suction unit on standby. This is crucial in case the primary suction unit malfunctions or becomes ineffective during the procedure. Having a backup suction unit readily available helps ensure the continuous and effective removal of secretions or obstructions from the patient's airway, minimizing the risk of airway compromise or respiratory distress. Dental rolls, water-soluble lubricant, and the available patient's medical history are not directly related to the immediate need for a backup suction unit during airway suctioning.*

**6. The bones of the lower leg are called?**

A. cuboid and scaphoid.

B. radius and ulna.

C. tibia and fibula.

D. humerus and ulna.

*The option of cuboid and scaphoid is incorrect because those are two of the bones found in the foot, not the lower leg. The option of radius and ulna is incorrect because those are two of the bones found in the arm, not the lower leg. The option of humerus and ulna is also incorrect because those are two of the bones found in the arm, not the lower leg. The correct answer is tibia and fibula because those are the two bones that make up the lower leg.*

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**7. You are caring for a 40-year-old female who was involved in a motor vehicle crash. Her husband, who was driving the vehicle, was killed. When the patient asks you if her husband is all right, you should:**

A. avoid answering her questions and focus on her injuries

B. immediately tell her of his death so that she might grieve

C. let clergy or hospital staff relay the bad news if possible

D. tell her that he is being resuscitated by other EMTs

*In this scenario, it is crucial to prioritize the emotional well-being of the 40-year-old female patient. The patient has been informed that she was involved in a motor vehicle crash where her husband, who was driving, has passed away. When dealing with sensitive situations like this, it is important for the EMT to be compassionate and understanding. By avoiding answering her questions directly about her husband and focusing on her injuries, the EMT can provide immediate care for her physical well-being and possibly prevent further emotional distress at that moment. It is not the EMT's role to disclose such devastating news abruptly, and it may be more appropriate for clergy or hospital staff to provide this type of information in a more supportive and controlled environment.*

**8. Shortly after assisting a 65-year-old female with her prescribed nitroglycerin, she begins complaining of dizziness and experiences a drop of 30 mm Hg in her systolic blood pressure. The patient remains conscious and her breathing is adequate. You should:**

A. assist ventilations with a bag-valve mask

B. place her in a supine position

C. transport her in a sitting position

D. wait 5 minutes and reassess her blood pressure

*After a patient takes nitroglycerin, a drop in blood pressure can occur due to the vasodilation effect of the medication. In this scenario, the patient is conscious and breathing adequately, which indicates that her airway is not compromised. By experiencing dizziness and a significant drop in systolic blood pressure, it suggests that the patient is hypotensive. The appropriate action in this situation is to assist ventilations with a bag-valve mask. Providing assisted ventilations can help improve oxygenation and perfusion, which is crucial in a hypotensive state. Placing the patient in a supine position may worsen the hypotension, transporting her in a sitting position could further compromise her condition, and waiting without intervening could lead to a deterioration of her situation. Therefore, the best course of action is to assist ventilations with a bag-valve mask to support her respiratory effort and possibly improve her blood pressure.*

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**9. Your patient opens his eyes, moans, and pulls away from you when you pinch his trapezius muscle. You should assign a Glasgow Coma Scale (GCS) score of:**

A. 6

B. 7

C. 8

D. 9

*In this scenario, the patient displays a response to pain stimuli by opening their eyes, moaning, and pulling away. In the Glasgow Coma Scale (GCS), this type of response to pain corresponds to a score of 2. Given that the patient also shows signs of verbal response (moaning), but not oriented or conversing fully, the Verbal Response score would be 2. As a result, the patient's eye response, verbal response, and motor response would sum up to a GCS score of 6 (Eye Response: 2, Verbal Response: 2, Motor Response: 2). Therefore, the correct answer is A. In the other options: B. A GCS score of 7 is higher than what the patient would receive based on the presented scenario. C. A GCS score of 8 is higher than the GCS score calculated from the patient's response to pain. D. A GCS score of 9 is higher than what would be assigned to a patient who responds to pain but does not fully engage in conversing or being fully oriented.*

**10. The plane separating the body into anterior and posterior portions is called:**

A. Coronal

B. Midsagittal

C. Sagittal

D. Transverse

*The plane that divides the body into anterior (front) and posterior (back) portions is known as the coronal plane. This is different from the midsagittal plane (B), which divides the body into left and right halves, and the sagittal plane (C), which can refer to any plane parallel to the midsagittal plane. The transverse plane (D) divides the body into superior (upper) and inferior (lower) portions, making it incorrect for this question.*

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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:

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

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