

# Basic Life Support (BLS) Renewal Practice Exam (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. What contributes to effective teamwork during a BLS resuscitation attempt?**
  - A. Clear communication and role clarity**
  - B. Disregard for team dynamics**
  - C. Individual performance over team success**
  - D. Limited interaction among team members**
- 2. What is the correct sequence for performing mouth-to-mouth-and-nose breaths for an infant?**
  - A. Pinch the nose, then give a breath**
  - B. Place your mouth over the infant's mouth and nose**
  - C. Give a breath before performing the head tilt-chin lift**
  - D. Perform chest compressions first**
- 3. What is the recommended rate of chest compressions when an advanced airway is in use?**
  - A. 60 to 80 per minute**
  - B. 80 to 100 per minute**
  - C. 100 to 120 per minute**
  - D. 120 to 140 per minute**
- 4. What is the appropriate action when using an AED to minimize interruptions in compressions?**
  - A. Pause compressions until the AED is ready**
  - B. Continue with high-quality CPR until the AED prompts to clear**
  - C. Administer rescue breaths while waiting for the AED**
  - D. Complete the full cycle of CPR before using the AED**
- 5. Who in a BLS team is responsible for operating the AED and alternating with the Compressor?**
  - A. Airway**
  - B. Compressor**
  - C. Monitor/Defibrillator**
  - D. Team Leader**

**6. Which team member is responsible for tracking interruptions in compressions during CPR?**

- A. Timer/Recorder**
- B. Compressions Lead**
- C. Medic**
- D. Rescue Breath Provider**

**7. What is the significance of early defibrillation in cases of cardiac arrest?**

- A. It allows for immediate recovery of the victim**
- B. It increases the chances of survival significantly if used within minutes**
- C. It is essential for proper CPR technique**
- D. It helps to lower the heart rate**

**8. After administering high-quality CPR to a pediatric patient, what is typically the next step in the Chain of Survival?**

- A. Post-cardiac arrest care**
- B. Recovery**
- C. Advanced resuscitation**
- D. Activation of emergency response system**

**9. What is the next step after determining a child is unresponsive and has no normal breathing?**

- A. Begin immediate CPR**
- B. Check for a pulse**
- C. Call 911**
- D. Retrieve an AED**

**10. What follows after receiving emergency medical services in the Pediatric Out-of-Hospital Chain?**

- A. Post-cardiac arrest care**
- B. High-quality CPR**
- C. Recovery phase**
- D. Advanced resuscitation**

## **Answers**

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

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## **Explanations**

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## 1. What contributes to effective teamwork during a BLS resuscitation attempt?

- A. Clear communication and role clarity**
- B. Disregard for team dynamics**
- C. Individual performance over team success**
- D. Limited interaction among team members**

Effective teamwork during a BLS resuscitation attempt is greatly enhanced by clear communication and role clarity. In an emergency situation, where every second counts, it is crucial that all team members understand their specific responsibilities and can communicate effectively with one another. This clarity helps to streamline the process of delivering care, reduces the likelihood of errors, and allows for efficient coordination of actions, such as chest compressions, ventilation, and the use of an AED. When team members communicate clearly, they can provide updates on the patient's condition, call for additional help if needed, and ensure that everyone is aware of the actions that are being taken. This minimizes confusion and helps maintain an organized approach to resuscitation, which is critical for improving the chances of a successful outcome. In contrast, disregarding team dynamics, prioritizing individual performance over collaborative efforts, and limiting interactions among team members can lead to miscommunications, chaos, and ineffective care delivery during the vital moments of a resuscitation attempt.

## 2. What is the correct sequence for performing mouth-to-mouth-and-nose breaths for an infant?

- A. Pinch the nose, then give a breath**
- B. Place your mouth over the infant's mouth and nose**
- C. Give a breath before performing the head tilt-chin lift**
- D. Perform chest compressions first**

The correct sequence for performing mouth-to-mouth-and-nose breaths for an infant emphasizes the importance of a proper seal and the technique used to deliver breaths effectively. Placing your mouth over the infant's mouth and nose ensures that the breaths are delivered directly into the airway, minimizing any leaks that could occur if the seal is not tight. This technique is specifically designed for infants since their anatomy is quite different from adults. It allows for the most effective ventilation by covering both the mouth and the nose, ensuring that air gets into the lungs without escaping. This is especially critical because infants have a higher risk of airway obstruction, and careful attention to the technique can improve the chances of successful resuscitation. In contrast, other options may not follow the correct emergency response protocols. For instance, pinching the nose first could impede effective airflow if not done while also ensuring a proper seal. Giving a breath before performing the head tilt-chin lift is often ineffective, as a clear airway is essential for successful ventilation. Furthermore, performing chest compressions first would be unnecessary when the goal is to establish a breathing pathway using the proper ventilation technique. Thus, understanding and implementing the correct method for administering breaths is vital for effective BLS in infants.

