



EMR Emergency Medical Prep

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Practice Questions

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1. A 65-year-old female is experiencing severe shortness of breath and chest pain after climbing a flight of stairs. She appears very distressed and insists on going to the hospital immediately. The patient is sitting on her living room couch, and your stretcher is outside by the ambulance. You are trying to manage her anxiety and stabilize her condition to avoid a potential cardiac arrest. Which of the following would not be appropriate care in this situation?

- A. Have the patient sit in a position of comfort
- B. Assist the patient with taking an aspirin if not allergic and no contraindications
- C. Hold the patient's hand or touch her shoulder if it calms her
- D. Ask the patient to walk to the stretcher

2. Which condition was formerly referred to as toxemia during pregnancy?

- A. Preeclampsia
- B. Eclampsia
- C. Gestational diabetes
- D. Hyperemesis gravidarum

3. While performing CPR on a patient, you discover an implanted pacemaker where you need to place the AED pad. What is the appropriate action to take?

- A. Place the AED pad directly over the pacemaker
- B. Avoid using the AED and continue with manual CPR only
- C. Remove the pacemaker before placing the AED pad
- D. Place the AED pad at least one inch away from the pacemaker

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4. What is the definition of a premature birth?

- A. The birth of a baby within 20 to 24 weeks of gestation
- B. The birth of a baby before 37 weeks of gestation
- C. The birth of a baby after 42 weeks of gestation
- D. The birth of a baby exactly at 40 weeks of gestation

5. For a mother who just delivered a baby, how frequently should her vital signs be monitored during the immediate postpartum period?

- A. Every 30 minutes
- B. Every 60 minutes
- C. Every 15 minutes
- D. Every 5 minutes

6. Which type of heart chamber in the human body has the thickest walls?

- A. Left atrium
- B. Left ventricle
- C. Right ventricle
- D. Right atrium

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7. You are working as a paramedic and have been trained as an EMR. You respond to a call from a construction site where a pregnant woman has collapsed and is having a tonic-clonic seizure. When you arrive, her colleagues inform you that she has been lying on a concrete floor since the seizure started. How should you manage the pregnant woman's airway during the seizure?

- A. Immediately perform the head-tilt/chin-lift maneuver
- B. Immediately perform the jaw-thrust maneuver
- C. Wait until the seizure stops and do the head-tilt/chin-lift maneuver
- D. Wait until the seizure stops and turn the woman onto her left side

8. What is the primary function of an impedance-compensating device in relation to a pacemaker?

- A. Delays signal
- B. Adjusts current
- C. Increases voltage
- D. Regulates speed



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9. During pregnancy, the body produces a hormone that maintains the lining of the uterus to support the developing embryo. What is the technical term for this hormone?

- A. Estrogen
- B. Prolactin
- C. Oxytocin
- D. Progesterone

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10. What minimum heart rate should a patient have before administering Atropine, a medication used to treat bradycardia?

- A. Below 60 beats per minute (bpm)
- B. Below 50 beats per minute (bpm)
- C. At least 60 beats per minute (bpm)
- D. At least 80 beats per minute (bpm)

11. What is the recommended position for communicating effectively with a patient lying on a stretcher during an emergency response?

- A. Position yourself at the head of the stretcher, at eye level with the patient.
- B. Stand over the patient's chest, maintaining eye contact.
- C. Position yourself at the foot of the stretcher.
- D. Sit on a chair beside the stretcher.

12. Your EMS unit responds to an elementary school at 2 p.m. for a 7-year-old female who is experiencing difficulty breathing. Upon your arrival, the girl is leaning forward, drooling, and appears to be in distress. What condition is this patient most likely experiencing?

- A. Asthma
- B. Flu
- C. Epiglottitis
- D. Croup

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13. During rescue breathing, what is the most common barrier-to-airflow encountered in patients experiencing a cardiac arrest?

