

Adult ARC CPR/AED/First Aid Cert Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of 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.

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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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

- 1. Which two conditions could lead you to suspect someone is in cardiac arrest?**
 - A. Chest pain and sweating**
 - B. Chest pain and not breathing**
 - C. Not breathing and responsive**
 - D. Weakness and nausea**
- 2. What is the first step to take when dealing with a sudden illness?**
 - A. Call 9-1-1**
 - B. Check the scene for safety**
 - C. Administer medication**
 - D. Leave the person alone**
- 3. What should you do if bleeding recurs after applying a bandage?**
 - A. Apply an additional dressing over the first**
 - B. Remove the bandage and use direct manual pressure**
 - C. Immerse the wound in cold water**
 - D. Elevate the limb above the heart**
- 4. When using an AED, is it necessary to remove all jewelry and piercings?**
 - A. Yes, all jewelry must be removed**
 - B. No, jewelry and piercings can be left on**
 - C. Only rings should be removed**
 - D. It depends on the type of jewelry**
- 5. How should you assist someone during an asthma attack?**
 - A. Encourage them to lie down**
 - B. Help them use an inhaler as directed**
 - C. Offer them food to relieve symptoms**
 - D. Perform abdominal thrusts**

- 6. What action should be taken if a person is choking but can still cough?**
- A. Perform abdominal thrusts**
 - B. Encourage them to keep coughing**
 - C. Slap them on the back**
 - D. Call emergency services immediately**
- 7. What symptom might indicate an asthma attack?**
- A. Rapid, shallow breathing**
 - B. Excessive thirst**
 - C. Chewing difficulty**
 - D. Low energy levels**
- 8. What does the FAST mnemonic help identify?**
- A. Heart attack symptoms**
 - B. Signs of stroke**
 - C. Signs of diabetes**
 - D. Common allergies**
- 9. What is the best course of action for a bleeding wound?**
- A. Wash the wound with soap and water**
 - B. Apply pressure and elevate the wound above the heart**
 - C. Put ice on the wound directly**
 - D. Leave the wound open to breathe**
- 10. When applying pressure to control bleeding, which additional action is recommended?**
- A. Move the patient around for comfort**
 - B. Change the dressing frequently**
 - C. Ensure the person remains calm**
 - D. Press directly over the wound**

Answers

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

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Explanations

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1. Which two conditions could lead you to suspect someone is in cardiac arrest?

- A. Chest pain and sweating**
- B. Chest pain and not breathing**
- C. Not breathing and responsive**
- D. Weakness and nausea**

The presence of chest pain along with not breathing can be critical indicators that someone may be experiencing cardiac arrest. Chest pain often signals a heart-related issue, such as a heart attack, which can lead to the heart stopping its function. When a person is not breathing, it means that their body is not receiving the oxygen necessary to sustain life, further confirming that their cardiac function may have ceased. In cases of cardiac arrest, the heart stops pumping blood effectively, leading to a lack of oxygen in the body and typically resulting in the individual being unresponsive as well. Therefore, recognizing these two signs together provides significant evidence of a possible cardiac arrest situation, warranting immediate emergency response and intervention, such as CPR and calling for emergency medical services.

2. What is the first step to take when dealing with a sudden illness?

- A. Call 9-1-1**
- B. Check the scene for safety**
- C. Administer medication**
- D. Leave the person alone**

The first step to take when dealing with a sudden illness is to check the scene for safety. This is crucial because ensuring your own safety and the safety of others at the scene prevents additional harm and allows you to assist effectively. If the environment poses risks, such as ongoing traffic, hazardous materials, or violent situations, you cannot help the person in need safely. By assessing the scene first, you can then determine whether it is safe to approach the individual needing assistance. This foundational step enables you to create a safe environment for administering aid and allows you to act without putting yourself or bystanders at risk. Once you confirm the scene is safe, you can then proceed with appropriate actions, such as calling for emergency help or providing care to the victim.

