SELF-AID AND BUDDY CARE (SABC) EOC PRACTICE TEST (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. How should you control severe bleeding from a limb?

A. Apply ice to the wound

B. Apply direct pressure on the wound and elevate the limb

C. Use a tourniquet immediately

D. Leave the wound exposed to air

2. What type of fracture has bone protruding from the skin?

A. Closed fracture

B. Simple fracture

C. Open fracture

D. Stable fracture

3. When might you suspect a puncture wound has become infected?

A. When the area is warm and red

B. When the pain decreases

C. When there is no swelling

D. When the skin color returns to normal

4. Which airway-management technique minimizes head, neck, and spinal movement to prevent further injuries?

A. Head tilt-chin lift

B. BVM technique

C. Jaw-thrust technique

D. Cricothyrotomy method

5. What role does a nasopharyngeal airway play during emergency care?

A. It is a primary treatment for shock

B. It assists in maintaining airway patency

C. It provides a route for IV fluids

D. It is an indicator for CPR requirements

6. How can the extent of a spinal injury impact the care provided?

A. The casualty should be moved frequently to assess injury

B. The casualty should remain immobilized until help arrives

C. Immediate surgery is required regardless of the injury

D. Only minor first aid is necessary

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7. What is the first step in treating a severe burn?

A. Apply butter to the burn area

B. Cover the burn with a wet cloth

C. Dress and bandage the burn

D. Cool the burn under running water

8. What aspect of SABC is enhanced by psychological first aid?

A. Physical injury assessment

B. Emotional resilience of the casualty

C. Transport procedures for casualties

D. Infection control measures

9. What factors determine the amount of fluid necessary to maintain proper body function?

A. Age and weight

B. Climate and activity level

C. Diet and health status

D. All of the above

10. What does the term "buddy care" refer to in SABC?

A. Self-care in emergencies

B. Provision of care by one individual to another

C. Basic first aid techniques

D. Emergency evacuation procedures

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Answers

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

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Explanations

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1. How should you control severe bleeding from a limb?

A. Apply ice to the wound

B. Apply direct pressure on the wound and elevate the limb

C. Use a tourniquet immediately

D. Leave the wound exposed to air

Applying direct pressure to the wound and elevating the limb is an effective method for controlling severe bleeding from a limb. Direct pressure helps to compress the blood vessels and minimize blood loss, while elevation can reduce blood flow to the injured area, further aiding in controlling the bleeding. This approach is fundamental in first aid because it addresses the immediate need to stop or slow down the hemorrhage, which is critical to prevent shock and maintain circulation. Using ice on the wound, while it may reduce swelling or numbing pain, does not directly address the bleeding and can potentially hinder proper assessment and treatment of the injury. Utilizing a tourniquet is appropriate in specific situations and usually as a last resort when direct pressure fails to control bleeding. Leaving the wound exposed to air is generally not recommended because it can lead to infection and does not help in managing the bleeding. Therefore, applying direct pressure and elevating the limb constitutes an effective and immediate response to severe bleeding in a limb.

2. What type of fracture has bone protruding from the skin?

A. Closed fracture

B. Simple fracture

C. Open fracture

D. Stable fracture

The type of fracture that involves bone protruding from the skin is referred to as an open fracture. This is characterized by the fact that the fracture creates an external wound, which can lead to an increased risk of infection since the broken bone is exposed to the environment. The term "open" refers specifically to the breaking of the skin and the exposure of the bone, distinguishing it from other fracture types where the skin remains intact. In contrast, a closed fracture (or simple fracture) occurs when the bone is broken but the skin overlying the fracture site remains unbroken. This type poses a lower risk of infection compared to an open fracture. A stable fracture generally refers to a fracture that is not displaced or misaligned and does not specify whether the skin is broken or intact. Thus, the defining characteristic of an open fracture is the involvement of the skin and the external environment, making it important for treatment and management in a clinical setting.

