

# AHA BLS FOR HEALTHCARE PROVIDERS PRACTICE TEST (SAMPLE)

## STUDY GUIDE



*Prepare with structure. Pass with confidence*



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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. How should you check for a pulse in an adult?**
  - A. Palpate the radial artery
  - B. Palpate the carotid artery for no more than 10 seconds
  - C. Palpate the femoral artery
  - D. Palpate the wrist for 30 seconds
- 2. What is the primary goal of BLS?**
  - A. To ensure advanced care is provided
  - B. To maintain airway and circulation until help arrives
  - C. To diagnose emergency conditions
  - D. To provide long-term patient care
- 3. What compression technique should be used for 2-rescuer infant CPR?**
  - A. Two-finger technique
  - B. One-hand technique
  - C. 2 thumb compressions with hands encircling the chest
  - D. Traditional adult method
- 4. What is the importance of clearing the airway before rescue breaths?**
  - A. To ensure the patient is conscious
  - B. To prevent choking and ensure air can enter the lungs
  - C. To allow for proper hand positioning during compressions
  - D. To help the patient wake up
- 5. For infants, what is the recommended compression to breath ratio during CPR?**
  - A. 30 compressions to 2 breaths for one rescuer
  - B. 15 compressions to 2 breaths for two rescuers
  - C. 30 compressions to 2 breaths for two rescuers
  - D. 20 compressions to 2 breaths for one rescuer

- 6. What is required immediately for adults, children, and infants who exhibit no signs of effective breathing and no pulse?**
- A. Rescue breathing
  - B. Advanced life support
  - C. CPR
  - D. Emergency oxygen
- 7. What is the primary purpose of chest compressions in CPR?**
- A. To provide oxygen to the patient's lungs
  - B. To circulate blood and maintain oxygen flow to vital organs
  - C. To reset the heart rhythm
  - D. To clear the airway
- 8. What should a rescuer do while waiting for an automated external defibrillator (AED) to arrive?**
- A. Start providing mouth-to-mouth ventilation
  - B. Continue CPR until the AED is ready
  - C. Take a break every minute
  - D. Check for responsiveness frequently
- 9. What is the initial step of the C-A-B sequence in CPR?**
- A. Airway
  - B. Breathing
  - C. Chest compression
  - D. Defibrillation
- 10. How should a healthcare provider position their hands for chest compressions in CPR?**
- A. One hand on top of the other on the lower half of the sternum
  - B. Both hands interlocked on the upper part of the sternum
  - C. Hands placed on the abdomen
  - D. Hands at the side of the chest

## **Answers**

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

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## **Explanations**

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## 1. How should you check for a pulse in an adult?

- A. Palpate the radial artery
- B. Palpate the carotid artery for no more than 10 seconds**
- C. Palpate the femoral artery
- D. Palpate the wrist for 30 seconds

*To check for a pulse in an adult, palpating the carotid artery is the recommended method because it is one of the most reliable sites for assessing circulation, especially in an emergency situation. The carotid artery is located in the neck, and palpating it provides a clear assessment of the heart's function and blood flow. It is essential to check for no more than 10 seconds because prolonged assessment can delay necessary interventions, especially if the person is unresponsive or in cardiac arrest. Choosing the carotid artery over other sites like the radial or femoral artery ensures that you are likely to detect a pulse more quickly and accurately. The radial pulse can be difficult to palpate adequately in some individuals or may not reflect the overall cardiovascular status as reliably as the carotid pulse. Furthermore, checking the pulse at the wrist for an extended duration, such as 30 seconds, is not practical in a time-sensitive situation where rapid decisions and actions are required. Hence, a focused and quick assessment at the carotid artery is the best approach in emergency care for adults.*

## 2. What is the primary goal of BLS?

- A. To ensure advanced care is provided
- B. To maintain airway and circulation until help arrives**
- C. To diagnose emergency conditions
- D. To provide long-term patient care

*The primary goal of Basic Life Support (BLS) is to maintain airway and circulation until more advanced medical help can arrive. In emergency situations, especially those involving cardiac arrest or respiratory failure, the use of BLS techniques like chest compressions and rescue breaths is essential to keep blood and oxygen circulating to vital organs. This is critical for minimizing organ damage and increasing the chances of survival until professional emergency medical services can take over. While ensuring advanced care is important, BLS serves as a bridge to that care, focusing on immediate, life-sustaining interventions. Diagnosing emergency conditions is outside the scope of BLS, as the priority is to provide immediate support rather than evaluate the underlying cause of the emergency. Long-term patient care is also not a focus of BLS; rather, it is about immediate assistance in critical situations. This foundational knowledge is crucial for anyone trained in healthcare and emergency response.*