- A. A foreign body
- B. Blood
- C. Vomit
- D. The tongue

14. While preparing equipment for a community event, you notice the gauge on the portable oxygen concentrator reads 450 psi. When should you replace or recharge the oxygen concentrator for it to be ready for emergency use?

- A. When the concentrator reads under 500 psi
- B. When the concentrator reads under 700 psi
- C. When the concentrator reads under 600 psi
- D. When the concentrator reads under 1,000 psi

15. You are assisting with bag-valve-mask (BVM) ventilation for an adult patient showing signs of respiratory distress. How often should you squeeze the bag to provide a breath after your initial two ventilations?

- A. Every 6 seconds
- B. Every 2 seconds
- C. Every 5 seconds
- D. Every 8 seconds

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16. You are assisting in the care of a patient experiencing a suspected heart attack. You recognize that the patient's heart is not pumping effectively. Which term describes the process by which the heart pumps blood throughout the body?

- A. Perfusion
- B. Respiration
- C. Oxidation
- D. Circulation



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17. Which body system is responsible for delivering oxygen to tissues and removing carbon dioxide from the body?

- A. Respiratory system
- B. Circulatory system
- C. Skeletal system
- D. Endocrine system

18. In an emergency situation, a bystander without formal CPR training witnesses someone suddenly collapse and become unresponsive. Which type of CPR is recommended by the American Heart Association (AHA) to be performed by this bystander?

- A. Chest-thrust CPR
- B. Ventilation-only CPR
- C. Layperson CPR
- D. Hands-only CPR

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19. An EMS team is preparing a landing zone for an incoming medical evacuation helicopter. What is the term used for the downwash created by the helicopter's rotors?

- A. A cyclone
- B. A wash
- C. A whirlwind
- D. A gust

20. Where should defibrillator pads be placed to ensure the most effective delivery of a shock during resuscitation?

- A. On the patient's bare chest at the right upper and left lower sides
- B. On the patient's bare chest at the left upper and right lower sides
- C. Over the patient's clothing at the right upper and left lower sides
- D. On the patient's bare chest at any random position

21. If a patient has suffered from smoke inhalation in a fire, they should be transported to a hospital that has what type of specialized facility?

- A. An MRI machine
- B. An ultrasound machine
- C. A pressure mattress
- D. A hyperbaric chamber



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22. When approaching a moving vehicle accident scene as an EMR, it's critical to assess and control multiple hazards. What is the typical speed (in mph) of traffic passing by an accident scene on a highway?

- A. 40 to 50 miles per hour (mph)
- B. 80 to 90 miles per hour (mph)
- C. 60 to 70 miles per hour (mph)
- D. 20 to 30 miles per hour (mph)

23. You arrive at the scene of a building collapse with multiple victims trapped inside. A specialized rescue team is en route. The structure appears unstable, and initial reports suggest there are eight victims. Law enforcement is managing crowd control. You determine the scene is safe for your initial assessment and call for additional support. What are EMRs' two primary goals when conducting a rescue operation in this scenario?

- A. To obtain safe access to each victim and to determine the number of victims
- B. To obtain safe access to each victim and to ensure each victim is stabilized
- C. To obtain safe access to the scene and to ensure each victim is stabilized
- D. To obtain safe access to each victim and to ensure the structure is stabilized

24. During a large-scale wildfire affecting a residential area, multiple casualties are reported. There are 25 ambulatory patients, 60 deceased, 50 in critical condition, and 45 with serious but stable injuries. Firefighters and police officers are actively engaged in containment and rescue operations, with additional help on the way. Whom should you assign the task of helping to calm and reassure patients who are in shock?

- A. Critical condition patients
- B. Serious but stable patients
- C. Police officers
- D. Ambulatory patients

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25. Which of the following is not considered a major type of bleeding?