3. What should you do if bleeding recurs after applying a bandage?

- A. Apply an additional dressing over the first**
- B. Remove the bandage and use direct manual pressure**
- C. Immerse the wound in cold water**
- D. Elevate the limb above the heart**

If bleeding recurs after you have applied a bandage, the appropriate action is to remove the bandage and use direct manual pressure. This approach is essential because it allows you to directly address the source of the bleeding and assess the situation more effectively. Using manual pressure can help to stem the flow of blood while facilitating better visibility to determine if there's a need for further intervention, such as additional dressings or medical assistance. Applying an additional dressing over the first may not be effective if the initial bandage has failed to control the bleeding. It can also lead to complications such as trapping blood and increasing pressure at the wound site, which could worsen the condition. Immersing the wound in cold water is not a standard procedure for managing bleeding and could also introduce further risks, such as infection or irritation, and does not provide direct pressure on the wound to control bleeding. Elevating the limb above the heart can be a supportive measure in some situations of bleeding, but it should not replace direct manual pressure on the wound itself. Elevation can help reduce blood flow to the area, but without controlling the bleeding directly, it might not be sufficient to manage significant blood loss effectively. Being aware of these nuances emphasizes the importance of hands-on, direct

4. When using an AED, is it necessary to remove all jewelry and piercings?

- A. Yes, all jewelry must be removed**
- B. No, jewelry and piercings can be left on**
- C. Only rings should be removed**
- D. It depends on the type of jewelry**

Leaving jewelry and piercings on during AED use is generally acceptable. The primary concern when using an AED is ensuring that the adhesive pads make proper contact with the skin for effective defibrillation. While it is advisable to remove any metallic items that could interfere with pad placement or create a risk of burns, such as a heavy, metal necklace, most standard jewelry will not hinder the device's function. In particular, rings and smaller earrings usually do not pose a significant risk as long as they do not interfere with the placement of the AED pads. However, if jewelry is excessive or could come into contact with the AED pads, then it may be prudent to remove it for safety reasons. Following established protocols, the focus should always be on ensuring the patient's safety and the AED's effectiveness.

5. How should you assist someone during an asthma attack?

- A. Encourage them to lie down
- B. Help them use an inhaler as directed**
- C. Offer them food to relieve symptoms
- D. Perform abdominal thrusts

Assisting someone during an asthma attack primarily involves helping them manage their condition effectively. Using an inhaler, as directed, is a critical step in alleviating the symptoms of an asthma attack. Inhalers are designed to deliver medication directly to the lungs, opening the airways and making it easier for the person to breathe. During an attack, time is of the essence, and helping them use their inhaler swiftly and correctly can significantly improve their situation. Encouraging a person to lie down, offering food, or performing abdominal thrusts are not appropriate responses to an asthma attack. Lying down may make breathing more difficult, especially if the person is feeling panicked. Offering food can pose a choking hazard and is not a remedy for asthma symptoms. Performing abdominal thrusts is meant for choking emergencies and could escalate the person's distress instead of alleviating it. Therefore, assisting with the inhaler is the most immediate and effective way to help someone during an asthma attack.

6. What action should be taken if a person is choking but can still cough?

- A. Perform abdominal thrusts
- B. Encourage them to keep coughing**
- C. Slap them on the back
- D. Call emergency services immediately

Encouraging a person who is choking but can still cough is the correct approach because it allows them to help themselves in clearing the obstruction from their airway. Coughing generates pressure in the lungs that can force the object out, providing a natural and effective method to relieve the choking. If a person is able to cough, speak, or breathe, they are considered to have a partial airway obstruction. It is important to let them continue coughing until the object is expelled or they cannot continue. In contrast, performing abdominal thrusts may not be appropriate since that action is reserved for individuals who cannot cough, speak, or breathe effectively. Similarly, calling emergency services immediately isn't necessary when the person can still manage to cough. Supportive measures are preferable in this situation. Back slaps are also not recommended for someone who is able to cough effectively, as they could potentially dislodge the obstruction in an unsafe manner or interfere with their efforts to clear their throat.

