

BASIC LIFE SUPPORT (BLS) RENEWAL PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

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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 condition must be met for CPR to be deemed effective?**
 - A. The heart must be pumping blood to provide effective circulation
 - B. The victim must be breathing on their own intermittently
 - C. The rescuer must maintain eye contact with the victim
 - D. The assessment should indicate no pulse at all
- 2. When delivering rescue breaths to a child, how frequently should breaths be provided?**
 - A. 1 breath every 2 to 3 seconds
 - B. 1 breath every 5 seconds
 - C. 1 breath every minute
 - D. 2 breaths every 5 seconds
- 3. What is the priority when dealing with a choking adult?**
 - A. Perform chest thrusts
 - B. Encourage coughing
 - C. Administer back blows
 - D. Perform abdominal thrusts
- 4. What is the significance of assigning clear roles and responsibilities in a BLS team?**
 - A. To follow strict regulatory guidelines
 - B. To enhance team dynamics and effectiveness
 - C. To minimize time spent on resuscitation
 - D. To reduce the need for communication
- 5. What should you instruct your colleague to do if you find an adult victim unresponsive, not breathing, and with no pulse?**
 - A. Begin chest compressions immediately
 - B. Activate the emergency response system and get the AED
 - C. Check the pulse again
 - D. Start rescue breaths right away

- 6. What should be done if a child becomes unresponsive and is not breathing?**
- A. Call emergency services and begin CPR
 - B. Check their pulse for 30 seconds
 - C. Place them in a seated position
 - D. Administer rescue breaths only
- 7. What does the "C" in the CAB sequence stand for?**
- A. Circulation
 - B. Compressions
 - C. Care
 - D. Clearance
- 8. What immediate action should be taken after the AED analyzes the heart rhythm?**
- A. Check the victim's airway
 - B. Clear the victim for safety
 - C. Begin CPR immediately
 - D. Administer a second shock if needed
- 9. After delivering a shock from the AED, what is the immediate next step?**
- A. Reassess the victim's condition
 - B. Resume CPR immediately
 - C. Wait for 2 minutes before continuing
 - D. Check the AED for malfunctions
- 10. During CPR on a child, where should your hands be placed?**
- A. Over the upper half of the breastbone
 - B. Over the lower half of the breastbone
 - C. On the stomach
 - D. On the shoulders

Answers

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

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Explanations

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1. What condition must be met for CPR to be deemed effective?

- A. The heart must be pumping blood to provide effective circulation**
- B. The victim must be breathing on their own intermittently
- C. The rescuer must maintain eye contact with the victim
- D. The assessment should indicate no pulse at all

For CPR to be deemed effective, it is essential that the heart is actively pumping blood to ensure effective circulation. The primary goal of CPR is to provide artificial circulation and ventilation to a person who has suffered cardiac arrest. During CPR, the compressions help to artificially circulate blood, delivering oxygen to vital organs, especially the brain and heart. If the heart is pumping blood effectively on its own, there would be no need to perform CPR, as circulation would already be in progress naturally. When the heart is not pumping blood adequately or at all, high-quality chest compressions become critical. They help to maintain some level of blood flow to the vital organs, buying time until advanced medical help can take over and restore normal heart function. The other conditions presented, such as the victim breathing on their own or the rescuer maintaining eye contact, do not directly relate to the effectiveness of CPR. While assessing for a pulse is important, the condition indicating no pulse at all is specifically an indicator that CPR is necessary, rather than a criterion for its effectiveness.

2. When delivering rescue breaths to a child, how frequently should breaths be provided?

- A. 1 breath every 2 to 3 seconds**
- B. 1 breath every 5 seconds
- C. 1 breath every minute
- D. 2 breaths every 5 seconds

When delivering rescue breaths to a child, it is crucial to provide breaths at the correct frequency to ensure adequate ventilation. The correct approach is to deliver 1 breath every 2 to 3 seconds. This frequency allows sufficient time for the child to receive adequate oxygen while also preventing overinflation of the lungs, which can lead to potential complications such as gastric insufflation or decreased effectiveness of the rescue breaths. In practice, this timing translates to a rate of about 20 to 30 breaths per minute, which aligns with the natural respiratory needs of a child during a cardiac emergency. Each breath should be given just enough to make the chest rise visibly, ensuring effective ventilation. Understanding this frequency is essential because it helps maintain effective oxygenation and minimizes the risk of further complications during the resuscitation process. Rescue breaths should always be delivered after ensuring that the airway is open and clear, using the proper technique to create a seal around the child's mouth.

