

# Energy Performance Certificate (EPC) Scotland

Dwellings

FLAT 1/1 , 33 LENTRAN STREET, GLASGOW, G34 0AJ

9819-1009-8206-8006-1200  
RdSAP, existing dwelling  
Elmhurst  
Boiler and radiators, electric

**Dwelling type:** Mid-floor flat  
**Date of assessment:** 19 June 2026  
**Date of certificate:** 19 June 2026  
**Total floor area:** 61 m<sup>2</sup>  
**Primary Energy Indicator:** 157 kWh/m<sup>2</sup>/year

**Reference number:**  
**Type of assessment:**  
**Approved Organisation:**  
**Main heating and fuel:**

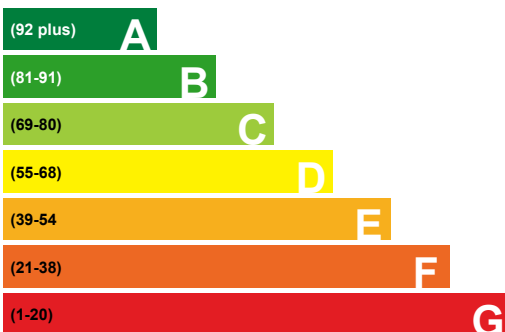
## You can use this document to:

- Compare current ratings of properties to see which are more energy efficient and environmentally friendly
- Find out how to save energy and money and also reduce CO<sub>2</sub> emissions by improving your home

<b>Estimated energy costs for your home for 3 years *</b>	<b>£3,495</b>	See your recommendations report for more information
<b>Over 3 years you could save*</b>	<b>£771</b>	

\* based upon the cost of energy for heating, hot water, lighting and ventilation, calculated using standard assumptions

Very energy efficient - lower running costs



Current	Potential
75	80

## Energy Efficiency Rating

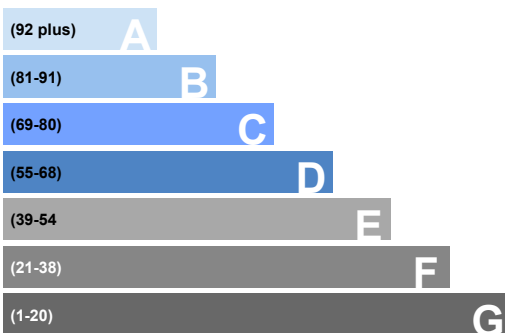
This graph shows the current efficiency of your home, taking into account both energy efficiency and fuel costs. The higher this rating, the lower your fuel bills are likely to be.

Your current rating is **band C (75)**. The average rating for EPCs in Scotland is **band D (61)**.

The potential rating shows the effect of undertaking all of the improvement measures listed within your recommendations report.

Not energy efficient - higher running costs

Very environmentally friendly - lower CO<sub>2</sub> emissions



Current	Potential
90	92

## Environmental Impact (CO<sub>2</sub>) Rating

This graph shows the effect of your home on the environment in terms of carbon dioxide (CO<sub>2</sub>) emissions. The higher the rating, the less impact it has on the environment.

Your current rating is **band B (90)**.

The potential rating shows the effect of undertaking all of the improvement measures listed within your recommendations report.

Not environmentally friendly - higher CO<sub>2</sub> emissions

## Top actions you can take to save money and make your home more efficient

Recommended measures	Indicative cost	Typical savings over 3 years
1 Cavity wall insulation	£900 - £1,500	£531.00
2 Internal wall insulation	£7,500 - £11,000	£240.00

A full list of recommended improvement measures for your home, together with more information on potential cost and savings and advice to help you carry out improvements can be found in your recommendations report.

To find out more about the recommended measures and other actions you could take today to stop wasting energy and money, visit [greenerscotland.org](http://greenerscotland.org) or contact Home Energy Scotland on 0808 808 2282.