7. What symptom might indicate an asthma attack?

A. Rapid, shallow breathing

B. Excessive thirst

C. Chewing difficulty

D. Low energy levels

Rapid, shallow breathing is a critical symptom that might indicate an asthma attack. During an asthma attack, the airways become constricted, resulting in difficulty breathing. This constriction often leads to an increased respiratory rate as the body attempts to take in more air. The shallow breaths are a response to the lack of oxygen and the feeling of tightness in the chest, which are hallmark signs of an asthma exacerbation. Recognizing this symptom is vital, as it can lead to prompt intervention and management to alleviate the attack and restore normal breathing. In contrast, excessive thirst, chewing difficulty, and low energy levels are not specific indicators of an asthma attack. While they may signal other conditions or health issues, they do not directly correlate with the respiratory distress and the physical response typically seen in asthma.

8. What does the FAST mnemonic help identify?

A. Heart attack symptoms

B. Signs of stroke

C. Signs of diabetes

D. Common allergies

The FAST mnemonic is specifically designed to help identify the signs of a stroke. Each letter in "FAST" stands for a key warning sign that you should look for when assessing someone who may be having a stroke. - "F" stands for Face: Check if one side of the person's face droops when they smile. - "A" stands for Arms: Ask the person to raise both arms; one may drift downward. - "S" stands for Speech: Look for slurred or strange speech; the person may have difficulty speaking or finding the right words. - "T" stands for Time: If any of these signs are present, it's important to call emergency services immediately, as prompt treatment is crucial for improving outcomes in stroke cases. This mnemonic is vital because strokes require quick recognition and response to minimize brain damage and maximize recovery potential. Understanding this can save lives, which is why it's a vital part of CPR and First Aid training.

9. What is the best course of action for a bleeding wound?

- A. Wash the wound with soap and water**
- B. Apply pressure and elevate the wound above the heart**
- C. Put ice on the wound directly**
- D. Leave the wound open to breathe**

The best course of action for a bleeding wound involves applying pressure and elevating the wound above the heart. This method effectively helps to control bleeding by promoting blood clotting and reducing blood flow to the affected area. Applying direct pressure to the wound helps to compress the blood vessels, which minimizes blood loss. Elevating the wound above the heart can facilitate venous return and further reduce bleeding by decreasing the hydrostatic pressure in the area. Although washing the wound with soap and water is important for cleaning a wound to prevent infection, it is not the immediate priority when dealing with active bleeding. Using ice can help reduce swelling and numb the area for pain relief, but it isn't the most effective immediate treatment to control bleeding. Leaving a wound open is not advisable, as this can increase the risk of infection and doesn't contribute to managing the bleeding effectively. Thus, controlling the bleeding through pressure and elevation remains the top priority.

10. When applying pressure to control bleeding, which additional action is recommended?

- A. Move the patient around for comfort**
- B. Change the dressing frequently**
- C. Ensure the person remains calm**
- D. Press directly over the wound**

Pressing directly over the wound is crucial when attempting to control bleeding. This action applies direct pressure to the injured area, which helps to stem the flow of blood and promotes clotting. Direct pressure is a fundamental technique in first aid for controlling bleeding, as it targets the source of the hemorrhage effectively. Maintaining pressure over the wound not only helps to reduce or stop blood loss but also allows for better blood clot formation by applying consistent force, educating the body's natural healing processes. It's often recommended to keep the pressure applied without lifting the dressing, as removing it can disrupt any developing clots and allow bleeding to resume. The other options do not contribute effectively to controlling bleeding. For instance, moving the patient around can exacerbate injury and increase blood flow, while changing the dressing frequently can lead to a similar loss of clotting. Ensuring the person remains calm is important for their overall comfort and psychological well-being, but it does not assist in physically controlling the bleeding itself.

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://adultarccpraedfirstaid.examzify.com>

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