

# Cabin Crew 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. What depth should chest compressions reach during adult CPR?**
  - A. 2 cm**
  - B. 3 cm**
  - C. 4 cm**
  - D. 5 cm**
  
- 2. If a passenger has limited English proficiency, what is the recommended approach?**
  - A. Speak clearly, adapt explanations to needs, offer written or visual aids, and ensure safety procedures are understood.**
  - B. Speak loudly and slowly with no aids.**
  - C. Proceed without accommodations.**
  - D. Ask the passenger to bring a translator.**
  
- 3. When are door safety straps required to be used?**
  - A. Always during flight**
  - B. When doors are open and no ground support equipment is at doors**
  - C. Only during departure**
  - D. Never**
  
- 4. Which of the following is the correct method to extinguish a fire by removing oxygen?**
  - A. Smother**
  - B. Cool**
  - C. Starve**
  - D. Ventilate**
  
- 5. Which scenario clearly requires initiating evacuations according to emergency criteria?**
  - A. An uncontrollable fire inside or outside the aircraft that is getting worse.**
  - B. Dense smoke in the cabin that is threatening life.**
  - C. Ditching.**
  - D. Obvious destruction of the aircraft (Major structural damage).**

- 6. In Silent Review ALERT, what does the letter E represent?**
- A. Location ABP, SPC**
  - B. Equipment (Doors and equipment)**
  - C. Threat (fire, smoke, etc)**
  - D. Aircraft type (Exits)**
- 7. How should cabin lighting be managed during boarding?**
- A. Dim the lights completely**
  - B. Keep the lighting at full brightness**
  - C. Use mood lighting throughout boarding**
  - D. Use adequate lighting for safety and visibility, minimize glare, and adjust as passengers board and locate seats**
- 8. What must be ensured during Safety and Emergency Equipment Check?**
- A. Correct location, quantity and serviceability and secure stowage**
  - B. Only location**
  - C. Only quantity**
  - D. Only serviceability**
- 9. What is the immediate action for a bomb threat?**
- A. Notify the flight deck and evacuate immediately.**
  - B. Ignore and continue service.**
  - C. Notify the flight deck, follow established procedures, secure the area if trained, preserve details, and prepare for possible evacuation.**
  - D. Confront the person making the threat.**
- 10. What is the primary objective of the cabin crew pre-flight safety check?**
- A. To confirm passenger manifest and seating assignments.**
  - B. To verify that safety equipment is present and serviceable, exits are ready, and the cabin is prepared for passenger boarding.**
  - C. Inspect galley utensils for cleanliness.**
  - D. Review weather and flight plan with crew.**

## Answers

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

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## **Explanations**

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**1. What depth should chest compressions reach during adult CPR?**

- A. 2 cm**
- B. 3 cm**
- C. 4 cm**
- D. 5 cm**

In adult CPR, the chest needs to be pressed hard enough to generate meaningful blood flow. The recommended depth is about five centimeters of chest depression, which is roughly two inches. This depth moves enough blood with each compression to circulate to the brain and other vital organs. When compressions are shallower—around four centimeters or less—the amount of blood moved is often insufficient to maintain perfusion. Going deeper than the guideline depth doesn't show added benefit and can raise the risk of injury, so aim for that minimum effective depth and allow the chest to fully recoil between compressions. Pair this with a steady rate of about one hundred to one hundred twenty compressions per minute and complete chest recoil to maximize effectiveness.

**2. If a passenger has limited English proficiency, what is the recommended approach?**

- A. Speak clearly, adapt explanations to needs, offer written or visual aids, and ensure safety procedures are understood.**
- B. Speak loudly and slowly with no aids.**
- C. Proceed without accommodations.**
- D. Ask the passenger to bring a translator.**

Clear, accessible communication is essential when a passenger has limited English proficiency. The best approach is to speak clearly using plain language, tailor explanations to the passenger's needs, and supplement spoken briefings with written or visual aids to reinforce understanding. This helps ensure the passenger not only hears but comprehends safety procedures and knows how to act in an emergency. When possible, offer translated materials or use pictorial safety cards, and check comprehension by asking the passenger to restate the instructions or demonstrate the actions. The goal is understanding, not just delivering words. Simply speaking loudly and slowly without aids often fails to convey complex steps and can come across as ineffective. Proceeding without accommodations undermines safety, and asking the passenger to bring a translator is impractical in many situations.