**THIS PAGE IS THE ENERGY PERFORMANCE CERTIFICATE WHICH MUST BE AFFIXED TO THE DWELLING AND NOT BE REMOVED UNLESS IT IS REPLACED WITH AN UPDATED CERTIFICATE**

11. When approaching a hazardous materials incident, EMTs should:

- A. Enter immediately
- B. Wait for police
- C. Avoid entering until the scene is declared safe**
- D. Remove hazardous containers

12. At a HazMat scene, EMTs should position themselves:

- A. Downwind and downhill
- B. Uphill and upwind**
- C. Beside the spill
- D. Downhill only

13. An ambulance should generally be parked at least \_\_\_\_\_ from a crash scene.

- A. 25 feet
- B. 50 feet
- C. 100 feet**
- D. 10 feet

Grief & Communication

14. A terminally ill patient says, "If I can just live until my daughter's graduation, I'll be happy." Which stage of grief is this?

- A. Denial
- B. Anger
- C. Bargaining**
- D. Acceptance

15. Which statement is MOST appropriate when comforting a grieving family member?

- A. "I know exactly how you feel."
- B. "Everything happens for a reason."
- C. "I'm sorry for your loss. I'm here if you need anything."**
- D. "You need to stay strong."

Module 3: Medical, Legal & Ethical Principles

16. The ethical principle of "do no harm" is known as:

- A. Beneficence
- B. Justice
- C. Nonmaleficence**
- D. Fidelity

17. Patient autonomy means:

- A. The patient has the ability to drive.
- B. The patient has the right to make healthcare decisions.**
- C. The EMT makes decisions for the patient.
- D. The physician makes all decisions.

18. An alert patient nods "yes" when asked if you may examine them. This is an example of:

- A. Implied consent
- B. Expressed consent**
- C. Involuntary consent
- D. Minor consent

19. An unconscious patient who requires immediate treatment is cared for under:

- A. Written consent
- B. Expressed consent
- C. Implied consent**
- D. Court consent

20. A valid DNR must contain whose signature?

- A. EMT
- B. Nurse
- C. Physician**
- D. Family member

21. Blood settling in the lowest portions of the body after death is called:

A. Cyanosis

B. Rigor mortis

**C. Dependent lividity**

D. Algor mortis

22. Muscle stiffening after death is called:

A. Lividity

B. Pallor mortis

**C. Rigor mortis**

D. Cyanosis

23. When transporting a potential organ donor, EMTs should primarily:

A. Withhold oxygen

**B. Maintain oxygenation and circulation**

C. Delay transport

D. Remove medical equipment

24. Which of the following is NOT one of the four required elements of negligence?

A. Duty to act

B. Breach of duty

**C. Intent to harm**

D. Damages

25. An EMT's duty to act begins when:

A. They drive past the scene

**B. They are officially on duty and dispatched according to their role**

C. A family member requests help

D. The patient calls them directly

Module 4: Therapeutic  
Communication

26. When dealing with a hostile patient, an EMT's FIRST priority is to:

- A. Obtain a SAMPLE history
- B. Ensure scene safety**
- C. Apply oxygen
- D. Take vital signs

27. Which type of question is BEST used to begin a patient interview?

- A. Leading question
- B. Closed-ended question
- C. Open-ended question**
- D. Yes-or-no question

28. Which question is an example of an open-ended question?

- A. "Does your chest hurt?"
- B. "Are you allergic to medications?"
- C. "Can you describe what happened today?"**
- D. "Have you eaten today?"

Body Mechanics & Lifting

29. The most common injury that forces EMS providers to leave the profession is:

- A. Shoulder injury
- B. Neck injury
- C. Back injury**
- D. Knee injury

30. Which device is most commonly used to transport patients?

- A. Scoop stretcher
- B. Stair chair
- C. Wheeled stretcher**
- D. Basket stretcher

31. Proper body mechanics include:

- A. Bending at the waist
- B. Keeping the load away from the body
- C. Lifting with your legs while keeping your back straight**
- D. Twisting while lifting

32. A proper power grip requires the:

- A. Palms facing downward
- B. Hands at shoulder width
- C. Palms and fingers completely around the object**
- D. Fingertips only

Module 5: Patient Assessment

33. A symptom is best described as:

- A. Anything the EMT observes
- B. Information obtained by touching the patient
- C. Something the patient experiences and reports**
- D. A measurable finding