3. What is the priority when dealing with a choking adult?

- A. Perform chest thrusts
- B. Encourage coughing
- C. Administer back blows
- D. Perform abdominal thrusts**

When dealing with a choking adult, the priority intervention is to perform abdominal thrusts. This technique is specifically designed to create pressure in the abdomen that can help expel an obstructing object from the airway. When the airway is blocked by a foreign object, the individual cannot breathe properly, and immediate action is essential to prevent suffocation. Abdominal thrusts, also known as the Heimlich maneuver, are particularly effective because they can generate a significant amount of force needed to dislodge what is causing the obstruction. This method involves standing behind the victim, placing your arms around their waist, making a fist with one hand, and thrusting inward and slightly upward under the ribcage. While encouraging coughing, administering back blows, and other techniques might have their applications in different scenarios, they are not as effective for a fully choking adult. Encouraging coughing is suitable for individuals who can still talk or breathe but may not be the best course for someone who has a complete airway obstruction. Administering back blows can be used in certain situations and is more applicable for younger children or infants. However, for an adult with a confirmed airway obstruction, abdominal thrusts are the most direct and effective immediate intervention.

4. What is the significance of assigning clear roles and responsibilities in a BLS team?

- A. To follow strict regulatory guidelines
- B. To enhance team dynamics and effectiveness**
- C. To minimize time spent on resuscitation
- D. To reduce the need for communication

Assigning clear roles and responsibilities in a BLS team is crucial because it enhances team dynamics and effectiveness during a critical and time-sensitive situation such as cardiac arrest. When each team member knows their specific role, it allows for organized and efficient action, reducing confusion and overlap of duties. Such clarity helps the team operate more fluidly, ensuring that essential tasks like chest compressions, ventilation, and defibrillation are performed promptly and effectively according to established protocols. Additionally, clear roles facilitate better coordination and improve the overall response time, which is vital for the victim's survival. When responsibilities are delineated, team members can focus their efforts on their specific tasks, confident that others are performing their duties, leading to a more cohesive response. In emergency situations like BLS, where immediate intervention is necessary, every second counts, making the effectiveness of team dynamics pivotal to achieving a successful outcome. This structured organization ultimately contributes to higher survival rates and better patient outcomes.

5. What should you instruct your colleague to do if you find an adult victim unresponsive, not breathing, and with no pulse?

- A. Begin chest compressions immediately
- B. Activate the emergency response system and get the AED**
- C. Check the pulse again
- D. Start rescue breaths right away

When you encounter an adult victim who is unresponsive, not breathing, and without a pulse, the first critical step is to activate the emergency response system and retrieve an Automated External Defibrillator (AED). This is essential because time is of the essence in cases of cardiac arrest. Activating the emergency response system ensures that professional medical help is on the way as quickly as possible. While chest compressions are indeed crucial for maintaining blood circulation, it is important to first alert emergency services so they can arrive and provide advanced care. Simultaneously, getting an AED is vital, as it can significantly increase the chances of survival by delivering a shock to the heart if needed. The AED also provides guidance on next steps, which can aid in effective resuscitation efforts. Checking the pulse again is not advisable at this stage because the initial assessment already indicated that there is no pulse, meaning immediate action is required without delay. Starting rescue breaths before activating the emergency response may also be inappropriate since the lack of a pulse indicates a need for compressed intervention promptly rather than an immediate focus on ventilation.

6. What should be done if a child becomes unresponsive and is not breathing?

- A. Call emergency services and begin CPR**
- B. Check their pulse for 30 seconds
- C. Place them in a seated position
- D. Administer rescue breaths only

When a child becomes unresponsive and is not breathing, the recommended course of action is to call emergency services and begin CPR immediately. This approach is crucial because the child requires immediate intervention to restore oxygenation and circulation. In situations where a child is unresponsive and lacks breathing, time is of the essence. Calling emergency services activates the network of care individuals that can help, ensuring that advanced medical assistance is on the way while you perform CPR. Starting chest compressions right away helps maintain blood flow to vital organs and increases the chances of survival until professional help arrives. Beginning CPR also incorporates rescue breaths after the initial compressions, focusing on both maintaining circulation and providing oxygen to the body. Therefore, initiating CPR alongside alerting emergency services is the most effective and appropriate response in this critical situation.

