FREE RBT STUDY SHEET · 2026 EXAM

Crisis and Emergency Procedures: RBT Practice Questions

Crisis situations, such as severe aggression or self-injury, require an RBT to follow the crisis plan exactly and to protect the learner, others, and themselves. This set covers the first actions an RBT takes, when to call for help, and what should be recorded afterward. The questions reflect the principle that a trained RBT follows the written procedure and the supervisor's direction, rather than making independent decisions under pressure. Study the sequence of steps in each scenario so the correct priority is clear. Every answer here assumes that the written plan, the training you received, and the supervisor's direction come before personal judgment.

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Practice questions

Answer every question before you look at the key, then check yourself on the next pages.

1. A crisis begins during Leo's session in the play area at home. What should the trained RBT do first?

- **A** Wait for the supervisor to confirm which plan steps to use
- **B** Use the de-escalation method that worked for another client
- **C** Record the antecedent, then start the safety steps
- **D** Follow the client-specific crisis plan and safety steps

2. The RBT is preparing to use a new crisis-response step. Which training sequence is most effective?

- **A** A description and demonstration, repeated viewings of the supervisor using the step, and a check-in later.
- **B** A lecture on the step's rationale, a written quiz, and a checklist signed by the RBT before first use.
- **C** A description and demonstration, practice by the RBT with specific feedback, and a later observed session.
- **D** Solo role-play between sessions, a self-rating form, and feedback held until the yearly review.

3. After Maya's crisis has resolved, which RBT action is most appropriate?

- **A** Write a note on why the learner wanted to start the crisis today
- **B** Share a de-identified account online with peers to get advice
- **C** Revise the plan's crisis steps so the event does not happen again
- **D** Promptly document the observed events and notify required people

4. A client's crisis plan uses protective equipment the RBT has never practiced with. What must happen before the RBT provides this service?

- **A** Read the equipment instructions carefully, practice alone at home, and use it with the client if a crisis occurs.
- **B** Tell the supervisor, practice with the equipment under supervision, and wait until competence is confirmed.
- **C** Complete an online certificate course, file the certificate, and begin using the equipment next session.
- **D** Ask the caregiver how they use it, copy that method, and mention it at the next supervision meeting.

5. During an emergency involving Aisha, loose objects in the therapy room create an immediate hazard. The plan's emergency procedure applies. What should the RBT do?

- **A** Ask the learner to hand over the objects before doing anything else
- **B** Move the objects aside and manage the rest of the event alone
- **C** Document the hazards first, since the plan requires an incident report
- **D** Clear the hazards and summon designated assistance as trained

6. During a safety event, the RBT completes the protocol and records what occurred right after. Which task is involved?

- **A** Discrimination training
- **B** Crisis procedure steps
- **C** Token exchange system
- **D** Graph trend review

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7. During a safety event, the written crisis plan says to clear nearby materials and call the supervisor. What should the RBT do?

- **A** Start a new plan alone
- **B** Follow the protocol
- **C** Wait for calm only first
- **D** Try a new prompt first

8. Ethan is injured during a crisis and may need urgent medical care. What is the priority?

- **A** Finish the crisis plan's steps fully before checking the injury
- **B** Activate the plan's emergency procedures to get the learner care
- **C** Give medicine from the first-aid kit to ease the learner's pain
- **D** Keep the injury private until the family can be told in person

9. A learner begins unsafe climbing during session, and the written crisis plan gives specific steps. What should the RBT do?

- **A** Create a new protocol
- **B** Ask a peer to decide
- **C** Ignore until session end
- **D** Follow emergency steps

10. During the 40-hour course, Nia sees instructions, watches a model, rehearses a data step, and receives feedback. Which TCO skill best matches that course feature?

- **A** Behavioral-skills training with feedback
- **B** A provider pass-rate claim for the course
- **C** Reading counted as direct service time
- **D** A certificate uploaded before class ends

11. Late in the month, the RBT realizes the supervisor has not yet observed any of the RBT's sessions this month. What takes priority?

- **A** Ask the supervisor to observe before the month ends, keep a record, and self-report if the requirement is missed.
- **B** Stop all sessions at once, cancel the rest of the month, and wait for the supervisor to reschedule them.
- **C** Wait for the supervisor to notice, keep working as usual, and let next month's visits make up the gap.
- **D** Count a phone call with the supervisor as the observation, log it, and continue with the schedule.