**3. What is the recommended rate of chest compressions when an advanced airway is in use?**

- A. 60 to 80 per minute**
- B. 80 to 100 per minute**
- C. 100 to 120 per minute**
- D. 120 to 140 per minute**

The recommended rate of chest compressions when an advanced airway is in use is 100 to 120 compressions per minute. This range is in line with guidelines set forth by organizations such as the American Heart Association. This frequency ensures that there is adequate blood flow to vital organs during cardiopulmonary resuscitation (CPR). Maintaining a compression rate that is too slow would not provide sufficient perfusion to the heart and brain, while compressions that are too rapid may lead to inadequate filling of the heart chambers and could potentially decrease the effectiveness of each compression. Additionally, with an advanced airway in place, rescuers should focus on continuous chest compressions without pausing for breaths, which allows for a better uninterrupted blood flow during cardiac arrest. Thus, the correct approach emphasizes both the importance of rate and the need for consistent compressions to maximize cerebral and coronary perfusion.

**4. What is the appropriate action when using an AED to minimize interruptions in compressions?**

- A. Pause compressions until the AED is ready**
- B. Continue with high-quality CPR until the AED prompts to clear**
- C. Administer rescue breaths while waiting for the AED**
- D. Complete the full cycle of CPR before using the AED**

When using an AED, the appropriate action to minimize interruptions in compressions is to continue with high-quality CPR until the AED prompts to clear. This approach ensures that blood circulation is maintained while the AED is preparing to analyze the heart's rhythm. Continuous chest compressions are critical for providing oxygenated blood to the vital organs, especially the brain and heart, during a cardiac arrest situation. By not pausing compressions, you maximize the chances of a successful defibrillation and maintain perfusion to the myocardium and brain. The AED will provide audio and visual prompts when it is ready to analyze the heart rhythm. At that point, it is crucial to clear the area and ensure no one is touching the patient to avoid interference during the analysis and potential shock delivery. In contrast, other actions such as pausing compressions or performing rescue breaths not only disrupt the rhythm of compressions but also decrease the effectiveness of CPR during this critical period. It's important to understand that minimizing interruptions in chest compressions is a key factor in improving outcomes for patients in cardiac arrest.

## 5. Who in a BLS team is responsible for operating the AED and alternating with the Compressor?

- A. Airway**
- B. Compressor**
- C. Monitor/Defibrillator**
- D. Team Leader**

In a Basic Life Support (BLS) scenario, the role of operating the AED (Automated External Defibrillator) and alternating with the Compressor is typically assigned to the individual designated as the Monitor/Defibrillator. This team member is responsible for ensuring that the heart rhythm is assessed and, if needed, delivering defibrillation while coordinating with the Compressor, who is performing chest compressions. This dual responsibility is crucial because effective CPR and timely defibrillation are both critical factors in improving survival rates for out-of-hospital cardiac arrest. The Monitor/Defibrillator must stay alert to the patient's condition and be ready to respond appropriately when the AED indicates that a shock is advised. This allows for minimal interruptions to chest compressions, which should only cease briefly for the delivery of a shock and immediately resume afterward. The other roles within the BLS team—such as the Airway, who is responsible for maintaining an open airway and providing rescue breaths, and the Team Leader, who oversees the entire response and ensures the team works efficiently—do not typically handle the AED directly or switch roles with the Compressor. This delineation of responsibilities helps maintain clarity and effectiveness during a critical emergency response.

## 6. Which team member is responsible for tracking interruptions in compressions during CPR?

- A. Timer/Recorder**
- B. Compressions Lead**
- C. Medic**
- D. Rescue Breath Provider**

The team member responsible for tracking interruptions in compressions during CPR is the Timer/Recorder. This role is crucial because it ensures that any pauses or breaks in chest compressions are documented accurately. Maintaining high-quality continuous chest compressions is vital for effective cardiopulmonary resuscitation, as interruptions can decrease the effectiveness of blood flow to the heart and brain. The Timer/Recorder monitors the timing of the compression cycles and communicates this information to the rest of the team, helping to ensure that compressions are resumed as quickly as possible after any interruptions, such as when administering rescue breaths, using an automated external defibrillator (AED), or when the team needs to change positions. This continuous tracking helps maintain the focus on keeping the patient's blood circulating effectively during the critical moments of resuscitation. In contrast, other roles such as Compressions Lead or Medic may focus on performing the compressions and administering medications respectively, while the Rescue Breath Provider is specifically tasked with delivering breaths. Their duties do not involve the oversight of the timing and interruptions in the compression process.

