

AMERICAN HEART ASSOCIATION FIRST AID PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

<https://americanheartassocfirstaid.examzify.com>



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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. What is the proper way to clean a wound?**
 - A. Use rubbing alcohol and bandage it tightly
 - B. Rinse with clean water and apply a sterile dressing
 - C. Cover with a cloth and apply pressure
 - D. Leave it open to air for better healing
- 2. What technique can you use to check for a pulse in an adult?**
 - A. Check the wrist for a pulse
 - B. Use the carotid artery located on the side of the neck
 - C. Check the abdomen
 - D. Check the groin area
- 3. What is the best way to manage heat exhaustion?**
 - A. Move the person to a cooler place, remove excess clothing, and give them water
 - B. Leave them in the same place to cool down
 - C. Provide them with cold ice packs directly on the skin
 - D. Give them sugary drinks to boost energy
- 4. What initial steps should be taken before giving CPR?**
 - A. Shake the person to wake them
 - B. Ensure the area is safe and check for responsiveness
 - C. Call 911 after starting CPR
 - D. Lift the person to a sitting position
- 5. What is the correct compression depth for a child during CPR?**
 - A. 1 inch
 - B. 2 inches
 - C. 1.5 inches
 - D. 3 inches

- 6. 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
- 7. What should you do if a choking adult becomes unconscious?**
- A. Call emergency services and wait
 - B. Start CPR and check the airway for an obstruction
 - C. Lay the person flat and monitor their breathing
 - D. Perform the Heimlich maneuver again
- 8. How should you drag someone to safety?**
- A. By pulling them by their arms
 - B. By placing your hands on their shoulders and pulling
 - C. By lifting them completely off the ground
 - D. By using a strap or belt around their waist
- 9. What term describes a person who shows movement or response when asked if they are okay?**
- A. Unresponsive
 - B. Responsive
 - C. Alert
 - D. Conscious
- 10. What should you do if someone can talk but has a mild airway block?**
- A. Encourage them to cough and monitor
 - B. Perform the Heimlich maneuver
 - C. Call 911 immediately
 - D. Give them water to swallow

Answers

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

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Explanations

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1. What is the proper way to clean a wound?

- A. Use rubbing alcohol and bandage it tightly
- B. Rinse with clean water and apply a sterile dressing**
- C. Cover with a cloth and apply pressure
- D. Leave it open to air for better healing

Cleaning a wound properly is essential to prevent infection and promote effective healing. Rinsing the wound with clean water is the best initial step as it helps to remove dirt, debris, and bacteria that may be present. This gentle washing minimizes the risk of introducing contaminants deeper into the tissue. After cleansing, applying a sterile dressing protects the wound from further injury, keeps it clean, and creates an optimal environment for healing. A sterile dressing allows the wound to heal while preventing exposure to pathogens and external factors that could lead to infection. Using rubbing alcohol, while it may disinfect the area, is typically not recommended for cleaning open wounds because it can cause additional tissue damage and delay the healing process. Covering a wound with a cloth and applying pressure can be useful in situations of bleeding but doesn't address the need for cleansing and protecting the wound from infections. Leaving a wound open to air can also lead to increased risk of infection, as it allows potential contaminants access to the wound site.

2. What technique can you use to check for a pulse in an adult?

- A. Check the wrist for a pulse
- B. Use the carotid artery located on the side of the neck**
- C. Check the abdomen
- D. Check the groin area

Using the carotid artery located on the side of the neck is the most effective technique for checking for a pulse in an adult. The carotid artery is one of the major arteries in the body and is easily accessible, making it the preferred site to assess circulation, especially in emergency situations. When you gently press on the carotid artery with your fingers, you can clearly feel the pulse, which indicates blood flow and heart function. Checking the wrist for a pulse may also be viable, specifically at the radial artery, but it can be more difficult to palpate, especially in an emergency when blood circulation may be compromised. The abdomen is not a valid area for checking a pulse in adults; it is not a typical site for pulse assessment. Similarly, checking the groin area, where the femoral artery is located, is less common and generally reserved for specific clinical situations. Recognizing where to effectively check for a pulse is crucial for performing assessments during medical emergencies.

3. What is the best way to manage heat exhaustion?

- A. Move the person to a cooler place, remove excess clothing, and give them water**
- B. Leave them in the same place to cool down
- C. Provide them with cold ice packs directly on the skin
- D. Give them sugary drinks to boost energy

Managing heat exhaustion effectively involves taking immediate steps to reduce the person's body temperature and help them recover. Moving the individual to a cooler location helps to shield them from further heat exposure which is crucial since remaining in a hot environment can exacerbate their condition. Removing excess clothing allows for better air circulation and helps the body release heat more effectively. Offering them water is important to rehydrate, as heat exhaustion often results from dehydration due to excessive sweating. This multifaceted approach directly addresses the symptoms and physical stress caused by heat exhaustion, making it the most effective way to assist someone in this situation. The other approaches might either be ineffective or potentially harmful, as leaving the person in a hot environment fails to mitigate the risks of continued overheating, applying ice packs directly could cause skin damage, and sugary drinks may not be suitable for rehydration in this context where plain water is more beneficial.