3. When might you suspect a puncture wound has become infected?

A. When the area is warm and red

B. When the pain decreases

C. When there is no swelling

D. When the skin color returns to normal

A puncture wound may be suspected to have become infected when the area shows signs of warmth and redness. These are classic indicators of inflammation, which can be a response to infection. When bacteria enter the body through a puncture wound, the immune system reacts, leading to an increase in blood flow to the area. This increased circulation causes the affected tissue to feel warm and appear red. Detecting these symptoms is crucial for timely medical intervention, as untreated infections can lead to more serious complications. Other signs that may accompany infection include swelling, pain, and discharge. The other responses do not indicate infection effectively. A decrease in pain might suggest healing or reduced irritation but does not inherently indicate an infection. Lack of swelling typically points to no infection or inflammation present. Normal skin color returning also suggests a healthy healing process rather than an infection.

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4. Which airway-management technique minimizes head, neck, and spinal movement to prevent further injuries?

A. Head tilt-chin lift

B. BVM technique

C. Jaw-thrust technique

D. Cricothyrotomy method

The jaw-thrust technique is specifically designed to open the airway while minimizing movement of the head, neck, and spinal region. This is crucial in situations where a spinal injury is suspected, as excessive movement can worsen the injury or complicate the patient's condition. By utilizing the jaw-thrust method, the rescuer can maintain spinal immobilization and ensure that the airway remains clear without flexing or extending the neck. This technique is particularly effective in cases of trauma, where maintaining alignment of the spinal column is a priority to reduce additional risks during airway management. In contrast, other airway management techniques, such as the head tilt-chin lift, involve movement of the head and neck, which could potentially lead to exacerbating spinal injuries. The BVM (bag-valve-mask) technique also requires proper alignment and may not sufficiently minimize spinal movement. Lastly, a cricothyrotomy is an invasive procedure done when other methods fail, and it is not focused on minimizing spinal movement but rather on securing an airway rapidly. Therefore, the jaw-thrust technique is the optimal choice specifically for situations requiring careful handling of the spine while ensuring the airway is open.

5. What role does a nasopharyngeal airway play during emergency care?

A. It is a primary treatment for shock

B. It assists in maintaining airway patency

C. It provides a route for IV fluids

D. It is an indicator for CPR requirements

A nasopharyngeal airway is specifically designed to help maintain airway patency, meaning it keeps the airway open and unobstructed. This is crucial during emergency care, especially in situations where a person may be unconscious or unable to maintain their own airway. The device is typically inserted into the nasal passage and extends down into the throat, allowing for unobstructed airflow. In emergencies, maintaining a clear airway is one of the top priorities, as without it, a patient can quickly suffer from lack of oxygen, leading to severe complications or death. The use of a nasopharyngeal airway is particularly beneficial because it can be tolerated by patients with a gag reflex and is effective in cases where other methods, like an oral airway, might be contraindicated. Other options do not fulfill the primary role of a nasopharyngeal airway. For example, a nasopharyngeal airway is not a treatment for shock, does not offer a way to administer IV fluids, and is not an indicator for initiating CPR. Each of those respective roles is managed through different medical interventions and assessments.

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6. How can the extent of a spinal injury impact the care provided?

A. The casualty should be moved frequently to assess injury

B. The casualty should remain immobilized until help arrives

C. Immediate surgery is required regardless of the injury

D. Only minor first aid is necessary

The correct choice emphasizes the importance of immobilization in the event of a spinal injury because movement can lead to further damage to the spinal cord or surrounding structures. Keeping the casualty stabilized and preventing any movement is crucial to minimize the risk of exacerbating the injury. This approach allows for a safer transfer to medical professionals who can provide specialized care. In cases of potential spinal injuries, the priority is to maintain the patient's current condition and avoid any actions that might worsen the situation, which is why immobilization is critical until emergency services can take over. Other options misinterpret the handling of spinal injuries. For instance, moving the casualty frequently could increase the risk of damage, while asserting that immediate surgery is needed regardless of the injury ignores the need for a proper assessment and the stabilization process before definitive care. Suggesting that only minor first aid is necessary also fails to recognize the gravity of spinal injuries and the need for thorough care until professional assistance is available.