## 7. What is the significance of early defibrillation in cases of cardiac arrest?

- A. It allows for immediate recovery of the victim
- B. It increases the chances of survival significantly if used within minutes**
- C. It is essential for proper CPR technique
- D. It helps to lower the heart rate

The significance of early defibrillation in cases of cardiac arrest lies in its ability to significantly increase the chances of survival when it is administered within minutes of the event. Cardiac arrest often results from arrhythmias, such as ventricular fibrillation or pulseless ventricular tachycardia, which disrupt the heart's normal rhythm, preventing it from effectively pumping blood. Early defibrillation, delivered as soon as possible, can restore a normal heart rhythm, allowing the heart to resume its role in circulating blood and delivering oxygen to vital organs. Research has shown that the likelihood of survival decreases rapidly with each passing minute after a cardiac arrest occurs. Therefore, prompt action, including the use of an Automated External Defibrillator (AED) and administration of CPR, is crucial. Quick defibrillation increases the likelihood of a favorable outcome, making it a critical component of an effective response to cardiac arrest situations. In contrast, immediate recovery is not always guaranteed; while defibrillation is vitally important, the outcome can depend on a variety of other factors. Furthermore, early defibrillation is distinct from proper CPR technique, though both are essential in a comprehensive resuscitation strategy. Lowering the heart rate is also not the primary goal of defibrillation.

## 8. After administering high-quality CPR to a pediatric patient, what is typically the next step in the Chain of Survival?

- A. Post-cardiac arrest care
- B. Recovery
- C. Advanced resuscitation**
- D. Activation of emergency response system

In the context of high-quality CPR for a pediatric patient, the next step in the Chain of Survival focuses on ensuring that advanced medical care is provided as soon as possible. This is crucial because high-quality CPR stabilizes the patient's condition, but it does not address the underlying issues that led to the cardiac arrest. Therefore, advanced resuscitation is needed to take over from basic life support efforts and provide more invasive procedures that can help restore normal heart function, such as the use of medications or defibrillation. Advanced resuscitation typically involves the involvement of emergency medical services (EMS) or other healthcare providers trained to deliver these critical interventions. This step is vital to improve the chances of survival and promote better outcomes after a cardiac event in children. Other steps in the Chain of Survival, such as the activation of the emergency response system, are important but typically precede the administration of high-quality CPR in a real-life scenario. Post-cardiac arrest care and recovery are subsequent stages that occur after advanced resuscitation has been initiated and the patient has been stabilized.

**9. What is the next step after determining a child is unresponsive and has no normal breathing?**

- A. Begin immediate CPR**
- B. Check for a pulse**
- C. Call 911**
- D. Retrieve an AED**

The correct next step after determining that a child is unresponsive and has no normal breathing is to begin immediate CPR. In an emergency situation, identifying unresponsiveness and lack of normal breathing indicates that the child is at risk of cardiac arrest, which requires immediate action to provide vital support. While calling 911, checking for a pulse, or retrieving an AED may be relevant steps in emergency care, they are not the immediate priorities in this scenario. When someone is unresponsive and not breathing adequately, the most critical response is to begin CPR, as this can help maintain blood flow to vital organs and potentially increase the chances of survival until emergency services can arrive. The steps of CPR will include chest compressions and rescue breaths if trained to do so, which are necessary to provide oxygenation and circulation during this life-threatening situation.

**10. What follows after receiving emergency medical services in the Pediatric Out-of-Hospital Chain?**

- A. Post-cardiac arrest care**
- B. High-quality CPR**
- C. Recovery phase**
- D. Advanced resuscitation**

In the Pediatric Out-of-Hospital Chain of Survival, the step that follows after receiving emergency medical services involves advanced resuscitation. This phase is crucial as it encompasses the initiation of advanced medical interventions by trained professionals, which may include advanced airway management and medication administration. These interventions aim to stabilize the child's condition further and improve their chances of survival after the initial basic life support measures, such as high-quality CPR, have been administered by bystanders or first responders. Advanced resuscitation represents a transition in care from basic life support to more complex medical interventions. This step is vital, as it can significantly impact the outcomes for pediatric patients experiencing cardiac arrest or other critical emergencies. The focus during this phase is on utilizing the skills and resources of emergency medical personnel to address the underlying causes of the arrest and to support the child's physiological functions more comprehensively. Understanding the significance of advanced resuscitation helps reinforce the necessity of a well-coordinated emergency response that advances beyond initial lifesaving efforts.

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

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

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