12. When Maya practices packing a backpack, the RBT completes every step except the last and teaches Maya to do that final step. Which method is this?

- **A** Forward chaining
- **B** Backward chaining
- **C** Shaping
- **D** Stimulus fading

Answer key and explanations

1. Correct answer: D · Follow the client-specific crisis plan and safety steps

Crisis responses must follow the client-specific written plan, the RBT's training, and immediate safety priorities. In a crisis, use only trained, authorized procedures from the client-specific plan.

Task: D.7

2. Correct answer: C · A description and demonstration, practice by the RBT with specific feedback, and a later observed session.

Effective supervision uses behavioral skills training (instructions, modeling, rehearsal, and feedback) and direct observation of service delivery, so performance can be practiced, evaluated, and improved. Good supervision is active: teach, model, rehearse, observe, and give feedback.

Task: F.4

3. Correct answer: D · Promptly document the observed events and notify required people

Post-crisis responsibilities include objective documentation, required communication, and following supervisor direction for any clinical changes. After safety is restored, document facts—not interpretations—and follow the reporting chain.

Task: D.7

4. Correct answer: B · Tell the supervisor, practice with the equipment under supervision, and wait until competence is confirmed.

RBTs provide services only after their supervisor confirms they have demonstrated competence (1.06) and do not use unfamiliar interventions without proper training (2.04). When asked to go beyond their competence, they tell the supervisor right away and document it; restrictive procedures also need a documented plan and supervisor-verified competence (2.05). Competence must be confirmed by the supervisor before service, not assumed after exposure.

Task: F.2

5. Correct answer: D · Clear the hazards and summon designated assistance as trained

Immediate safety takes priority. Environmental clearing and calling trained support are appropriate when specified in the emergency procedure. Secure the environment and obtain trained help before nonurgent tasks.

Task: D.7

6. Correct answer: B · Crisis procedure steps

The RBT follows and documents emergency procedures.

Task: D.7

7. Correct answer: B · Follow the protocol

Crisis procedures are followed as trained and written.

Task: D.7

8. Correct answer: B · Activate the plan's emergency procedures to get the learner care

Potential injury requires prompt activation of trained medical and workplace procedures, followed by required notification and documentation. Medical safety and required emergency reporting take priority.

Task: D.7

9. Correct answer: D · Follow emergency steps

Crisis procedures are implemented as trained and documented.

Task: D.7

10. Correct answer: A · Behavioral-skills training with feedback

F.4 includes instructions, modeling, rehearsal, and feedback, and the BACB training outline lists behavioral-skills-training components.

Task: F.4

11. Correct answer: A · Ask the supervisor to observe before the month ends, keep a record, and self-report if the requirement is missed.

An RBT may practice only with a qualified (BCBA or BCaBA) supervisor on record for every client, receiving supervision for at least 5% of service hours each month, including two real-time contacts and one observation. Supervision noncompliance must be self-reported to the BACB, and inactive RBTs may not practice, bill, or represent themselves as active RBTs. Practice only with a qualified supervisor on record, meet the monthly requirements, and self-report any lapse.

Task: F.3

12. Correct answer: B · Backward chaining

Backward chaining teaches the last unmastered step first, allowing the learner to contact the completed routine and its outcome. Backward chaining moves from the final step toward the beginning.

Task: C.5

Study tips

- Learn the order of crisis steps in your plan: safety first, then the least intrusive response, then notification.

- Know when the supervisor and emergency services must be contacted under your agency policy.
- Review the restraint rules in the plan and never assume a technique is allowed without authorization.
- Record what happened, what was done, and who was notified as soon as the situation is stable.

FAQ

What is the first priority in a crisis?

Safety comes first. The RBT should follow the crisis plan to protect the learner and others, then reduce risk using the least intrusive response.

Should an RBT restrain a learner during a crisis?

Only when the plan and training permit it, and only in the way it describes. Restraint should never be improvised.

Does this set replace crisis training?

No. It is a study aid. Hands-on crisis training and the agency's written procedures are required before any real response.

Turn this sheet into a real exam rehearsal

The free mock exam runs on the clock and shows which task-list areas still cost you points.

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