

ADVANCED FIRST AID PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED 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. 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.

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. 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!

Questions

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- 1. The Implied consent of the child applies when a child is pulled from a pool and parents are not present.**
 - A. Implied consent of the child
 - B. Express consent of the parents
 - C. No consent needed
 - D. Consent of a bystander

- 2. The most basic Body Substance Isolation (BSI) is what?**
 - A. Disposable gloves
 - B. Handwashing, personal hygiene
 - C. Using antiseptic solutions
 - D. Wearing a face shield

- 3. A first responder who experiences a strong emotional reaction that interferes with their ability to work is described as experiencing which phenomenon?**
 - A. Critical Incident Stress
 - B. Post-Traumatic Stress Disorder
 - C. Burnout
 - D. Compassion fatigue

- 4. An emergency move is performed to reach other victims.**
 - A. To reach another victim
 - B. To improve comfort
 - C. To reduce time to hospital
 - D. To reposition the victim at the scene

- 5. One breath every 3 seconds equates to how many breaths per minute for an infant?**
 - A. 10 breaths
 - B. 20 breaths
 - C. 30 breaths
 - D. 40 breaths

- 6. When arriving at a crash and finding a child seated in a safety seat with suspected internal injuries, how should you care for them?**
- A. Care for them in the safety seat.
 - B. Remove them from the seat immediately.
 - C. Move them to the back seat.
 - D. Unbuckle the safety belt.
- 7. Which action is essential before approaching a victim to ensure personal safety?**
- A. To prevent tissue from drying out and preserve viability
 - B. To check the scene for safety before approaching
 - C. To cool the surrounding skin only
 - D. To sterilize the tissue first
- 8. How is tuberculosis transmitted?**
- A. Waterborne
 - B. Airborne
 - C. Foodborne
 - D. Direct contact with blood
- 9. What is the effect of applying ice to a sting or bite?**
- A. Increases swelling
 - B. Reduces swelling
 - C. Causes itching
 - D. Thins blood
- 10. In the primary survey, which component is focused on exposing the patient to assess for injuries while taking steps to prevent hypothermia?**
- A. Airway
 - B. Breathing
 - C. Exposure
 - D. Disability

Answers

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1. A
2. B
3. A
4. A
5. B
6. A
7. B
8. B
9. B
10. C

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Explanations

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1. The Implied consent of the child applies when a child is pulled from a pool and parents are not present.

A. Implied consent of the child

B. Express consent of the parents

C. No consent needed

D. Consent of a bystander

In emergencies, when the patient cannot give informed consent and no guardian is available, you rely on implied consent to provide life-saving care. For a child pulled from a pool with no parent present, the child cannot consent, and there's no one to authorize treatment immediately. The rescuers are expected to begin necessary care to preserve life, with the understanding that a guardian's consent would be given if they were present. If possible without delaying care, contact guardians, but you should not wait to treat. That's why this option fits best: it reflects acting under implied consent to protect the child from imminent harm. Express consent from the parents isn't available here, and you can't assume no consent is needed. A bystander also can't authorize treatment for a minor.

2. The most basic Body Substance Isolation (BSI) is what?

A. Disposable gloves

B. Handwashing, personal hygiene

C. Using antiseptic solutions

D. Wearing a face shield

Body Substance Isolation centers on preventing infection by avoiding contact with infectious materials and protecting yourself from exposure. The most basic step is handwashing and personal hygiene. Hands are the main route for transferring germs, so washing with soap and water for about 20 seconds removes dirt, oils, and many pathogens, reducing transmission in any situation. It's universal, inexpensive, and can be done before touching a patient, after touching potentially contaminated surfaces, and after removing gloves. While disposable gloves, antiseptic solutions, and eye/face protection are important barriers in certain contexts, none are as foundational as clean hands and good hygiene.

3. A first responder who experiences a strong emotional reaction that interferes with their ability to work is described as experiencing which phenomenon?

A. Critical Incident Stress

B. Post-Traumatic Stress Disorder

C. Burnout

D. Compassion fatigue

Critical Incident Stress is an immediate, often temporary, emotional and physical reaction that follows exposure to a traumatic event. For a first responder, a strong emotional response that disrupts work is characteristic of this acute reaction, which can include distress, irritability, intrusive memories, and difficulty concentrating. With appropriate support—briefing, peer debrief, time off, and coping strategies—this response usually diminishes. This differs from PTSD, which involves persistent symptoms lasting longer and impairing daily life; burnout, which is chronic, long-term work-related exhaustion and cynicism; and compassion fatigue, which stems from ongoing exposure to others' trauma and emotional exhaustion.

4. An emergency move is performed to reach other victims.

- A. To reach another victim**
- B. To improve comfort
- C. To reduce time to hospital
- D. To reposition the victim at the scene

An emergency move is done when there is imminent danger or a need to reach other victims. The priority is to access someone else who may be in danger, or to remove the group from a hazardous area. That's why reaching another victim is the best reason for performing an emergency move in this scenario. The other options don't fit as the primary purpose: improving comfort isn't the goal in an urgent situation, and moving someone to speed them to hospital isn't about the act itself. Repositioning a victim at the scene is typically part of ongoing care or safety measures, not the defining reason for an emergency move.