**3. When are door safety straps required to be used?**

- A. Always during flight
- B. When doors are open and no ground support equipment is at doors**
- C. Only during departure
- D. Never

Door safety straps are used whenever a door is opened on the ground and there's no ground support equipment at the door. The strap secures the door so it can't swing shut or move because of wind, jet blast, or accidental bumps, keeping crew and passengers safe during boarding, deplaning, catering, or other ground activities. If ground equipment is at the door, it provides a stable means to hold the door open, so the strap isn't needed. The strap isn't required in flight or when doors aren't open on the ground. Therefore, the correct condition is when doors are open and no ground support equipment is at the doors.

**4. Which of the following is the correct method to extinguish a fire by removing oxygen?**

- A. Smother**
- B. Cool
- C. Starve
- D. Ventilate

Removing oxygen stops a flame by choking the air supply around it. Smothering achieves this by covering or enclosing the fire so that little or no oxygen can reach the combustion zone—think of using a fire blanket or a lid to seal off the flame. With the oxygen level in the immediate area reduced, the chemical reactions that sustain combustion cannot continue and the fire goes out. Cooling, on the other hand, would slow or stop burning by lowering the temperature, not by removing oxygen. Starving would remove the fuel source, which can also stop burning but isn't about cutting off air. Ventilating would bring in more air, increasing the oxygen available and potentially feeding the fire rather than extinguishing it.

**5. Which scenario clearly requires initiating evacuations according to emergency criteria?**

- A. An uncontrollable fire inside or outside the aircraft that is getting worse.**
- B. Dense smoke in the cabin that is threatening life.**
- C. Ditching.**
- D. Obvious destruction of the aircraft (Major structural damage).**

The key idea is that evacuations are started when a hazard on board becomes unstoppable and life-threatening, leaving no feasible way to keep passengers safe aboard. An uncontrollable fire inside or outside the aircraft that is getting worse creates a rapidly escalating danger: heat, expanding smoke, and the potential for structures or systems to fail. In this situation, waiting to see if the fire can be managed poses a grave risk to everyone aboard, so the quickest path to safety is to begin rapid evacuation to get people away from the spreading hazard. Dense smoke that threatens life, ditching, or major structural damage are all serious and can require evacuation as well, but the uncontrollable, worsening fire is the clearest, most immediate trigger among the scenarios. It directly compromises the cabin environment and survival chances, making immediate exit the prudent course of action.

**6. In Silent Review ALERT, what does the letter E represent?**

- A. Location ABP, SPC**
- B. Equipment (Doors and equipment)**
- C. Threat (fire, smoke, etc)**
- D. Aircraft type (Exits)**

In Silent Review ALERT, the letters outline what safety elements you quickly review to keep everyone informed. The letter in question stands for Equipment, meaning the status and readiness of doors and the emergency equipment on board. This covers things like whether doors are operable, slides and life-saving devices are present and in good condition, and that all emergency gear is ready for use. Focusing on Equipment helps ensure that if an evacuation or emergency occurs, the crew can rely on functioning doors and properly configured equipment. This is the best fit because the other options point to different aspects: the location of people (like ABP or SPC) relates to passenger positioning, threats refer to hazards like fire or smoke, and aircraft type and exits aren't what Equipment covers. When a door or piece of equipment is compromised, it directly impacts safety and evacuation, which is why Equipment is the correct focus here.