- A. Venous bleeding
- B. Capillary bleeding
- C. Internal bleeding
- D. Arterial bleeding

26. How should an Emergency Medical Responder (EMR) manage an impaled object in a patient's cheek?

- A. Ask the patient to bite down on a sterile gauze pad to stabilize the object.
- B. Stabilize the object with bulky dressings and ensure both the inside and outside of the cheek are supported.
- C. Remove the object and apply pressure to the wound.
- D. Cover the injured cheek with a paper cup and secure with a bandage.

27. A hiker has sustained an apparent dislocation of the shoulder after a fall. To immobilize the injured shoulder, you need to use a swathe. What is the term for the triangular swathe of cloth used for this purpose?

- A. A caveat
- B. A cabala
- C. A cravat
- D. A cleat

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28. A 25-year-old construction worker sustained a hand injury while using a power tool. Upon arrival, you notice that a section of the worker's skin and underlying tissue has been forcibly separated from the hand, but is still attached by a small piece of skin. What is this type of injury called?

- A. An avulsion
- B. An amputation
- C. An abrasion
- D. A laceration



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29. You are called to a local pond where a 6-month-old infant has reportedly been submerged underwater for a few minutes. Upon arrival, the infant is unresponsive and not breathing. How should an Emergency Medical Responder determine the infant's level of responsiveness?

- A. By gently spanking the infant's bottom
- B. By gently shaking or tapping the infant
- C. By giving five back slaps
- D. By giving five chest thrusts

30. Certain severe injuries indicate that CPR should not be initiated, such as transection. What is transection?

- A. The arms are severed from the body.
- B. The head is severed from the body.
- C. The body is severed into two parts at the torso.
- D. The legs are severed from the body.



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Answer Key & Explanations

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1. D — Ask the patient to walk to the stretcher

Answer: Ask the patient to walk to the stretcher In a patient with severe shortness of breath and chest pain, exerting any further effort could lead to worsening of her condition or even cardiac arrest. The stretcher should be brought to the patient, or she should be carefully carried to it. Keeping her calm and minimizing physical exertion is crucial. Instead, place the patient in a comfortable position and assist her with taking aspirin if appropriate. Physical reassurance like holding her hand or touching her shoulder can also help make her feel more relaxed if she permits it.

2. A — Preeclampsia

Answer: Preeclampsia Preeclampsia (formerly known as toxemia) is a condition characterized by high blood pressure and signs of damage to another organ system, often the kidneys, during pregnancy. Symptoms of preeclampsia include severe headaches, changes in vision, upper abdominal pain, and swelling of the hands and feet. Eclampsia is a severe complication of preeclampsia that includes the same symptoms as preeclampsia along with seizures. Gestational diabetes is a form of high blood sugar affecting pregnant women who have never had diabetes before. Hyperemesis gravidarum is a severe form of nausea and vomiting during pregnancy, which can lead to dehydration and weight loss.

3. D — Place the AED pad at least one inch away from the pacemaker

Answer: Place the AED pad at least one inch away from the pacemaker When a patient has an implanted pacemaker, the AED pad should be placed at least one inch away from the device. Placing the pad directly over the pacemaker can disrupt the function of the pacemaker and may not deliver an effective shock. Do not remove the pacemaker.

4. B — The birth of a baby before 37 weeks of gestation

Answer: The birth of a baby before 37 weeks of gestation A premature birth, also known as preterm birth, occurs when a baby is born before 37 completed weeks of gestation. Such births can lead to various health complications for the baby, including respiratory issues, gastrointestinal problems, and developmental delays. Accurate identification of premature birth is essential for the implementation of appropriate medical interventions and care.

5. C — Every 15 minutes

Correct answer: Every 15 minutes After a mother has delivered a baby, it is essential to monitor her vital signs every 15 minutes during the immediate postpartum period. This frequent monitoring helps ensure the mother is not experiencing any complications such as postpartum hemorrhage or hypertension. In contrast, checking vital signs too frequently (e.g., every 5 minutes) can be overwhelming and unnecessary, while less frequent checks (e.g., every 30 minutes) might delay the identification of emergent issues.

