

# American Heart Association First Aid Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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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. When assisting a child who is choking, what technique is suitable?**
  - A. Perform the Heimlich maneuver immediately**
  - B. Give back slaps followed by chest thrusts**
  - C. Use adult-sized abdominal thrusts**
  - D. Instruct the child to spit out the object**
  
- 2. What is the first step if you suspect anaphylaxis?**
  - A. Call 911 and wait for help**
  - B. Administer epinephrine if available and call 911**
  - C. Give the person water**
  - D. Have the person lie down and elevate their legs**
  
- 3. What is the recommended treatment for someone experiencing hypothermia?**
  - A. Warm them gradually and cover with blankets**
  - B. Apply hot water directly to the skin**
  - C. Give them alcohol to warm up**
  - D. Wrap them tightly in a wet towel**
  
- 4. What does the acronym ABC represent in first aid?**
  - A. Airway, Breathing, Circulation**
  - B. Assessment, Bandaging, Care**
  - C. Accident, Breach, Concussion**
  - D. Awareness, Balance, Coordination**
  
- 5. When performing CPR on an adult, what is the recommended ratio of chest compressions to rescue breaths?**
  - A. 30 compressions to 2 breaths**
  - B. 15 compressions to 2 breaths**
  - C. 20 compressions to 1 breath**
  - D. 40 compressions to 2 breaths**

- 6. What are common symptoms indicating someone is having a heart attack?**
- A. Chest pressure and sweating**
  - B. Immediate dizziness and fainting**
  - C. Fixed pupils and excessive shivering**
  - D. Severe abdominal pain and vomiting**
- 7. If you're unsure whether to help a person who appears to be choking, what should you ask them?**
- A. "Do you need help with your seatbelt?"**
  - B. "Are you choking? Can I help you?"**
  - C. "Are you feeling dizzy?"**
  - D. "Is there something caught in your throat?"**
- 8. Which of the following symptoms may indicate a heart attack?**
- A. Headache and nausea**
  - B. Chest pain, shortness of breath, and pain radiating to the arm or jaw**
  - C. Dizziness and blurred vision**
  - D. Abdominal pain and sweating**
- 9. What does the abbreviation CPR stand for?**
- A. Cardiac Pulse Recovery**
  - B. Cardiopulmonary Resuscitation**
  - C. Cardiovascular Pressure Response**
  - D. Critical Patient Rescue**
- 10. How should you respond to a person having a panic attack?**
- A. Calmly reassure them and encourage slow breathing**
  - B. Leave them alone to calm down**
  - C. Tell them to stop overreacting**
  - D. Encourage them to engage in physical activity**

## **Answers**

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

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## **Explanations**

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**1. When assisting a child who is choking, what technique is suitable?**

- A. Perform the Heimlich maneuver immediately**
- B. Give back slaps followed by chest thrusts**
- C. Use adult-sized abdominal thrusts**
- D. Instruct the child to spit out the object**

When assisting a choking child, giving back slaps followed by chest thrusts is the recommended technique. This method is effective because back slaps can help dislodge the object from the airway while using chest thrusts provides additional force to expel the obstruction. This two-part approach is specifically designed for children; back slaps are delivered between the shoulder blades while the child is leaning forward, allowing gravity to assist in dislodging the object. If the back slaps are ineffective, chest thrusts can be administered by positioning the child in a way that ensures safety and effectiveness. It's vital to create a balance of techniques that prioritize the child's physiological differences compared to adults, ensuring both their safety and the effectiveness of the response. Using the Heimlich maneuver immediately or adult-sized abdominal thrusts are not suitable for children because their anatomy differs from that of adults, and using these methods could cause harm. Instructing the child to spit out the object is also not recommended, as choking can make it hard for the child to breathe and speak, making it difficult for them to follow such instructions. Thus, the back slaps and chest thrusts method is specifically tailored to the needs of a choking child for a more effective and safer response.

**2. What is the first step if you suspect anaphylaxis?**

- A. Call 911 and wait for help**
- B. Administer epinephrine if available and call 911**
- C. Give the person water**
- D. Have the person lie down and elevate their legs**

When someone is suspected of experiencing anaphylaxis, it is crucial to act quickly because this severe allergic reaction can lead to life-threatening symptoms such as airway constriction and cardiovascular collapse. Administering epinephrine (if available) is the first line of treatment for anaphylaxis. Epinephrine works by rapidly reversing the symptoms of an allergic reaction, including swelling and low blood pressure. Calling 911 immediately after administering epinephrine is essential for ensuring that professional medical help is on its way. Anaphylaxis can progress quickly, and emergency responders can provide advanced care and further interventions. Offering water, having the individual lie down and elevating their legs, or just waiting for help may not effectively address the immediate dangers posed by anaphylaxis and could potentially worsen the situation. Administering epinephrine and seeking emergency medical services is the most effective and life-saving action to take in response to a suspected anaphylactic reaction.