7. What does the "C" in the CAB sequence stand for?

- A. Circulation
- B. Compressions**
- C. Care
- D. Clearance

In the CAB sequence, which is a critical framework for providing effective basic life support, the "C" stands for Compressions. This sequence emphasizes the importance of prioritizing chest compressions as the first action in a cardiac arrest scenario. Compressions are central to maintaining blood flow to vital organs when someone's heart has stopped beating effectively. Delivering high-quality chest compressions ensures that oxygen-rich blood continues to circulate, thereby buying time until further advanced medical care can be provided or until an automated external defibrillator (AED) is available. In this context, emphasizing compressions first is essential, as it takes precedence before assessing the airway or providing rescue breaths. This approach is based on research that highlights the importance of early compressions in improving survival rates from cardiac arrest. Understanding this framework and the significance of the "C" in CAB is crucial for anyone trained in basic life support, as it guides responders on the most effective actions to take in an emergency.

8. What immediate action should be taken after the AED analyzes the heart rhythm?

- A. Check the victim's airway
- B. Clear the victim for safety**
- C. Begin CPR immediately
- D. Administer a second shock if needed

After the AED analyzes the heart rhythm, the immediate action should be to clear the victim for safety. This is crucial because it ensures that no one is touching the victim during the analysis and potential shock delivery. If someone is in contact with the victim, it could interfere with the AED's analysis and pose a risk of delivering an electric shock to the person touching the victim. Once the AED indicates that a shock is advised, clearing the area ensures that both the person delivering the shock and the victim are protected from unwanted electrical discharge. This procedure emphasizes the importance of maintaining safety protocols while using an AED, as the effectiveness of the intervention relies heavily on a clear and safe environment during the shock. The other actions, while important in the overall context of BLS and emergency response, should follow this immediate safety protocol after the AED analysis.

9. After delivering a shock from the AED, what is the immediate next step?

- A. Reassess the victim's condition
- B. Resume CPR immediately**
- C. Wait for 2 minutes before continuing
- D. Check the AED for malfunctions

After delivering a shock from the Automated External Defibrillator (AED), the immediate next step is to resume CPR immediately. This ensures that effective chest compressions are restarted as soon as possible. The rationale behind this is that following a shock, there is often a brief period where the heart may be able to revert to a normal rhythm. However, there is still a critical need for circulation to maintain blood flow to vital organs, including the brain. Performing CPR helps to keep oxygenated blood circulating until the heart can stabilize and either regain its normal rhythm or additional interventions can be applied. Time is a crucial factor in cardiac arrest situations; therefore, minimizing the delays in CPR after defibrillation is vital for the victim's chances of survival. In contrast, options that involve checking the AED for malfunctions or waiting for a set period before continuing do not prioritize the immediate need for cardiovascular support that CPR provides after the shock. Additionally, while reassessing the victim's condition is important, it should be conducted during the CPR cycle rather than interrupting the flow immediately after defibrillation.

10. During CPR on a child, where should your hands be placed?

- A. Over the upper half of the breastbone
- B. Over the lower half of the breastbone**
- C. On the stomach
- D. On the shoulders

When performing CPR on a child, the correct placement of your hands is over the lower half of the breastbone, also known as the sternum. This positioning is crucial for effective chest compressions, which are designed to pump blood to vital organs. Compressing the lower half of the breastbone ensures that the compressions are delivered at the most effective part of the chest to generate adequate blood flow. Positioning your hands over the upper half of the breastbone would not provide the right leverage needed for effective compressions and could potentially result in less force being applied. Placing your hands on the stomach or shoulders does not contribute to circulation and would not help in maintaining blood flow during a cardiac event. Therefore, the proper hand placement is essential for maximizing the chances of survival and successful resuscitation in a pediatric patient.

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://basiclifesupportrenewal.examzify.com>

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

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