6. B — Left ventricle

Answer: Left ventricle The left ventricle has the thickest walls of all the heart chambers because it needs to pump blood to the entire body, requiring great force. The right ventricle has thinner walls compared to the left ventricle as it only pumps blood to the lungs. The atria, both right and left, have thinner walls as they only



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need to pump blood to the ventricles and do not require as much force.

7. C — Wait until the seizure stops and do the head-tilt/chin-lift maneuver

Answer: Wait until the seizure stops and do the head-tilt/chin-lift maneuver When a patient, including a pregnant woman, is having a generalized (tonic-clonic) seizure, do not intervene with their airway until the seizure has ended. This applies regardless of their physical condition. Although the patient may temporarily cease breathing and exhibit cyanosis, it's critical to wait until the seizure subsides before performing any airway maneuvers. The head-tilt/chin-lift maneuver is the preferred method for opening an airway unless a spinal injury is suspected. In the absence of trauma or injury, this is the safe approach for ensuring an open airway post-seizure. Turning a seizure patient on their left side is a consideration for late pregnancy to avoid compressing the inferior vena cava, but airway management remains the priority and should only be addressed after the seizure ends. While a patient is seizing, restraining or attempting airway maneuvers can cause harm. Wait for the seizure to end and then proceed with the head-tilt/chin-lift maneuver.

8. B — Adjusts current

Answer: Adjusts current An impedance-compensating device in a pacemaker adjusts the current delivered to the heart to ensure proper pacing despite changes in the electrical resistance (impedance) within the heart tissues. This device does not increase voltage, regulate speed, or delay the pacing signal.

9. D — Progesterone

Answer: Progesterone Progesterone is a hormone that helps maintain the lining of the uterus, providing a suitable environment for the developing embryo. It plays a crucial role in early pregnancy by preventing the uterus from contracting during the gestational period. Estrogen, Prolactin, and Oxytocin are also important hormones in the reproductive system, but they do not specifically maintain the uterine lining during early pregnancy.

10. C — At least 60 beats per minute (bpm)

Answer: At least 60 beats per minute (bpm) Atropine is used to increase heart rate in patients experiencing bradycardia. It is important that patients have a heart rate of at least 60 bpm before receiving Atropine, as administering this medication to someone with a higher heart rate could result in severe tachycardia. If the patient's heart rate is below 60 bpm, Atropine is generally administered to raise the heart rate to a safer level.

11. A — Position yourself at the head of the stretcher, at eye level with the patient.

Answer: Position yourself at the head of the stretcher, at eye level with the patient. Maintaining eye level contact with a patient lying on a stretcher helps you appear non-threatening and reassuring, which is critical during emergency responses. Standing over the patient's chest can be intimidating and uncomfortable for the patient. Positioning yourself at the foot of the stretcher or on a chair beside it prevents effective eye contact.

12. C — Epiglottitis

Epiglottitis is a serious condition characterized by inflammation and swelling of the epiglottis, leading to severe airway obstruction. The patient often appears in distress, leaning forward, and drooling due to difficulty swallowing. Croup, on the other hand, presents with a seal-like barking cough and is common in younger children. Asthma is characterized by wheezing due to airway constriction, while flu symptoms include body aches, fever, and nausea, which do not typically cause the airway distress seen in epiglottitis.

13. D — The tongue

Answer: The tongue When a patient is in cardiac arrest, the tongue relaxes and may obstruct the upper airway. This is why maneuvers such as the head-tilt/chin-lift and jaw-thrust are employed to prevent the



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tongue from blocking the airway. Additionally, airway adjuncts can help keep the tongue from causing an obstruction. A foreign body, blood, and vomit can also cause an airway obstruction, but the tongue is the most common cause in patients experiencing cardiac arrest.