34. Which of the following is considered a sign?

- A. Pain
- B. Nausea
- C. Dizziness
- D. Cyanosis**

35. During scene size-up, the EMT is primarily evaluating:

- A. The patient's medical history
- B. Scene safety and environmental conditions**
- C. Hospital availability
- D. Medication dosage

36. The purpose of forming a general impression is to:  
A. Diagnose the patient  
**B. Determine whether the patient is sick or not sick**  
C. Obtain insurance information  
D. Decide hospital billing  
Glasgow Coma Scale (GCS)

37. Which assessment tool measures a patient's level of consciousness?  
A. AVPU  
B. SAMPLE  
**C. Glasgow Coma Scale**  
D. OPQRST

38. Which three categories are evaluated in the Glasgow Coma Scale?  
A. Airway, Breathing, Circulation  
B. Pulse, Blood Pressure, Respirations  
**C. Eye Opening, Verbal Response, Motor Response**  
D. Skin, Pupils, Speech

39. A patient who opens their eyes spontaneously receives what Eye Opening score?  
A. 1  
B. 2  
C. 3  
**D. 4**

40. A patient who obeys commands receives what Motor score?  
A. 3  
B. 4  
C. 5  
**D. 6**

41. A fully alert patient who is oriented and obeys commands has a GCS of:  
A. 12  
B. 13  
C. 14  
**D. 15**

42. A conscious patient who cannot speak, cry, or make any sound most likely has:  
A. Mild airway obstruction  
B. Partial airway obstruction  
**C. Complete airway obstruction**  
D. Hyperventilation

Pharmacology

43. Enteral medications are absorbed through the:  
A. Respiratory system  
**B. Gastrointestinal tract**  
C. Cardiovascular system  
D. Lymphatic system

44. Which characteristic BEST describes parenteral medications?  
A. Slow absorption  
B. Must pass through the digestive tract  
**C. Faster and more predictable absorption**  
D. Ineffective in emergencies

Module 6: Airway & Respiration

45. Brain cells begin to die after approximately how many minutes without oxygen?  
A. 1–2 minutes  
B. 2–3 minutes  
**C. 4–6 minutes**  
D. 10 minutes

46. Ventilation is defined as:

A. Exchange of oxygen and carbon dioxide at the alveoli

**B. Movement of air into and out of the lungs**

C. Delivery of oxygen to body tissues

D. Cellular metabolism

47. The primary function of the upper airway is to:

A. Exchange gases

**B. Warm, humidify, and filter air**

C. Pump oxygen into the bloodstream

D. Remove carbon dioxide

48. Gas exchange occurs in the:

A. Bronchi

B. Trachea

**C. Alveoli**

D. Larynx

49. The leaf-shaped structure that prevents food from entering the airway during swallowing is the:

A. Uvula

**B. Epiglottis**

C. Trachea

D. Thyroid cartilage

50. Diffusion is best defined as:

A. Movement of blood through the heart

B. Air movement during breathing

**C. Movement of molecules from an area of higher concentration to lower concentration**

D. Pumping of oxygen by the lungs

51. Which nerves control the contraction of the diaphragm?

- A. Vagus nerves
- B. Phrenic nerves**
- C. Intercostal nerves
- D. Hypoglossal nerves

52. Oxygenation refers to:

- A. The movement of air into and out of the lungs
- B. Loading oxygen onto hemoglobin**
- C. Gas exchange at the cellular level
- D. Removal of carbon dioxide from the lungs

53. Respiration is best defined as:

- A. Breathing through the nose
- B. Gas exchange between the alveoli, blood, and tissues**
- C. Air entering the lungs
- D. Movement of the diaphragm

54. Deoxygenated blood returning from the body first enters the:

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

55. Which chamber pumps deoxygenated blood to the lungs?

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

56. Oxygenated blood returns from the lungs to the:

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

57. Which chamber pumps oxygenated blood throughout the body?

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

58. During cellular respiration, which waste product diffuses into the capillaries?

- A. Nitrogen
- B. Oxygen
- C. Carbon dioxide**
- D. Carbon monoxide

59. During inhalation, the diaphragm:

- A. Relaxes and moves upward
- B. Contracts and moves downward**
- C. Does not move
- D. Rotates laterally