4. What initial steps should be taken before giving CPR?

- A. Shake the person to wake them
- B. Ensure the area is safe and check for responsiveness**
- C. Call 911 after starting CPR
- D. Lift the person to a sitting position

Before administering CPR, the initial steps are crucial to ensure both the safety of the rescuer and the effectiveness of the intervention. Ensuring the area is safe means that the rescuer should check for any potential dangers, such as traffic, fire, or other hazards that could pose a risk. This step helps protect the rescuer from injury while they tend to the victim. Checking for responsiveness involves gently tapping the person and shouting to see if they respond. This assessment helps determine whether the person is conscious or unresponsive. If the person is unresponsive, it signals that immediate action is needed, which may include calling for emergency assistance and starting CPR if the person is not breathing or has no pulse. Taking these initial steps is critical; setting a safe environment and assessing the situation can significantly influence the outcome of the emergency. The other choices, such as shaking the person, calling for help after starting CPR, or lifting the person to a sitting position, do not address the essential safety and responsiveness checks needed before beginning CPR.

5. What is the correct compression depth for a child during CPR?

- A. 1 inch
- B. 2 inches**
- C. 1.5 inches
- D. 3 inches

The correct compression depth for a child during CPR is 2 inches. This depth is essential because it allows for effective chest compressions that can adequately circulate blood and provide oxygen to vital organs. Proper compression depth helps in creating sufficient pressure within the chest cavity to maintain blood flow during cardiac arrest. When performing CPR on children, the guidelines established by the American Heart Association emphasize that the rescuer uses their body weight to ensure compressions reach this depth. Compressions that are too shallow may not be effective in generating the necessary blood flow, while compressions that are too deep can cause injury. Thus, adhering to the recommended 2 inches allows for the best chances of survival and recovery for a child in cardiac distress.

6. 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.

7. What should you do if a choking adult becomes unconscious?

- A. Call emergency services and wait
- B. Start CPR and check the airway for an obstruction**
- C. Lay the person flat and monitor their breathing
- D. Perform the Heimlich maneuver again

When an adult who is choking becomes unconscious, the immediate response should be to start CPR and check the airway for an obstruction. This is crucial because the individual is unable to breathe adequately due to the obstruction, and initiating CPR will help maintain blood flow to vital organs, including the brain and heart. The process involves starting with chest compressions, which circulate oxygenated blood throughout the body, and during the rescue breaths, it's important to open the airway and check for any visible obstructions in the throat. If an obstruction is found, the appropriate course of action would be to attempt to clear it using the appropriate techniques, like the modified Heimlich maneuver or finger sweep if you can see the object. This response not only aims to restore breathing but also addresses the immediate life-threatening situation, making it a critical action that is taught in first aid training. Other options would not effectively manage the life-threatening condition that choking presents.

8. How should you drag someone to safety?

- A. By pulling them by their arms
- B. By placing your hands on their shoulders and pulling**
- C. By lifting them completely off the ground
- D. By using a strap or belt around their waist

Dragging someone to safety requires ensuring both your safety and the safety of the person you're assisting. Using your hands on their shoulders to pull is a method that maximizes control and minimizes the risk of injury to either party. This technique allows for better leverage and helps manage the body's movements while reducing strain on your back, which is important when moving someone who may be injured. This method also helps maintain the victim's alignment, which is crucial to prevent further injury. In emergency situations, it's vital to act quickly yet cautiously, and pulling from the shoulders allows for a more stable approach compared to pulling them by the arms or lifting them entirely off the ground, which can lead to additional injuries. Resorting to using a strap or a belt could be problematic as it might not provide the necessary control and could increase the risk of causing further harm. Additionally, lifting someone completely off the ground can be dangerous for both the rescuer and the victim, especially if the victim is unconscious or has visible injuries. This approach also requires more strength and can be exhausting, possibly leading to accidents or the rescuer collapsing from overexertion. Therefore, pulling by placing your hands on their shoulders is the safest and most effective method in emergency situations.

9. What term describes a person who shows movement or response when asked if they are okay?

- A. Unresponsive
- B. Responsive**
- C. Alert
- D. Conscious

The term that describes a person who shows movement or response when asked if they are okay is "responsive." This indicates that the individual is aware of their surroundings and can react appropriately to questions or stimuli. Being responsive is essential in assessing a person's level of consciousness, especially in emergency situations, as it helps first responders gauge the patient's condition and determine the next steps in care. Being alert refers specifically to someone who is fully aware and attentive, often implying a higher level of consciousness than just being responsive. While "conscious" indicates that a person is awake and aware, it doesn't necessarily highlight their ability to respond specifically to questions or prompts. "Unresponsive" describes someone who does not react at all, which is the opposite of the situation described in the question. Therefore, "responsive" is the most accurate term for someone who can show movement or response when engaging with them.

10. What should you do if someone can talk but has a mild airway block?

A. Encourage them to cough and monitor

B. Perform the Heimlich maneuver

C. Call 911 immediately

D. Give them water to swallow

When someone can talk, it indicates that their airway is only partially blocked, suggesting a mild airway obstruction. In this situation, encouraging the person to cough is the most appropriate response. Coughing is a natural reflex that can help dislodge the obstruction, allowing the person to breathe normally again. Monitoring the person during this time is also important to ensure that they continue to have adequate airflow and do not progress to a more severe obstruction. Using the Heimlich maneuver is inappropriate in this case, as it is intended for situations where the person cannot breathe, speak, or cough effectively (a severe blockage). Calling 911 immediately is not warranted when the individual is able to talk and is not exhibiting severe distress. While giving water to swallow may seem helpful, it can actually pose a risk by potentially causing further obstruction, particularly if the airway is already compromised.

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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://americanheartassocfirstaid.examzify.com>

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

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