### 3. What is the recommended treatment for someone experiencing hypothermia?

- A. Warm them gradually and cover with blankets**
- B. Apply hot water directly to the skin**
- C. Give them alcohol to warm up**
- D. Wrap them tightly in a wet towel**

When treating someone experiencing hypothermia, the most effective and safe method is to warm them gradually and cover them with blankets. Gradual warming helps to prevent further complications such as shock and cardiac arrhythmias, which can occur if the body is exposed to rapid temperature changes. Heating the body too quickly can cause a sudden influx of blood to the core, leading to dangerous fluctuations in heart rhythm. Using blankets allows for a gentle increase in body temperature while also providing insulation from the cold environment. This method promotes comfort and helps maintain the individual's body heat. Mild, warm (not hot) drinks can also be given if the person is conscious and alert, but it is essential to avoid anything that could exacerbate their condition. The other methods listed involve risks that could worsen the individual's state. Applying hot water directly to the skin can cause burns or further stress on the body. Giving alcohol is counterproductive, as it can impair the body's ability to regulate temperature and can lead to further heat loss. Wrapping someone tightly in a wet towel would also be counterintuitive since it promotes heat loss rather than retention. Thus, warming them gradually and covering with blankets is the most appropriate and effective action to take in this situation.

### 4. What does the acronym ABC represent in first aid?

- A. Airway, Breathing, Circulation**
- B. Assessment, Bandaging, Care**
- C. Accident, Breach, Concussion**
- D. Awareness, Balance, Coordination**

The acronym ABC in first aid stands for Airway, Breathing, and Circulation. This sequence is essential in the assessment of a patient's condition and the initiation of life-saving procedures. First, ensuring the airway is clear is crucial because obstruction can lead to suffocation and prevent oxygen from reaching the lungs and brain. If the airway is not open, subsequent steps for breathing and circulation cannot be effectively utilized. Next, assessing breathing is vital. After confirming that the airway is clear, checking for normal breathing allows responders to determine if the individual is getting adequate oxygen. If breathing is absent or inadequate, rescue breaths may need to be administered immediately to supply oxygen and prevent brain damage. Finally, addressing circulation involves checking for a pulse. If there is no pulse, this indicates a need for CPR and possibly using an AED to restore a normal heart rhythm. The focused approach on these three areas ensures that initial first aid efforts are directed at the most life-threatening conditions. Understanding these components enables responders to prioritize interventions and potentially save a life before advanced medical help arrives.

**5. When performing CPR on an adult, what is the recommended ratio of chest compressions to rescue breaths?**

- A. 30 compressions to 2 breaths**
- B. 15 compressions to 2 breaths**
- C. 20 compressions to 1 breath**
- D. 40 compressions to 2 breaths**

The recommended ratio of chest compressions to rescue breaths for adult CPR is 30 compressions to 2 breaths. This ratio is designed to maximize the effectiveness of CPR by allowing for a higher frequency of compressions, which are crucial for maintaining blood circulation during a cardiac arrest. Chest compressions help to pump blood through the heart and into the rest of the body, delivering oxygen to vital organs and tissues. The interspersed rescue breaths serve to provide oxygen to the lungs, which is essential for the return of spontaneous circulation. The 30:2 ratio has been established based on guidelines that emphasize a balance between compressions and breaths, ensuring that the compressions remain the priority, as they are vital for maintaining blood flow. The other options, such as 15 compressions to 2 breaths or 20 compressions to 1 breath, do not align with the current guidelines that stress a higher number of compressions per breath to enhance survival outcomes during cardiac arrest situations. The correct practice allows responders to deliver high-quality CPR that meets the physiological needs of a person in cardiac arrest.

