

CANADIAN RED CROSS BASIC LIFE SUPPORT (BLS) PRACTICE TEST (SAMPLE) STUDY GUIDE



Prepare with structure. Pass with confidence



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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 should you observe when providing assisted ventilation?**
 - A. The chest should sink with each ventilation.
 - B. The chest should remain flat.
 - C. The chest should just start to rise with each ventilation.
 - D. The chest should rise rapidly with each ventilation.
- 2. What should you do if a rescue breath does not make the chest rise?**
 - A. Continue breathing into the mouth without checking
 - B. Reposition the head and try again
 - C. Give chest compressions immediately
 - D. Prevent air leakage and try again
- 3. What is the primary purpose of maintaining high-quality compressions during CPR?**
 - A. To keep the airway clear
 - B. To ensure adequate blood circulation
 - C. To minimize the fatigue of responders
 - D. To reduce the risk of choking
- 4. In an unresponsive child, what is the ideal method to check for responsiveness?**
 - A. Gently tap and shout, "Are you okay?"
 - B. Shake their shoulders vigorously
 - C. Check for a pulse
 - D. Call their name repeatedly
- 5. What is the common flow rate for a non-rebreather mask with an oxygen reservoir?**
 - A. 5+ LPM
 - B. 10+ LPM
 - C. 15+ LPM
 - D. 2-5 LPM

- 6. What should you do first if you encounter an unresponsive person?**
- A. Start chest compressions immediately
 - B. Call for emergency assistance
 - C. Check for a pulse
 - D. Perform rescue breaths
- 7. What is the main reason for maintaining proper technique during CPR?**
- A. To impress onlookers
 - B. To ensure maximum blood flow to vital organs
 - C. To avoid interruptions
 - D. To reduce fatigue of the rescuer
- 8. When should two responders switch positions during CPR?**
- A. After approximately 1 minute of continuous CPR
 - B. After approximately 2 minutes of continuous CPR
 - C. After approximately 5 minutes of continuous CPR
 - D. After approximately 3 minutes of continuous CPR
- 9. When can you stop CPR?**
- A. When you feel tired
 - B. When emergency help arrives
 - C. When the person becomes cold
 - D. When CPR becomes difficult
- 10. Which airway adjunct would be appropriate for a patient with a suspected airway obstruction?**
- A. Oropharyngeal Airway (OPA)
 - B. Endotracheal Tube
 - C. Nasopharyngeal Airway (NPA)
 - D. Both A and C

Answers

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

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Explanations

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1. What should you observe when providing assisted ventilation?

- A. The chest should sink with each ventilation.
- B. The chest should remain flat.
- C. The chest should just start to rise with each ventilation.**
- D. The chest should rise rapidly with each ventilation.

When providing assisted ventilation, observing that the chest should just start to rise with each ventilation is an indication that air is entering the lungs effectively. This means that the airway is open and the ventilation technique is delivering adequate air without excessive pressure. If the chest were to sink with each ventilation, it would suggest that the proper airflow is not occurring and that the ventilations are not making a positive impact on the patient's breathing. A flat chest during ventilation indicates either a failure to ventilate or that the airway is obstructed. Conversely, if the chest rises rapidly, it could indicate too much pressure, which can lead to complications such as barotrauma or over-inflation of the lungs. Thus, a gradual rise of the chest is the correct observation to ensure effective and safe assisted ventilation.

2. What should you do if a rescue breath does not make the chest rise?

- A. Continue breathing into the mouth without checking
- B. Reposition the head and try again**
- C. Give chest compressions immediately
- D. Prevent air leakage and try again

When providing rescue breaths, it's crucial to ensure that each breath is effective in delivering oxygen into the lungs. If the chest does not rise, the primary action is to reposition the head and try again. This technique, often referred to as the "head-tilt, chin-lift" maneuver, helps open the airway by moving the tongue away from the back of the throat, which may be obstructing airflow. Ensuring a clear and open airway is essential for proper ventilation. If the head is not tilted correctly, air may not reach the lungs effectively, leading to ineffective breaths. By adjusting the position of the head and then attempting the rescue breath again, you increase the likelihood of successful ventilation, allowing oxygen to enter the lungs and circulate through the body. The other options may lead to unnecessary complications or missed opportunities for effective rescue breaths. Continuing to breathe into the mouth without checking could result in wasted efforts if the airway is still obstructed. Giving chest compressions immediately without addressing the airway issue may not be appropriate if a chance to ventilate has not yet been properly assessed. Preventing air leakage and trying again without repositioning could also be ineffective since the initial position may not have allowed air to enter the lungs properly.

3. What is the primary purpose of maintaining high-quality compressions during CPR?

- A. To keep the airway clear
- B. To ensure adequate blood circulation**
- C. To minimize the fatigue of responders
- D. To reduce the risk of choking

Maintaining high-quality compressions during CPR is fundamentally aimed at ensuring adequate blood circulation. When a person suffers a cardiac arrest, their heart is no longer effectively pumping blood. High-quality chest compressions help to manually simulate the heart's pumping action, pushing blood filled with oxygen to vital organs, particularly the brain and heart itself. This circulation is crucial because it helps sustain the body's vital functions until advanced medical help can take over, or until the patient's heart can be revived. Effective compressions should be performed at a rate of 100 to 120 compressions per minute and to a depth of at least two inches for adults, allowing for full chest recoil between compressions. This technique maximizes blood flow and increases the chance of survival following cardiac arrest. It is essential for rescuers to focus on the quality and depth of compressions rather than solely the number of compressions, as poor quality can lead to insufficient blood flow and a lesser chance of successful resuscitation.

