EVERY EXAM PREP · CHEAT SHEET

NREMT EMR Cheat Sheet 2026

The night-before summary, built like the exam.

—	1h 45m	Scaled score of 950
Questions	Time limit	Passing score
$88	**National Registry of Eme…**	
Exam fee	Governing body	

Everything here comes from NREMT's EMR documents, the National EMS Scope of Practice Model, the federal bloodborne pathogens standard and the federal health and weather agencies named beside each figure, read on November 15, 2026. It is written for the EMR level, so skills that start at EMT are marked as outside it.

The exam in six lines

- 90 to 110 items, 30 unscored; 1 hour 45 minutes; adaptive.
- Scale 100 to 1500; 950 passes.
- $88 per attempt; reschedule or cancel fee $30.
- Three attempts, 15 days apart; then a new full EMR course.
- Authorization to Test valid up to 90 days.
- Results usually within two business days.

Blueprint weights

Domain	Share
Scene Size-Up and Safety	19% to 23%
Primary Assessment	37% to 41%
Secondary Assessment	4% to 8%
Patient Treatment and Transport	20% to 24%
Operations	10% to 14%

CPR and AED numbers

Item	Value
Check for breathing	No more than 10 seconds
Adult compressions	100 to 120 a minute, at least 2 inches, two hands centered, let the chest return
Ratio	30 compressions: 2 breaths
Pause in compressions	Under 10 seconds
Child	About 2 inches, 100 to 120 a minute
Baby	Both thumbs side by side below the nipple line; airway in a neutral position

Source: National Registry of Emergency Medical Technicians (NREMT) · Last verified November 16, 2026

AED pads, adult	Upper right chest and lower left chest, a few inches below the left armpit; if they may touch, chest and back
After a shock, or no shock advised	Resume compressions at once

EMR column or not

EMR column of the national Model	Not in it (EMT or above)
Oral airway, BVM, upper-airway suction	Nasal airway, CPAP, supraglottic airway
Nasal cannula, non-rebreather	Simple face mask, pulse oximetry
CPR, AED, tourniquet, wound packing	Manual defibrillation
Manual BP, cervical collar, splinting	Automated BP, long board, traction splint
Opioid antagonist auto-injector or unit-dose nasal	Oral glucose, aspirin, glucose monitoring

Recognition

- Cardiac arrest: sudden collapse, not breathing normally or gasping, no response, no pulse.
- Heart attack: chest discomfort, but also arm, back, jaw or neck discomfort, breathlessness, unusual tiredness; can be silent.
- Stroke: face drooping, arm weakness, speech difficulty, time to call 911.
- Low glucose: under 70 mg/dL for many people with diabetes; shaky, confused; severe can cause seizure.
- Opioid overdose: unconscious, tiny pupils, slow shallow breathing, purple lips.
- Heat stroke: confusion, slurred speech, above 103 degrees F, call 911, cool, no fluids.

Traps

- Gasping is not breathing: CPR still starts.
- No chest pain does not rule out a heart attack.
- Feeling better does not cancel a stroke call.
- Do not give fluids to a person with heat stroke.
- A skill that is easy to perform may still start at the EMT level.
- States set scope; the national Model is a baseline.

Checklist

- Scene first, then the person: plan, protect, PPE, patients, triage, resources.
- Gloves for blood contact; mask and eye protection for spray.
- Remove PPE before leaving the work area; wash hands after gloves.
- Sharps go straight into a puncture-resistant container.

Official sources

- National Highway Traffic Safety Administration (published through nremt.org) — National EMS Scope of Practice Model 2019 with Change Notices 1 and 2 (August 2021): https://www.nremt.org/getmedia/d82edd97-1425-423f-954c-fdd63cf1daa3/National_EMS_Scope_of_Practice_Model_2019_Change_Notices_1_and-_2_August_2021
- National Registry of Emergency Medical Technicians — National Registry Emergency Medical Responder Examination Specifications: https://www.nremt.org/admin/getmedia/4657d30a-a955-43af-aa8f-a92388f0d9f4/EMR-Test-Plan_Public

- Occupational Safety and Health Administration — 29 CFR 1910.1030 — Bloodborne pathogens: https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.1030

Free practice questions for this exam: www.everyexamprep.com/exams/nremt-emr/practice-test