**6. What are common symptoms indicating someone is having a heart attack?**

- A. Chest pressure and sweating**
- B. Immediate dizziness and fainting**
- C. Fixed pupils and excessive shivering**
- D. Severe abdominal pain and vomiting**

Chest pressure and sweating are classic symptoms indicating that someone is having a heart attack. The sensation of chest pressure often feels like a heavy weight or tightness in the chest, which can be associated with reduced blood flow to the heart muscle. This can trigger the body's stress response, leading to excessive sweating. Other symptoms that might accompany a heart attack include shortness of breath, nausea, and pain that may radiate to the arms, neck, or back, but chest pressure and sweating are particularly prominent indicators. In contrast, symptoms like immediate dizziness and fainting, while serious on their own, are not specific to heart attacks. The presence of fixed pupils and excessive shivering suggests a different medical issue, such as severe neurological problems or hypothermia. Severe abdominal pain and vomiting may be symptoms of gastrointestinal issues rather than a heart attack, though they can sometimes occur in women experiencing cardiac events. Recognizing chest pressure and sweating as key indicators is critical for timely intervention in cases of a heart attack.

7. If you're unsure whether to help a person who appears to be choking, what should you ask them?

A. "Do you need help with your seatbelt?"

**B. "Are you choking? Can I help you?"**

C. "Are you feeling dizzy?"

D. "Is there something caught in your throat?"

When someone appears to be choking, it is vital to determine if they are indeed in distress and require assistance. Asking, "Are you choking? Can I help you?" directly addresses the situation and confirms their need for help. This approach is both clear and supportive, allowing the individual to communicate their condition effectively. If the person is unable to respond verbally due to choking, their ability to nod or use body language can still inform you about their state. Ensuring that the person recognizes your willingness to help makes it easier to proceed with appropriate first aid actions if needed. The other options, while they may show concern, do not directly assess the choking emergency, which is critical in this scenario. They divert attention from the urgency of the problem and may lead to misunderstanding the individual's immediate need for assistance.

8. Which of the following symptoms may indicate a heart attack?

A. Headache and nausea

**B. Chest pain, shortness of breath, and pain radiating to the arm or jaw**

C. Dizziness and blurred vision

D. Abdominal pain and sweating

The presence of chest pain, shortness of breath, and pain radiating to the arm or jaw is a classic indication of a heart attack, medically referred to as myocardial infarction. These symptoms are associated with the complications of coronary artery disease, where the heart muscle is deprived of oxygen due to blocked blood flow. Chest pain is often described as pressure, squeezing, or fullness, and it may vary in intensity. Shortness of breath may occur due to the heart's decreased ability to effectively pump blood, leading to potential respiratory distress. Additionally, pain radiating to the left arm or jaw occurs because of the way pain signals are processed in the nervous system, where heart-related pain can manifest in these areas. Understanding these symptoms is crucial as they can help individuals recognize early signs of a heart attack, prompting timely emergency response and treatment, which can significantly increase the chances of survival and reduce heart damage.

## 9. What does the abbreviation CPR stand for?

- A. Cardiac Pulse Recovery
- B. Cardiopulmonary Resuscitation**
- C. Cardiovascular Pressure Response
- D. Critical Patient Rescue

The abbreviation CPR stands for Cardiopulmonary Resuscitation. This is a life-saving procedure used in emergencies when someone's heartbeat or breathing has stopped. It combines rescue breathing and chest compressions to maintain blood flow and oxygenation to the brain and other vital organs until professional medical help arrives or the person can resume normal breathing and heart function. Understanding the components of CPR is crucial because it addresses issues related to cardiac and respiratory emergencies. The term "cardiopulmonary" highlights the importance of both the heart (cardio) and the lungs (pulmonary) in sustaining life. This practice is fundamental for first responders, healthcare providers, and laypersons trained in first aid, as it can significantly increase the chances of survival and recovery after cardiac arrest or severe respiratory distress.

## 10. How should you respond to a person having a panic attack?

- A. Calmly reassure them and encourage slow breathing**
- B. Leave them alone to calm down
- C. Tell them to stop overreacting
- D. Encourage them to engage in physical activity

When a person is experiencing a panic attack, responding with calm reassurance and encouraging slow breathing is crucial. This approach helps to create a supportive environment, which can alleviate some of the anxiety and fear the individual is feeling. Panic attacks can make individuals feel out of control and overwhelmed, so having someone who remains calm and provides gentle support can be incredibly grounding. Encouraging slow, deep breaths is particularly effective because it can help to counteract the hyperventilation that often accompanies a panic attack. By focusing on their breath, the individual may be able to regain a sense of control and reduce the intensity of their symptoms. This method fosters a sense of safety and allows the person to focus on something tangible rather than the overwhelming feelings associated with the panic attack. In contrast, leaving the person alone can exacerbate feelings of isolation and fear, telling them to stop overreacting dismisses their experience and can increase feelings of shame or anxiety, while encouraging physical activity may be unhelpful during an acute episode when the person is likely to need stillness and reassurance.

## 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://americanheartassocfirstaid.examzify.com>**

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

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