

BASIC LIFE SUPPORT INSTRUCTOR PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS



VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://basiclifesupportinstructor.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

SAMPLE

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

SAMPLE

- 1. Which pulse location should be checked on an adult during CPR?**
 - A. Radial pulse
 - B. Femoral pulse
 - C. Carotid pulse
 - D. Popliteal pulse
- 2. What is the depth of chest compressions recommended for children?**
 - A. About 1 inch (2.5 cm)
 - B. About 1.5 inches (4 cm)
 - C. About 2 inches (5 cm)
 - D. About 3 inches (7.5 cm)
- 3. How much of the time should the chest compression fraction (CCF) aim for in CPR?**
 - A. 40-60%
 - B. 60-80%
 - C. 80-90%
 - D. 90-100%
- 4. During a choking emergency, what is considered a primary action for adults?**
 - A. Performing abdominal thrusts
 - B. Using back blows only
 - C. Encouraging the person to drink water
 - D. Monitoring breathing without intervention
- 5. How can you tell if rescue breaths were effective in an adult?**
 - A. You should hear a whistle sound
 - B. You should see the chest rise
 - C. You should feel the stomach expand
 - D. The victim should respond verbally

- 6. Which of the following is a life-threatening shockable arrhythmia?**
- A. Atrial Fibrillation
 - B. Ventricular Fibrillation
 - C. Sinus Tachycardia
 - D. Bradycardia
- 7. In the case of a drowning victim, what should be prioritized?**
- A. Perform CPR immediately
 - B. Call 911 first
 - C. Administer rescue breaths first
 - D. Check for a pulse
- 8. What is the recommended rate of chest compressions in CPR for adults?**
- A. 100 to 120 compressions per minute
 - B. 60 to 80 compressions per minute
 - C. 120 to 140 compressions per minute
 - D. 80 to 100 compressions per minute
- 9. In a two-rescuer CPR situation for infants, what is the compression-to-breath ratio?**
- A. 30:2
 - B. 15:2
 - C. 10:1
 - D. 20:2
- 10. What is "high-quality CPR"?**
- A. Chest compressions that are deep, fast, and allow for full recoil
 - B. Administering breaths without compressions
 - C. Providing compressions with minimal interruptions
 - D. CPR performed only by trained professionals

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which pulse location should be checked on an adult during CPR?

- A. Radial pulse
- B. Femoral pulse
- C. Carotid pulse**
- D. Popliteal pulse

During CPR, the carotid pulse is the recommended location to check for an adult. This pulse can be found on either side of the neck, just below the jawline. The carotid artery is large and readily accessible, making it an ideal site for assessing circulation in a patient who is unresponsive and not breathing. Checking the carotid pulse allows rescuers to quickly determine if there is any circulation present, which is crucial for evaluating the need for immediate intervention. The carotid pulse is prioritized because, in situations where a person may require CPR, it allows for a swift assessment of the patient's condition. Other pulse locations, such as the radial, femoral, or popliteal pulses, are not as efficient for this purpose, especially in emergencies where rapid decisions must be made regarding the initiation of chest compressions and rescue breaths. Therefore, the carotid pulse remains the most effective and widely accepted point for pulse check during CPR in adults.

2. What is the depth of chest compressions recommended for children?

- A. About 1 inch (2.5 cm)
- B. About 1.5 inches (4 cm)**
- C. About 2 inches (5 cm)
- D. About 3 inches (7.5 cm)

The recommended depth of chest compressions for children is about 1.5 inches (4 cm). This guideline is based on research indicating that this depth is effective in generating adequate blood flow during cardiopulmonary resuscitation (CPR). The goal during compressions is to ensure that there is enough force applied to the chest to allow for effective circulation of blood, particularly in an emergency cardiac situation. In children, the chest is smaller and more delicate than in adults, which is why the depth of compression is shallower compared to adult CPR guidelines. Ensuring the correct depth is crucial, as compressions that are too shallow may not be effective, while those that are too deep could cause injury to the child's developing body. Therefore, adhering to the recommended depth of around 1.5 inches helps maximize the effectiveness of CPR while minimizing the risk of harm.

