

AHA BLS for Healthcare Providers 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. How do you check an infant for responsiveness?**
 - A. Gently touch the infant's head**
 - B. Tap the infant's foot and shout the infant's name**
 - C. Shake the infant slightly**
 - D. Call for help loudly**
- 2. What technique should be used if you encounter a choking adult?**
 - A. Back blows and chest thrusts**
 - B. Heimlich maneuver**
 - C. Abdominal thrusts**
 - D. Slapping the back**
- 3. What is the first action to take immediately after an AED delivers a shock?**
 - A. Check for a pulse**
 - B. Resume chest compressions**
 - C. Give rescue breaths**
 - D. Activate emergency services**
- 4. What is the compression-ventilation ratio for a lone rescuer performing CPR?**
 - A. 15 compressions to 2 ventilations**
 - B. 30 compressions to 2 ventilations**
 - C. 30 compressions to 1 ventilation**
 - D. 25 compressions to 2 ventilations**
- 5. What is the focus of the pediatric chain of survival?**
 - A. Advanced life support**
 - B. Prevention of arrest**
 - C. Defibrillation**
 - D. Post-event counseling**

- 6. What should you do if there are no child pads or pediatric attenuator available for an AED?**
- A. Wait for emergency personnel**
 - B. Use adult pads on the child**
 - C. Skip the AED and perform manual CPR**
 - D. Attempt to find pediatric pads**
- 7. What is the correct position for delivering chest compressions?**
- A. On a soft surface**
 - B. On a hard surface**
 - C. On the victim's side**
 - D. In a seated position**
- 8. What initial step should be taken after verifying a scene is safe?**
- A. Call for advanced medical help**
 - B. Check airway responsiveness**
 - C. Begin chest compressions**
 - D. Check for carotid pulse**
- 9. What does the "CAB" sequence in CPR stand for?**
- A. Control, Assess, Breathe**
 - B. Compression, Airway, and Breathing**
 - C. Call, Assess, Breathe**
 - D. Compression, Airway, and Bleeding**
- 10. How should you monitor the effectiveness of rescue breaths?**
- A. Look for response in pupils**
 - B. Watch for the chest to rise**
 - C. Feel for the pulse**
 - D. Listen for breaths**

Answers

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

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Explanations

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1. How do you check an infant for responsiveness?

- A. Gently touch the infant's head
- B. Tap the infant's foot and shout the infant's name**
- C. Shake the infant slightly
- D. Call for help loudly

To check an infant for responsiveness effectively, gently tapping the infant's foot and calling their name is a recommended approach. This technique allows you to assess the child's awareness and response without causing distress or harm. Tapping the foot is a non-invasive action that is unlikely to startle the infant, and using their name can help attract the infant's attention if they are responsive. This method is also in line with pediatric guidelines for evaluating responsiveness, where it is crucial to use gentle and appropriate techniques given the infant's fragility. If a response occurs, it can be indicative of the infant being awake and aware, guiding the responder on how to proceed. Other methods, like shaking the infant slightly or calling for help loudly, may not be appropriate as they could be unsafe or overwhelming for the infant, risking injury or undue stress. Similarly, gently touching the head might not be as effective in eliciting a response as the foot tap, which is a standard practice for engaging an infant's attention.

2. What technique should be used if you encounter a choking adult?

- A. Back blows and chest thrusts
- B. Heimlich maneuver
- C. Abdominal thrusts**
- D. Slapping the back

The technique used for a choking adult is the abdominal thrusts, commonly known as the Heimlich maneuver. This procedure is critical because it creates an artificial cough, which can generate enough pressure to expel an object blocking the airway. When done properly, the thrusts push the diaphragm up, forcing air from the lungs and potentially dislodging the obstruction. For adults who are conscious and experiencing choking, abdominal thrusts are the recommended method because they directly address the airway blockage. The technique involves positioning your hands just above the navel and delivering quick, upward thrusts. This action helps to clear the airway effectively, and because adults can typically respond to commands, this method is very practical. Other methods, such as back blows and chest thrusts, can be less effective for adults since they may not provide enough pressure to dislodge larger objects in the airway. Slapping the back, while it may work in some cases for infants who are choking, is not recommended for adults because it can cause additional complications rather than relieve the blockage. Thus, understanding the importance of using abdominal thrusts ensures that healthcare providers can respond appropriately and effectively in emergency situations involving choking adults.