14. A — When the concentrator reads under 500 psi

Answer: When the concentrator reads under 500 psi Oxygen concentrators should be replaced or recharged when the reading is under 500 psi. An oxygen level below 500 psi is considered too low for emergency use. It should be replaced or recharged to ensure it has sufficient oxygen pressure, ideally around 2,000 psi. Maintaining a reading above 500 psi ensures that there is enough remaining oxygen for emergency needs.

15. A — Every 6 seconds

Answer: Every 6 seconds For an adult patient who is in respiratory distress and requires BVM ventilation, you should initially provide two ventilations spaced seconds apart. After these initial ventilations, continue to provide a breath every 6 seconds. This frequency ensures that the patient receives approximately 10 breaths per minute, which is essential for adequate ventilation. Providing a breath every 2, 5, or 8 seconds will not offer optimal oxygenation and may lead to either hyperventilation or hypoventilation.

16. D — Circulation

Answer: Circulation Circulation is the movement of blood throughout the body, facilitated by the heart. During a heart attack, the heart's ability to pump blood effectively can be compromised, necessitating medical intervention to restore proper circulation. Perfusion refers to the delivery of blood to the body's tissues and organs. Respiration is the process of breathing, involving the intake of oxygen and release of carbon dioxide. Oxidation is a chemical reaction that occurs in cells, involving the combination of oxygen with other substances.

17. A — Respiratory system

The correct answer is the Respiratory system. The respiratory system includes the airways, lungs, blood vessels, and muscles that power the lungs. All these parts work together to move oxygen throughout the body and remove waste like carbon dioxide. Circulatory system: Although it transports blood, including oxygenated blood from the lungs to the body's tissues, it does not directly involve the exchange of gases. Skeletal system: Primarily responsible for supporting and shaping the body, it is not involved in the gas exchange process. Endocrine system: A collection of glands that produce hormones to regulate various functions, including metabolism and growth, but it does not play a role in gas exchange.

18. D — Hands-only CPR

Answer: Hands-only CPR The AHA recommends hands-only CPR for bystanders without formal CPR training. This method focuses on chest compressions only, without mouth-to-mouth ventilation. The goal is to perform two simple steps: Call 911 and push hard and fast on the center of the chest. Terms like chest-thrust CPR or Layperson CPR are not used by the AHA for this method. Ventilation-only CPR would imply providing only breaths without chest compressions, which is not recommended for laypeople in an untrained situation.

19. B — A wash

Answer: A wash A wash refers to the downwash created by a helicopter's rotors. Understanding this technical term is crucial because EMS personnel may need to secure loose objects in the landing zone to ensure the helicopter can land safely. This downwash can reach speeds of 60 to 80 mph. The downwash is not referred to as a whirlwind, a gust, or a cyclone.



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20. A — On the patient's bare chest at the right upper and left lower sides

Answer: On the patient's bare chest at the right upper and left lower sides Placement of defibrillator pads on the patient's bare chest at the right upper and left lower sides ensures optimal current pathways through the heart, making the shock delivery most effective. Pads should not be placed over clothing since it can impede the flow of electricity. Incorrect pad placement can result in ineffective defibrillation or burns. Ensure the pads are positioned correctly and make good contact with the skin.

21. D — A hyperbaric chamber

Answer: A hyperbaric chamber A hyperbaric chamber involves breathing pure oxygen in a pressurized environment. The increased air pressure allows the lungs to absorb more oxygen, which helps in healing tissues damaged by smoke inhalation. Hyperbaric chambers are also used to eliminate carbon monoxide and other toxins from the bloodstream. An MRI machine, an ultrasound machine, and a pressure mattress are not specifically required for smoke inhalation treatment.

22. C — 60 to 70 miles per hour (mph)

Answer: 60 to 70 miles per hour (mph) Traffic passing an accident scene on a highway typically travels between 60 to 70 miles per hour. It is crucial for EMRs to be aware of these speeds to effectively manage the scene and ensure safety. Speeds lower than 40 mph or as high as 80 mph are uncommon and can be misleading in such scenarios.