3. How much of the time should the chest compression fraction (CCF) aim for in CPR?

- A. 40-60%
- B. 60-80%**
- C. 80-90%
- D. 90-100%

The chest compression fraction (CCF) is a crucial metric in cardiopulmonary resuscitation (CPR) that gauges the proportion of time during a resuscitation attempt when effective chest compressions are being administered. Ideally, a high CCF indicates that compressions are being performed consistently without unnecessary interruptions. Aiming for a CCF of 60-80% is supported by guidelines from organizations such as the American Heart Association. This range allows for sufficient time to perform chest compressions effectively while also permitting necessary interruptions for critical interventions, such as defibrillation or rescue breaths, when indicated. Maintaining a CCF within this range ensures optimal blood flow to vital organs during CPR, enhancing the likelihood of a successful outcome. A CCF lower than this could mean that the quality of CPR is compromised, reducing the chances of survival and recovery for the patient.

4. During a choking emergency, what is considered a primary action for adults?

- A. Performing abdominal thrusts**
- B. Using back blows only
- C. Encouraging the person to drink water
- D. Monitoring breathing without intervention

In a choking emergency for adults, performing abdominal thrusts is the primary action recommended. This technique is effective in creating an upward pressure in the abdomen, which can force the object blocking the airway to be expelled. The goal is to dislodge the obstruction quickly, restoring normal breathing. In contrast, using back blows alone, while potentially helpful, is not typically the sole method recommended for adults. It's more commonly combined with abdominal thrusts when the individual is conscious and capable of standing or sitting. Encouraging someone to drink water is not advisable, as it could worsen the blockage and is not a recognized treatment for choking. Monitoring breathing without intervention could lead to a critical delay in helping someone who is unable to breathe due to a blockage. Therefore, timely and effective action, such as administering abdominal thrusts, is essential in these emergency situations.

5. How can you tell if rescue breaths were effective in an adult?

- A. You should hear a whistle sound
- B. You should see the chest rise**
- C. You should feel the stomach expand
- D. The victim should respond verbally

To determine if rescue breaths were effective in an adult, observing for visible chest rise is key. When rescue breaths are delivered properly, they should cause the chest to rise and fall, indicating that air is entering the lungs. This is a vital sign that breath is being effectively delivered into the respiratory system, allowing for gas exchange to occur. Seeing the chest rise confirms that the airway is open, and air is moving into the lungs instead of escaping into the stomach or other areas. It's essential to ensure that the head is positioned correctly to maintain an open airway, maximizing the effectiveness of each breath delivered. Proper technique, including a good seal and the right volume of air, will enhance the chances of effective ventilation. Other options do not provide reliable indicators of effective rescue breaths. For instance, a whistle sound is not a typical indication of effective rescue breaths, and feeling the stomach expand might suggest improper breathing technique, where air is entering the stomach instead of the lungs. The victim responding verbally may occur in cases where adequate oxygenation has prompted improvement, but this is more of a late indicator rather than an immediate sign of effective rescue breaths.

6. Which of the following is a life-threatening shockable arrhythmia?

- A. Atrial Fibrillation
- B. Ventricular Fibrillation**
- C. Sinus Tachycardia
- D. Bradycardia

Ventricular Fibrillation is identified as a life-threatening shockable arrhythmia due to the chaotic electrical activity that disrupts the normal rhythm of the heart. In this condition, the heart's ventricles quiver ineffectively instead of contracting properly, which prevents blood from being pumped to the body and brain. This lack of blood flow can quickly lead to death if not treated swiftly. The primary treatment for ventricular fibrillation is defibrillation, which involves delivering an electrical shock to the heart to restore a normal rhythm. In contrast, the other arrhythmias listed, such as Atrial Fibrillation, Sinus Tachycardia, and Bradycardia, either do not require immediate electrical intervention or are not classified as shockable. Atrial Fibrillation may cause complications but is treated differently, and while Bradycardia can be serious, it's typically managed with medications or pacing rather than defibrillation. Sinus Tachycardia is often a compensatory response to various physiological conditions and is not inherently life-threatening in the absence of other conditions. Thus, the distinction of ventricular fibrillation as a shockable rhythm is vital for effective emergency response in the context of cardiac arrest.