3. What is the first action to take immediately after an AED delivers a shock?

- A. Check for a pulse**
- B. Resume chest compressions**
- C. Give rescue breaths**
- D. Activate emergency services**

After an AED delivers a shock, the immediate action to take is to resume chest compressions. This is critical because chest compressions help maintain circulation to vital organs during cardiac arrest. The AED's shock is intended to restore a normal heart rhythm, but until the heart starts beating effectively again, compressions are essential to provide blood flow. Resuming chest compressions right after the shock allows for continuous support to the patient's circulation and increases the chances of survival. The AED will typically advise when to check for a pulse or when to allow for more interventions, but the priority is always to continue effective chest compressions to ensure oxygenated blood reaches the brain and other crucial organs.

4. What is the compression-ventilation ratio for a lone rescuer performing CPR?

- A. 15 compressions to 2 ventilations**
- B. 30 compressions to 2 ventilations**
- C. 30 compressions to 1 ventilation**
- D. 25 compressions to 2 ventilations**

The correct answer is 30 compressions to 2 ventilations, which reflects the current guidelines for CPR provided by the AHA for a lone rescuer. This ratio is vital for optimizing blood flow and oxygenation during cardiac arrest scenarios. In adult CPR, the emphasis is on high-quality chest compressions, which should be performed at a rate of 100 to 120 compressions per minute. Taking this into account, the compression-to-ventilation ratio of 30:2 serves to ensure that the adult victim receives effective circulatory support while also delivering necessary breaths. The 30 compressions help maintain blood circulation to vital organs, while the 2 ventilations ideally ensure that oxygen is being delivered to the lungs. This ratio also simplifies the process for single rescuers, allowing them to easily remember and consistently apply it. In contrast, other ratios presented in the options are either outdated or not in line with the standard for adult CPR, which emphasizes the importance of the 30:2 approach for maximizing the chances of survival until advanced care can be provided.

5. What is the focus of the pediatric chain of survival?

- A. Advanced life support**
- B. Prevention of arrest**
- C. Defibrillation**
- D. Post-event counseling**

The focus of the pediatric chain of survival emphasizes prevention of cardiac arrest in children, which is crucial because many pediatric emergencies can be mitigated through early intervention and preventive strategies. By concentrating on preventing an arrest, healthcare providers can address factors that lead to emergencies, such as respiratory issues, trauma, or other conditions that could deteriorate into cardiac events. This proactive approach aligns with the understanding that children often have different underlying causes for their emergencies compared to adults, making prevention an essential part of managing pediatric care. Moreover, when prevention is prioritized, it reduces the likelihood of needing advanced life support or defibrillation, and subsequently, it lessens the need for post-event counseling, as fewer children would experience severe emergencies. Thus, focusing on prevention sets the foundation for better outcomes in pediatric healthcare.

6. What should you do if there are no child pads or pediatric attenuator available for an AED?

- A. Wait for emergency personnel**
- B. Use adult pads on the child**
- C. Skip the AED and perform manual CPR**
- D. Attempt to find pediatric pads**

Using adult pads on a child when no pediatric pads or attenuators are available is the correct approach in this scenario. The rationale behind this is that studies have shown that adult pads can still be effective for delivering a shock to pediatric patients, particularly when no other options exist. When placing adult pads on a child, it is important to ensure that the pads do not touch each other—this can happen if the child is very small. Positioning the pads correctly is crucial; one pad should be placed on the center of the chest, and the other pad should be placed on the back between the shoulder blades if the child is small enough. While waiting for emergency personnel, skipping the AED or relying solely on manual CPR may delay the delivery of critical defibrillation, which can be life-saving in cases of cardiac arrest. Finding pediatric pads can be ideal, but it may not be practical in time-sensitive situations where every second counts. Therefore, the use of adult pads is a viable alternative that preserves the opportunity for defibrillation and can contribute to a better outcome for the child.