23. B — To obtain safe access to each victim and to ensure each victim is stabilized

Answer: To obtain safe access to each victim and to ensure each victim is stabilized. The two primary goals in a rescue operation for an EMR are to gain safe access to each victim and to ensure that each victim is stabilized. If these objectives are achieved, you can then proceed to treat and stabilize the trapped victims. Making sure the scene is safe to enter is the first priority for an EMR, but it is not part of the primary goals in rescue operations. Stabilizing the structure might be a necessary step, but it is not among the primary goals. Determining the number of victims occurs during the scene size-up and is not one of the two primary goals of the rescue operation.

24. D — Ambulatory patients

Answer: Ambulatory patients In a mass casualty incident, ambulatory patients, also known as walking-wounded, can be enlisted to help calm and reassure other patients, including those in shock. These individuals are physically capable of moving around and providing basic emotional support. Critical condition and serious but stable patients are not suitable for this task due to their medical needs. Police officers are typically involved in safety and security operations and are not available for patient care tasks during such incidents.

25. C — Internal bleeding

Correct answer: Internal bleeding Internal bleeding is not one of the three major categories of bleeding encountered in trauma situations. The three major types of bleeding are arterial, venous, and capillary bleeding, which differ based on the type of blood vessel affected and the severity of the bleed. Arterial bleeding involves high pressure and bright red blood spurting with each heartbeat. Venous bleeding is characterized by a steady flow of dark red blood. Capillary bleeding, the least severe, results in a slow, oozing flow from the smallest blood vessels.

26. B — Stabilize the object with bulky dressings and ensure both the inside and outside of the cheek are supported.



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Answer: Stabilize the object with bulky dressings and ensure both the inside and outside of the cheek are supported. When a patient has an impaled object in their cheek, the preferred method is to stabilize the object with bulky dressings. Make sure to support both the inside and outside of the cheek to prevent movement. Removing the object can cause more damage and increase bleeding, so it is only done by advanced medical personnel. A paper cup is not appropriate for this scenario, and having the patient bite down on a gauze pad can cause unintended movement of the object. Stabilizing the object with bulky dressings helps to prevent further injury and controls bleeding by immobilizing the object in place.

27. C — A cravat

Answer: A cravat. A cravat is a term for the triangular swathe of cloth used to hold an injured limb against the body, which is often made from a triangular bandage. Cravats can also be used as slings and to hold bandages in place.

28. A — An avulsion

Answer: An avulsion. An avulsion is a type of injury where body tissue is forcibly torn away, either completely or partially, with a portion remaining attached by a flap of skin. An amputation involves the complete removal of a limb or other body part. An abrasion occurs when the skin is scraped off, typically by friction with a rough surface. A laceration refers to a deep cut or tear in the skin or flesh.

29. B — By gently shaking or tapping the infant

Answer: By gently shaking or tapping the infant To determine an infant's level of responsiveness, an Emergency Medical Responder should gently shake or tap the infant. Typically, an unresponsive infant will be limp and unresponsive to such actions. Once unresponsiveness is confirmed, the responder should check the brachial pulse and signs of breathing. If the infant has a complete airway obstruction, give five back slaps followed by five chest thrusts. Note that these actions are for airway management, not assessing responsiveness. Healthcare professionals do not use spanking to assess an infant's responsiveness. Instead, they may use techniques such as drying the infant vigorously with a clean towel to encourage crying and breathing in newborns.

30. C — The body is severed into two parts at the torso.

Answer: The body is severed into two parts at the torso. Transection occurs when the body is completely severed into two parts at the torso. When a patient is transected, it is an obvious sign of death, and CPR will not be performed. Transection can occur in vehicle and motorcycle accidents, train accidents, industrial accidents, or other traumatic events. Transection is not the term used if arms, legs, or the head are severed from the body. If limbs such as arms or legs are severed, it is called amputation, and if the head is severed, it is known as decapitation.



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