## 7. How should cabin lighting be managed during boarding?

- A. Dim the lights completely
- B. Keep the lighting at full brightness
- C. Use mood lighting throughout boarding
- D. Use adequate lighting for safety and visibility, minimize glare, and adjust as passengers board and locate seats**

Lighting during boarding should support safety, visibility, and a smooth flow of passengers. The best approach is to provide enough illumination to see clearly, read safety information, and move safely, while minimizing glare and adjusting the lighting as passengers board and locate their seats. Dimming completely would hinder finding seats, reading safety cards, locating exits, and following crew instructions. Keeping lighting at full brightness all the time can cause glare, discomfort, and unnecessary energy use. Mood lighting throughout boarding may not provide adequate illumination for tasks like reading safety cards or directing passengers to seats. By maintaining adequate, adjustable lighting that can be modulated as needed, the crew promotes safety, visibility, and comfort during boarding.

## 8. What must be ensured during Safety and Emergency Equipment Check?

- A. Correct location, quantity and serviceability and secure stowage**
- B. Only location
- C. Only quantity
- D. Only serviceability

During Safety and Emergency Equipment Check you verify four things for each item: it is in the correct location, the correct quantity is present, it is serviceable and ready to use, and it is securely stowed. Each piece must be where it's supposed to be so you can find it quickly in an emergency. The right number of items ensures there are enough resources for all passengers and crew, without shortages or excess. Serviceability confirms the equipment is functional and within its inspection period, not expired or damaged. Secure stowage prevents movement, damage, or accidental deployment and keeps access fast and reliable when needed. If any of these aspects are overlooked, you could face delayed access, nonfunctional gear, or misplacement during an urgent situation. That's why the best choice requires all four checks rather than focusing on only one aspect.

## 9. What is the immediate action for a bomb threat?

- A. Notify the flight deck and evacuate immediately.
- B. Ignore and continue service.
- C. Notify the flight deck, follow established procedures, secure the area if trained, preserve details, and prepare for possible evacuation.**
- D. Confront the person making the threat.

The main idea is that a bomb threat requires a coordinated, procedure-led response that protects people and preserves evidence. The best action is to notify the flight deck, follow established procedures, secure the area if trained, preserve details, and prepare for possible evacuation. This sequence ensures the captain and crew can implement the official plan, keeps everyone calm and orderly, and minimizes risk by restricting access to the threat area only if you're trained to do so. It also emphasizes documenting what was heard or observed, which is crucial for authorities and investigators, and it keeps readiness for evacuation in case it's deemed necessary. Ignoring the threat would be dangerous, confronting the person could escalate the situation, and evacuating without clear direction could cause unnecessary panic or harm.

## 10. What is the primary objective of the cabin crew pre-flight safety check?

- A. To confirm passenger manifest and seating assignments.
- B. To verify that safety equipment is present and serviceable, exits are ready, and the cabin is prepared for passenger boarding.**
- C. Inspect galley utensils for cleanliness.
- D. Review weather and flight plan with crew.

The main idea behind the pre-flight safety check is to ensure the cabin is ready to operate safely. This means confirming that safety equipment is present and serviceable, exits are ready for use, and the cabin is prepared for passenger boarding. Safety equipment includes items like life jackets, oxygen systems, fire extinguishers, first aid kits, and any other emergency gear. The crew checks that these are in the right places, accessible, and within maintenance or expiration requirements, so they can be relied on if an emergency arises. Exits being ready involves making sure doors and slides/rafts are in the correct armed or disarmed status for the phase of flight, that there are no obstructions blocking escape routes, and that emergency lighting and escape signs are functioning. This sets the stage for a safe evacuation if needed. Cabin ready for boarding means the area is orderly and safe for passengers to enter and take their seats, with no hazards or loose items in the aisles, so safety demonstrations can be performed and passengers can board without risk. Why the other tasks aren't the primary focus: checking passenger manifests and seating assignments happens before boarding and is more about logistics than safety readiness. Inspecting galley utensils for cleanliness is important for service and hygiene but isn't the primary safety check. Reviewing weather and the flight plan is handled by pilots and operations, not part of the cabin crew's safety check.

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

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

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