## 3. What compression technique should be used for 2-rescuer infant CPR?

- A. Two-finger technique
- B. One-hand technique
- C. 2 thumb compressions with hands encircling the chest**
- D. Traditional adult method

*The use of the "2 thumb compressions with hands encircling the chest" technique for 2-rescuer infant CPR is emphasized because it is the most effective method for providing high-quality chest compressions to infants. This technique allows for greater stability and better force application while ensuring the compressions are performed at the correct depth and rate. By encircling the infant's chest with both hands and using the thumbs to compress the sternum, rescuers can deliver compressions that are both effective and less likely to cause harm. This method also enables two rescuers to work efficiently, allowing one to continually provide chest compressions while the other manages ventilation, facilitating a smoother and more coordinated resuscitation effort. The emphasis on this technique recognizes the anatomical and physiological differences in infants compared to adults, reinforcing the need for specific methods suited for their care.*

#### 4. What is the importance of clearing the airway before rescue breaths?

- A. To ensure the patient is conscious
- B. To prevent choking and ensure air can enter the lungs**
- C. To allow for proper hand positioning during compressions
- D. To help the patient wake up

*Clearing the airway before providing rescue breaths is crucial for ensuring that air can enter the lungs effectively. When a person's airway is obstructed—whether by vomit, blood, or other foreign objects—rescue breaths may not be able to reach the lungs, which can hinder oxygenation and ventilation. Therefore, by clearing the airway first, you ensure that the pathway for air is unobstructed, allowing for successful respiration and, ultimately, better outcomes for the patient. The other choices do not directly address the necessity of airway clearance. For instance, the state of consciousness is not a determining factor in the delivery of rescue breaths; the focus should be on whether the airway is clear. Similarly, proper hand positioning during compressions and waking the patient are not the primary considerations when it comes to ensuring effective rescue breaths. The primary goal is to provide adequate ventilation, which requires a clear airway.*

#### 5. For infants, what is the recommended compression to breath ratio during CPR?

- A. 30 compressions to 2 breaths for one rescuer**
- B. 15 compressions to 2 breaths for two rescuers
- C. 30 compressions to 2 breaths for two rescuers
- D. 20 compressions to 2 breaths for one rescuer

*The recommended compression to breath ratio during CPR for infants when only one rescuer is present is 30 compressions to 2 breaths. This approach aligns with the updated guidelines, which emphasize high-quality chest compressions along with effective ventilations for resuscitation. The 30:2 ratio allows for a balance between providing sufficient blood flow through compressions and delivering oxygen via breaths, ultimately improving the chances of survival for the infant. In contrast, the 15:2 ratio is specifically used when there are two rescuers present, aiming to optimize the efficiency and effectiveness of the CPR process by allowing for a more rapid sequence of ventilations combined with chest compressions. Options that suggest a different ratio for a single rescuer or misidentified rescuer scenarios do not accurately reflect current BLS protocols. Moreover, the 20:2 ratio is not a recognized standard in BLS practices, further emphasizing the importance of adhering to well-established guidelines for infant CPR.*

**6. What is required immediately for adults, children, and infants who exhibit no signs of effective breathing and no pulse?**

- A. Rescue breathing
- B. Advanced life support
- C. CPR**
- D. Emergency oxygen

*The correct answer is CPR, which stands for cardiopulmonary resuscitation. This technique is necessary for adults, children, and infants who show no signs of effective breathing and have no pulse because CPR serves to manually preserve brain function until further measures are taken to restore spontaneous blood circulation and breathing in an unconscious victim. CPR combines chest compressions and rescue breaths, which helps circulate blood to the brain and other vital organs. When a person has no pulse, it indicates that their heart is not pumping blood effectively; thus, immediate action is critical. Starting CPR promptly can significantly increase the chances of survival and reduce the risk of long-term damage. While rescue breathing might provide oxygen support, it is not sufficient alone without chest compressions. Advanced life support involves more complex interventions and is typically provided by emergency medical professionals, which is not immediately available in an urgent scenario. Emergency oxygen can assist in providing oxygen to the respiratory system but can only be administered effectively after circulation has been established. Therefore, CPR is the immediate lifesaving measure required in this critical situation.*