60. The primary respiratory drive in most healthy adults is increased:

- A. Oxygen levels
- B. Carbon dioxide levels**
- C. Blood glucose
- D. Blood pressure

61. Hypoxia is defined as:

- A. High carbon dioxide levels
- B. Inadequate oxygen delivery to tissues**
- C. Low blood pressure
- D. Excess oxygen in tissues

62. Cells forced into anaerobic metabolism produce:

- A. Hemoglobin
- B. Surfactant
- C. Lactic acid**
- D. Insulin

63. Which substance reduces surface tension and prevents alveolar collapse?

- A. Plasma
- B. Mucus
- C. Surfactant**
- D. Hemoglobin

64. The most common cause of airway obstruction in an unconscious patient is:

- A. Vomit
- B. Tongue**
- C. Food
- D. Blood

65. Which gas binds to hemoglobin approximately 250 times more readily than oxygen?

- A. Carbon dioxide
- B. Nitrogen
- C. Carbon monoxide**
- D. Helium

#### Ventilation Assessment

66. The normal respiratory rate for a healthy adult is:

- A. 6–10 breaths/min
- B. 10–14 breaths/min
- C. 12–20 breaths/min**
- D. 22–30 breaths/min

67. Which finding indicates adequate breathing?

- A. Unequal chest expansion
- B. Regular breathing with adequate chest rise**
- C. Shallow respirations
- D. Cyanosis

68. A patient breathing 16 times per minute with very shallow respirations should:

- A. Be left alone because the rate is normal
- B. Receive assisted ventilation**
- C. Receive only oxygen
- D. Be transported without intervention

69. The tripod position usually indicates:

- A. Abdominal pain
- B. Difficulty breathing**
- C. Stroke
- D. Spinal injury

70. Agonal gasps should be considered:

- A. Normal breathing
- B. Effective ventilation
- C. Ineffective breathing requiring immediate intervention**
- D. Hyperventilation

71. A healthy adult breathing room air typically has an SpO<sub>2</sub> of:

- A. 80–84%
- B. 85–89%
- C. 90–93%
- D. 95–100%**

72. A conscious patient suddenly becomes unable to speak after choking on food. What should the EMT suspect?

- A. Mild asthma attack
- B. Hyperventilation
- C. Complete airway obstruction**
- D. Anxiety

73. Which of the following is the BEST indicator of adequate ventilation?

- A. Respiratory rate alone
- B. Equal chest expansion with adequate tidal volume**
- C. Skin color only
- D. Pulse rate

74. Which patient most clearly requires immediate assisted ventilation?

- A. Respiratory rate of 18 with deep breaths
- B. Respiratory rate of 14 with shallow respirations and poor chest rise**
- C. Respiratory rate of 20 with normal chest expansion
- D. Respiratory rate of 16 while talking normally

75. Oxygenation differs from ventilation because oxygenation involves:

- A. Moving air in and out of the lungs
- B. Loading oxygen onto hemoglobin and delivering it to the blood**
- C. Removing carbon dioxide from the body only
- D. Contraction of the diaphragm

## Module 7: Pathophysiology of Shock

76. Shock is best defined as:

- A. Low blood pressure only
- B. Inadequate tissue perfusion resulting in insufficient oxygen delivery to cells**
- C. Cardiac arrest
- D. Respiratory failure

77. Cells require which three components to produce ATP efficiently?

- A. Oxygen, glucose, and nutrients**
- B. Water, sodium, and potassium
- C. Carbon dioxide, glucose, and oxygen
- D. Calcium, protein, and oxygen

78. The "perfusion triangle" consists of:

- A. Heart, lungs, brain
- B. Pump, blood vessels, blood**
- C. Arteries, veins, capillaries
- D. Oxygen, glucose, ATP

79. Which blood component is primarily responsible for clot formation?

- A. Red blood cells
- B. Plasma
- C. Platelets**
- D. White blood cells

80. Systolic blood pressure represents the pressure when the heart is:

- A. Relaxing between beats
- B. Filling with blood
- C. Contracting and ejecting blood**
- D. Receiving blood from the lungs