7. In the case of a drowning victim, what should be prioritized?

- A. Perform CPR immediately
- B. Call 911 first
- C. Administer rescue breaths first**
- D. Check for a pulse

In the scenario involving a drowning victim, administering rescue breaths first is prioritized because drowning typically leads to a lack of oxygen, which is a critical factor in determining survival. When a person has drowned, they may be unconscious and not breathing adequately due to water in the airways or respiratory distress. Providing rescue breaths immediately helps to restore oxygen to the lungs, which can be vital in reviving the victim and minimizing potential brain injury from hypoxia. While it is also important to activate emergency medical assistance, such as calling 911, the immediate focus in this specific context is on addressing the airway and breathing issues. Checking for a pulse can be important but is generally secondary to ensuring that the victim is receiving oxygen. Starting with rescue breaths ensures that even if a pulse is present, the vital oxygen supply is being supported right away, which is essential for any rescue attempt.

8. What is the recommended rate of chest compressions in CPR for adults?

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

The recommended rate of chest compressions in CPR for adults is 100 to 120 compressions per minute because this range has been shown to be effective in maintaining adequate blood flow to vital organs during cardiac arrest. This cadence helps maximize the chances of survival by ensuring that enough blood is circulated to the brain and heart until advanced medical help arrives. It is important to maintain this tempo consistently throughout the resuscitation effort, as slowing down can reduce the effectiveness of CPR significantly. Additionally, the goal of achieving a compressions rate within this range aligns with the latest guidelines from major organizations such as the American Heart Association, which emphasizes the importance of high-quality CPR during emergencies. Maintaining an appropriate rate, along with correct depth and allowing complete chest recoil, contributes to the overall efficacy of the resuscitation process.

9. In a two-rescuer CPR situation for infants, what is the compression-to-breath ratio?

- A. 30:2
- B. 15:2**
- C. 10:1
- D. 20:2

In a two-rescuer CPR scenario specifically for infants, the recommended compression-to-breath ratio is 15:2. This ratio is designed for situations where one rescuer is providing compressions while the other manages the ventilations. It is important because infants have different anatomical and physiological characteristics compared to adults and children, requiring a tailored CPR approach. The higher ratio of compressions to breaths (15:2) reflects the need for more frequent compressions to ensure adequate blood circulation, while still providing breathing support to the infant. This balance helps maximize the effectiveness of CPR by maintaining blood flow and oxygen delivery during cardiopulmonary arrest. In this context, it is vital for rescuers to be trained in the specific ratios and techniques for effective infant resuscitation, as using the wrong ratio, such as 30:2 or any other inappropriate ratio, can hinder survival chances. The ratio of 15:2 maximizes the chances of a successful outcome in a critical situation involving infants.

10. What is "high-quality CPR"?

- A. Chest compressions that are deep, fast, and allow for full recoil**
- B. Administering breaths without compressions
- C. Providing compressions with minimal interruptions
- D. CPR performed only by trained professionals

High-quality CPR is defined by several critical components that enhance the chances of survival and recovery for an individual experiencing cardiac arrest. The correct choice emphasizes chest compressions that are deep, fast, and allow for full recoil. Deep compressions are crucial because they help to effectively circulate blood to vital organs, specifically the brain and heart, during cardiac arrest. The recommendation is for compressions to be at least 2 inches deep in adults and to achieve a rate of 100 to 120 compressions per minute. Full recoil of the chest between compressions is equally important because it allows the heart to refill with blood, ensuring effectively perfusion during the next compression. Adequate recoil helps optimize blood flow and improves the overall effectiveness of CPR. While administering breaths is a component of CPR, as well as minimizing interruptions, the foundation of high-quality CPR primarily rests on the quality of chest compressions. Furthermore, CPR should be performed by anyone trained, as bystanders can significantly impact survival even without professional training. The emphasis on quality and technique in chest compressions is what significantly influences positive outcomes in cardiac arrest scenarios.

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://basiclifesupportinstructor.examzify.com>

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

SAMPLE