**7. What is the primary purpose of chest compressions in CPR?**

- A. To provide oxygen to the patient's lungs
- B. To circulate blood and maintain oxygen flow to vital organs**
- C. To reset the heart rhythm
- D. To clear the airway

*The primary purpose of chest compressions in CPR is to circulate blood and maintain oxygen flow to vital organs. When a person experiences cardiac arrest, their heart stops pumping blood effectively, which means that vital organs, including the brain, no longer receive the necessary oxygen and nutrients. Chest compressions help to manually pump blood throughout the body, which maintains perfusion to critical areas until automated defibrillation or advanced medical interventions can restore the heart's normal rhythm. Although other aspects of CPR, such as providing ventilations and clearing the airway, are also important for patient survival, the fundamental function of chest compressions is to ensure that oxygenated blood continues to circulate to sustain life while emergency help is on the way.*

**8. What should a rescuer do while waiting for an automated external defibrillator (AED) to arrive?**

- A. Start providing mouth-to-mouth ventilation
- B. Continue CPR until the AED is ready**
- C. Take a break every minute
- D. Check for responsiveness frequently

*While waiting for an automated external defibrillator (AED) to arrive, the rescuer should continue CPR until the AED is ready. This is crucial because high-quality CPR helps maintain blood flow to vital organs, including the brain and heart, which can significantly increase the chances of survival for the victim experiencing cardiac arrest. By continuously performing CPR, the rescuer ensures that the victim has a better chance of receiving effective treatment once the AED becomes available. In a cardiac arrest situation, every second counts, and interruptions in CPR can lead to decreased chances of recovery. While waiting for the AED, the primary focus should be on providing chest compressions and rescue breaths (if trained) to sustain resuscitation efforts until advanced help arrives.*

**9. What is the initial step of the C-A-B sequence in CPR?**

- A. Airway
- B. Breathing
- C. Chest compression**
- D. Defibrillation

*The correct initial step of the C-A-B sequence in CPR is chest compression. This step emphasizes the importance of providing effective and immediate chest compressions to initiate blood circulation in a cardiac arrest scenario. The focus on chest compressions first is based on the understanding that, in a situation where the heart has stopped pumping blood, the priority is to restore blood flow to vital organs, especially the brain. Chest compressions should be performed at a depth of approximately 2 to 2.4 inches for adults, at a rate of 100 to 120 compressions per minute. This method allows for the best chance of survival by maintaining blood flow to the heart and brain until advanced medical help can arrive or until the heart rhythm can be restored. Other steps in the C-A-B sequence, such as assessing airway and breathing, or defibrillation, come after ensuring that effective chest compressions are initiated. The change to C-A-B instead of the previous A-B-C sequence reflects updated guidelines that prioritize circulation first, improving outcomes in cases of cardiac arrest.*

**10. How should a healthcare provider position their hands for chest compressions in CPR?**

- A. One hand on top of the other on the lower half of the sternum**
- B. Both hands interlocked on the upper part of the sternum
- C. Hands placed on the abdomen
- D. Hands at the side of the chest

*In performing chest compressions during CPR, the correct positioning of the hands is critical for effective resuscitation. The proper technique involves placing one hand on top of the other, with the heel of the bottom hand positioned on the lower half of the sternum. This positioning allows for the maximum force and depth necessary to create an adequate blood flow to vital organs, particularly during the emergency situation when every second counts. When performing compressions, it's also important to maintain a straight and locked arm position while using your body weight to generate the necessary force. This method is standardized to ensure that healthcare providers can follow a consistent, effective approach that enhances survival rates in cardiac arrest situations. Other techniques, such as placing hands on the upper part of the sternum or on the abdomen, do not facilitate effective compressions. If the hands are too high, compressions may not adequately compress the heart, and placing hands on the abdomen could be ineffective and dangerous, as abdominal compressions do not contribute to blood flow in the same way. Ensuring that compressions are consistently performed on the lower half of the sternum optimizes the chances of restoring a normal heartbeat.*

## 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](mailto: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!

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