## Cardiogenic Shock

81. Cardiogenic shock occurs because of:

- A. Severe dehydration
- B. Failure of the heart to pump effectively**
- C. Blood vessel dilation
- D. Allergic reaction

82. Which patient is MOST likely experiencing cardiogenic shock?

- A. A patient with severe vomiting
- B. A patient with an acute myocardial infarction and pulmonary edema**
- C. A patient with spinal cord trauma
- D. A patient with anaphylaxis

83. Which finding is commonly associated with cardiogenic shock?

- A. Warm, flushed skin
- B. Bradycardia with warm skin
- C. Crackles (rales) in the lungs**
- D. Wheezing only

## Obstructive Shock

84. Obstructive shock results from:

- A. Loss of blood volume
- B. Mechanical obstruction to circulation**
- C. Heart muscle failure
- D. Infection

85. Which condition is a cause of obstructive shock?

- A. Asthma
- B. Hypoglycemia
- C. Tension pneumothorax**
- D. Stroke

86. Which of the following is ALSO a classic cause of obstructive shock?

- A. Cardiac tamponade**
- B. Sepsis
- C. CHF
- D. Hyperglycemia

87. Massive pulmonary embolism causes shock by:

- A. Increasing blood sugar
- B. Blocking blood flow through the pulmonary circulation**
- C. Decreasing heart rate
- D. Increasing oxygen levels

Afterload & Beck's Triad

88. Afterload refers to:

- A. The amount of blood returning to the heart
- B. The resistance the heart must overcome to pump blood**
- C. Blood pressure after exercise
- D. Oxygen demand of the heart

89. Beck's Triad is most commonly associated with:

- A. Septic shock
- B. Hypovolemic shock
- C. Cardiac tamponade**
- D. Neurogenic shock

90. Which combination represents Beck's Triad?

- A. Hypertension, bradycardia, wheezing
- B. Jugular vein distention, muffled heart sounds, hypotension**
- C. Fever, tachycardia, hypotension
- D. Crackles, edema, hypertension

Septic Shock

91. Septic shock develops because bacterial toxins cause:

- A. Vasoconstriction only
- B. Widespread vasodilation and increased capillary permeability**
- C. Severe dehydration only
- D. Airway obstruction

92. Which patient presentation is MOST consistent with septic shock?

- A. Warm, flushed skin with hypotension during the early stage**
- B. Cold skin after severe bleeding
- C. Wheezing after eating peanuts
- D. Bradycardia following spinal trauma

Neurogenic Shock

93. Neurogenic shock usually results from:

- A. Severe dehydration
- B. Spinal cord injury**
- C. Heart attack
- D. Allergic reaction

94. Which finding is characteristic of neurogenic shock?

- A. Warm, dry skin with bradycardia**
- B. Cold, clammy skin with tachycardia
- C. Wheezing with hypotension
- D. Crackles and hypertension

95. Sweating below the level of injury in neurogenic shock is typically:

- A. Increased
- B. Normal
- C. Absent**
- D. Excessive

## Hypovolemic Shock

96. Hypovolemic shock is caused primarily by:

- A. Failure of the heart
- B. Loss of circulating blood or body fluids**
- C. Airway obstruction
- D. Infection

97. Which assessment finding is MOST expected in hypovolemic shock?

- A. Slow, bounding pulse
- B. Rapid, weak pulse**
- C. Bradycardia with warm skin
- D. Hypertension

## Shock Management

98. Which intervention is MOST appropriate for a patient showing signs of shock?

- A. Delay transport until blood pressure improves
- B. Provide oxygen, control bleeding, keep the patient warm, and transport promptly**
- C. Allow the patient to walk
- D. Give food and water

99. Which statement regarding shock is TRUE?

- A. Normal blood pressure always rules out shock.
- B. Shock only occurs after severe trauma.
- C. Early recognition and treatment improve patient outcomes.**
- D. Shock is the same as cardiac arrest.

100. An EMT should suspect shock in any patient who has signs of poor perfusion because:

- A. Cells cannot survive long without adequate oxygen delivery.**
- B. The patient will always lose consciousness immediately.
- C. Blood pressure is always below 90 mmHg.
- D. Respiratory rate is always slow.