7. What is the first step in treating a severe burn?

A. Apply butter to the burn area

B. Cover the burn with a wet cloth

C. Dress and bandage the burn

D. Cool the burn under running water

The first step in treating a severe burn is to cool the burn under running water. This process is critical because it helps to reduce the temperature of the skin and prevents further tissue damage. Cooling a burn can also alleviate pain and minimize swelling. Ideally, this should be done as quickly as possible, ideally within minutes after the injury occurs. Cooling the burned area with running water for at least 10-20 minutes is a recommended first aid measure. Applying butter to the burn area is an outdated and unsafe practice that can trap heat and increase the risk of infection. Covering the burn with a wet cloth is also beneficial, but this should be done after the burn has been cooled with running water. Dressing and bandaging the burn is important for protecting the area, but it should come after the initial cooling step to ensure that the burn is treated properly. Thus, cooling the burn is the most critical and immediate action to take.

8. What aspect of SABC is enhanced by psychological first aid?

A. Physical injury assessment

B. Emotional resilience of the casualty

C. Transport procedures for casualties

D. Infection control measures

The aspect of Self-Aid and Buddy Care (SABC) that is enhanced by psychological first aid is the emotional resilience of the casualty. Psychological first aid focuses on addressing the emotional and psychological needs of individuals who have experienced trauma or distress. By providing support, reassurance, and stabilizing interactions, psychological first aid helps individuals cope with the immediate emotional impact of their situation. This support is essential in fostering resilience, which enables casualties to better manage their feelings and recover from their experiences. Emotional resilience plays a crucial role in a casualty's overall recovery, as it can influence how they respond to treatment, interact with caregivers, and adapt to the circumstances they are facing. Psychological first aid can help mitigate the effects of stress and anxiety, which can be particularly beneficial in emergency situations where individuals may feel overwhelmed or frightened.

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9. What factors determine the amount of fluid necessary to maintain proper body function?

A. Age and weight

B. Climate and activity level

C. Diet and health status

D. All of the above

The correct response encompasses a comprehensive understanding of the various factors that influence the necessary fluid intake for proper body function. Each of the listed factors—age, weight, climate, activity level, diet, and health status—plays a critical role in determining an individual's hydration needs. Age is significant because children and elderly individuals often have different fluid requirements. Younger bodies may require more fluid relative to their size due to higher metabolic rates, while aging can affect the body's ability to regulate water balance. Weight also directly affects fluid needs; larger individuals generally require more fluids to sustain their bodily functions compared to those who weigh less. Climate is essential as well because in hotter environments, the body loses fluids more rapidly through sweat, necessitating increased fluid intake. Similarly, activity level dictates fluid requirements, as physical exertion increases perspiration and fluid loss, which must be compensated through additional hydration. Lastly, diet and health status influence overall fluid balance. Certain foods (like fruits and vegetables) provide hydration, while others may require more fluids for proper digestion or to normalize body temperature. Likewise, health conditions can change fluid requirements—fevers, for example, often increase the need for fluids. By considering all these factors together, it's clear why maintaining proper hydration is a multif

10. What does the term "buddy care" refer to in SABC?

A. Self-care in emergencies

B. Provision of care by one individual to another

C. Basic first aid techniques

D. Emergency evacuation procedures

The term "buddy care" in the context of Self-Aid and Buddy Care (SABC) refers specifically to the provision of care by one individual to another. This concept emphasizes the importance of teamwork and mutual support in emergency situations, where individuals can assist each other in providing essential care. The idea is that while one person may be injured or in need of assistance, another person—often a buddy—steps in to provide help, ensuring that both individuals can maintain safety and well-being. This approach is crucial in SABC training, as it emphasizes not only the skills needed to administer care but also the interpersonal support that can significantly improve outcomes in emergency scenarios. This collaborative aspect allows for a more effective response to injuries or medical emergencies, as one individual can manage care while also keeping an eye on the environment and seeking further assistance if necessary. In contrast, other options such as self-care, basic first aid techniques, and emergency evacuation procedures address different aspects of emergency management but do not capture the essence of buddy care, which is fundamentally about cooperation and mutual aid between individuals.

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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://sabceoc.examzify.com

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

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