5. One breath every 3 seconds equates to how many breaths per minute for an infant?

- A. 10 breaths
- B. 20 breaths**
- C. 30 breaths
- D. 40 breaths

Converting a breath interval to breaths per minute is a simple rate calculation. If one breath occurs every 3 seconds, there are 60 seconds in a minute, so $60 \div 3 = 20$ breaths per minute. That's why 20 breaths per minute is the correct result for this interval. In real life, an infant's normal respiratory rate is typically higher (about 30–60 breaths per minute), but the math here gives 20. If the interval were shorter or longer, the breaths per minute would change accordingly (for example, 6 seconds per breath would be 10 breaths per minute, 2 seconds per breath would be 30 breaths per minute, etc.).

6. When arriving at a crash and finding a child seated in a safety seat with suspected internal injuries, how should you care for them?

- A. Care for them in the safety seat.**
- B. Remove them from the seat immediately.
- C. Move them to the back seat.
- D. Unbuckle the safety belt.

Stabilizing the body and minimizing movement after a crash is crucial when there are suspected internal injuries. The child being strapped in a car seat acts as a built-in immobilizer, helping to prevent further movement that could worsen internal bleeding or misalignment of the spine. Care for them in the safety seat because removing, unbuckling, or repositioning could cause additional harm by allowing the body to shift or compress organs. Unless there is an immediate life-threatening need (for example, trouble breathing that cannot be managed while staying secured), keep them in the seat, check responsiveness and breathing, monitor the situation, and call emergency services. If the child's condition changes and life-saving measures are required, follow those steps, but the priority is to preserve immobilization and seek professional help.

7. Which action is essential before approaching a victim to ensure personal safety?

- A. To prevent tissue from drying out and preserve viability
- B. To check the scene for safety before approaching**
- C. To cool the surrounding skin only
- D. To sterilize the tissue first

Before helping someone, your own safety has to come first. The essential step is to perform a quick scene assessment to identify hazards and decide whether it's safe to approach. If you spot dangers—moving vehicles, fire or fumes, downed power lines, hazardous chemicals, unstable structures, or aggressive bystanders—do not enter. Instead, call for help, warn others, and stay at a safe distance or control the scene from there until responders arrive or the hazards are reduced. If the scene is clear, approach with caution, wear any available protective gear, and begin care while staying alert for new risks. This approach protects you so you can effectively assist without becoming a second victim. The other actions describe later care rather than deciding whether it's safe to approach in the first place. Preserving tissue, cooling surrounding skin, or sterilizing tissue are medical steps related to treatment, not to ensuring personal safety at the scene.

8. How is tuberculosis transmitted?

- A. Waterborne
- B. Airborne**
- C. Foodborne
- D. Direct contact with blood

Airborne transmission. Tuberculosis spreads when a person with active TB coughs, sneezes, speaks, or sings, releasing tiny droplet nuclei into the air. These microscopic particles can linger and travel through the air, especially in enclosed, poorly ventilated spaces, and can be inhaled by others, leading to infection. This is why ventilation, respiratory protection, and isolating infectious individuals are key control measures. TB is not spread by water or food, and it is not transmitted by direct blood contact or casual touch.

9. What is the effect of applying ice to a sting or bite?

- A. Increases swelling
- B. Reduces swelling**
- C. Causes itching
- D. Thins blood

Applying ice to a sting or bite reduces swelling by cooling the area, which makes the blood vessels constrict and slows the leakage of fluid into surrounding tissues. This limits the inflammatory swelling and dampens pain because nerve signals are slowed by the cold. Ice can also numb the area a bit, helping with discomfort. Use a barrier between the ice and skin and apply for about 10 minutes at a time, with breaks in between to avoid skin or nerve injury. It won't thin the blood, and while it may help with the inflammatory itch by reducing swelling, it's not a cure for itching by itself. If the swelling worsens, spreads, or you notice trouble breathing or other signs of a severe reaction, seek medical help promptly.

10. In the primary survey, which component is focused on exposing the patient to assess for injuries while taking steps to prevent hypothermia?

- A. Airway
- B. Breathing
- C. Exposure**
- D. Disability

In the primary survey, you must inspect the entire body for injuries while preventing heat loss. The exposure component is focused on exposing the patient to assess for injuries across all areas, including the back, so nothing is missed. At the same time, you take steps to prevent hypothermia—keeping the patient warm with blankets, dry clothing, and a warm environment or fluids as appropriate—because hypothermia worsens bleeding and shock and can hinder recovery. Airway is about ensuring a clear airway and opening the airway, breathing is about ventilation and oxygenation, and disability centers on neurological status. Those steps are essential for assessing and managing life threats, but they don't involve the full-body inspection or the warmth-keeping measures that define exposure in the primary survey.

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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://advfirstaid.examzify.com>

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

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