7. What is the correct position for delivering chest compressions?

- A. On a soft surface**
- B. On a hard surface**
- C. On the victim's side**
- D. In a seated position**

Delivering chest compressions is most effective when performed on a hard surface. This ensures that the compressions can be delivered with the necessary depth and force, significantly increasing the chance of restoring adequate blood flow during cardiac arrest. A hard surface allows for proper recoil of the chest between compressions, which is essential for maximizing blood return to the heart and maintaining circulation. When compressions are delivered on a soft surface, such as a mattress or sofa, the compressions may not achieve the required depth, thereby reducing their effectiveness. Additionally, compressing on a victim's side or in a seated position compromises the ability to perform high-quality compressions, as these positions do not allow for the proper mechanics and positioning needed to generate the force essential for effective resuscitation.

8. What initial step should be taken after verifying a scene is safe?

- A. Call for advanced medical help**
- B. Check airway responsiveness**
- C. Begin chest compressions**
- D. Check for carotid pulse**

After confirming that the scene is safe, the correct initial step is to check airway responsiveness. This is crucial because ensuring that the victim can breathe properly is essential before performing any further life-saving interventions. When a person is unresponsive, evaluating their airway responsiveness allows you to quickly determine whether they are breathing and if there are any obstructions. If the person is not responding, it is imperative to clear the airway of any obstructions to facilitate effective breathing or ventilation. This step sets the foundation for successful CPR or advanced medical interventions as it prioritizes the most critical aspects of patient care. Other actions, such as calling for advanced medical help or checking for a pulse, can follow but do not take precedence over assessing the airway. Chest compressions, while vital in a cardiac arrest scenario, should only commence after ensuring that the airway is clear and if the person is not breathing.

9. What does the "CAB" sequence in CPR stand for?

- A. Control, Assess, Breathe
- B. Compression, Airway, and Breathing**
- C. Call, Assess, Breathe
- D. Compression, Airway, and Bleeding

The "CAB" sequence in CPR stands for Compression, Airway, and Breathing, emphasizing the critical steps in performing cardiopulmonary resuscitation effectively. Starting with compressions is vital, as they help to circulate blood and maintain oxygenation to the brain and other vital organs. This approach is especially important in cases of cardiac arrest, where immediate action can significantly improve the chances of survival. After establishing effective compressions, the next step involves ensuring a clear airway, which allows for proper ventilation. Finally, breathing is addressed, focusing on providing rescue breaths if necessary, ensuring that the patient receives adequate airflow. This sequence reflects the most effective means of response in emergencies, prioritizing actions that save lives and stabilize the patient until advanced medical help arrives. Other sequences or terminology, as found in the incorrect options, do not align with the established guidelines that emphasize the importance of compressions as part of CPR protocols.

10. How should you monitor the effectiveness of rescue breaths?

- A. Look for response in pupils
- B. Watch for the chest to rise**
- C. Feel for the pulse
- D. Listen for breaths

Monitoring the effectiveness of rescue breaths is crucial during cardiopulmonary resuscitation (CPR) to ensure that the breaths are being delivered effectively and that air is reaching the lungs. Observing the rise and fall of the chest is a direct indicator that the breaths are entering the airway and filling the lungs with air. When the chest rises, it signifies that the ventilation is adequate and the patient is receiving the oxygen necessary for respiration. In contrast, other options do not provide a clear indication of the effectiveness of the rescue breaths. Checking the pupils can indicate neurological response, but it does not assess how well oxygen is being delivered to the lungs. Feeling for a pulse is important in assessing circulation, but it does not inform you about the adequacy of ventilations. Listening for breath sounds may not be practical in an emergency setting and might not provide immediate feedback about the effectiveness of rescue breaths. Thus, watching for the chest to rise is the most reliable and straightforward method to monitor the delivery and effectiveness of rescue breaths during the resuscitation process.

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://ahablsforhealthcareproviders.examzify.com>

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