4. In an unresponsive child, what is the ideal method to check for responsiveness?

- A. Gently tap and shout, "Are you okay?"**
- B. Shake their shoulders vigorously
- C. Check for a pulse
- D. Call their name repeatedly

The ideal method to check for responsiveness in an unresponsive child is to gently tap and shout, "Are you okay?" This approach is appropriate because it is non-invasive and allows for a quick assessment of the child's responsiveness without causing additional distress or harm. By gently tapping and using a loud, clear voice, you can effectively gauge whether the child is somewhat awake or able to respond to stimuli. This method is preferred because it strikes a balance between alerting the child to potential help and avoiding any physical stress that might occur from more aggressive actions like shaking. Additionally, using verbal communication helps to encourage a response based on auditory cues, which is important as some children might not respond to physical prompts alone. Other methods, while they may seem effective, can lead to unwanted consequences. Vigorous shaking is more likely to cause injury or panic. Checking for a pulse is a vital part of further assessments during a life-threatening situation but is not designed for establishing initial responsiveness. Calling a child's name repeatedly can be useful in certain circumstances, but without the physical touch to accompany the call, it might not be as effective in prompting a response, especially in children who are deeply unresponsive.

5. What is the common flow rate for a non-rebreather mask with an oxygen reservoir?

- A. 5+ LPM
- B. 10+ LPM**
- C. 15+ LPM
- D. 2-5 LPM

The common flow rate for a non-rebreather mask with an oxygen reservoir is typically set at 10+ liters per minute (LPM). This flow rate is essential to ensure that the mask adequately delivers a high concentration of oxygen to the patient. Non-rebreather masks are designed to provide almost 100% oxygen at high flow rates, which is crucial in emergency situations where a patient may be experiencing severe respiratory distress or hypoxia. At this flow rate, the reservoir bag is kept inflated to prevent the patient from inhaling room air. The high flow helps ensure that the mask delivers sufficient oxygen when the patient inhales. If the flow rate is lower than 10 LPM, there is a risk that the reservoir bag may not remain inflated, leading to the potential for mixing room air with the supplemental oxygen. This can compromise the effectiveness of the non-rebreather mask in delivering the required high concentration of oxygen to the patient.

6. What should you do first if you encounter an unresponsive person?

- A. Start chest compressions immediately
- B. Call for emergency assistance**
- C. Check for a pulse
- D. Perform rescue breaths

When you encounter an unresponsive person, the first action should be to call for emergency assistance. This is crucial because immediate access to advanced medical care can significantly improve the chances of survival. Once help is on the way, you can then assess the situation further and take necessary actions such as performing chest compressions or rescue breaths if needed. Calling for emergency assistance ensures that trained professionals are alerted and can provide advanced care. It also allows you to focus on the person in need without losing precious time waiting for help to arrive. Always prioritize alerting others to the emergency situation, particularly when dealing with a person who is unresponsive.

7. What is the main reason for maintaining proper technique during CPR?

- A. To impress onlookers
- B. To ensure maximum blood flow to vital organs**
- C. To avoid interruptions
- D. To reduce fatigue of the rescuer

Maintaining proper technique during CPR is essential to ensure maximum blood flow to vital organs. Effective chest compressions provide critical circulation that delivers oxygenated blood to the heart and brain, which is vital for survival. Proper technique includes maintaining an appropriate compression depth and rate, allowing complete chest recoil, and minimizing interruptions. When compressions are performed correctly, they create sufficient pressure in the thoracic cavity, promoting blood flow throughout the body. This is crucial in a cardiac arrest situation, as it helps perfuse vital organs, increasing the chances of survival and favorable outcomes when advanced medical help arrives. Thus, focusing on technique directly impacts the effectiveness of the resuscitation efforts.

8. When should two responders switch positions during CPR?

- A. After approximately 1 minute of continuous CPR
- B. After approximately 2 minutes of continuous CPR**
- C. After approximately 5 minutes of continuous CPR
- D. After approximately 3 minutes of continuous CPR

Switching positions during CPR is important to maintain the quality of chest compressions. The correct timing for this switch is after approximately 2 minutes of continuous CPR. This interval allows the responders to manage fatigue, ensuring that compressions remain effective and of high quality throughout the resuscitation effort. Research indicates that, regardless of the fitness level of the responders, performing high-quality compressions can become increasingly difficult to maintain over extended periods due to physical fatigue. Therefore, switching every 2 minutes helps mitigate this issue and keeps the compression rate and depth within the recommended guidelines. By adhering to this timing, responders can provide more consistent and effective care, which is critical in improving survival rates in cardiac arrest situations.

9. When can you stop CPR?

- A. When you feel tired
- B. When emergency help arrives**
- C. When the person becomes cold
- D. When CPR becomes difficult

Stopping CPR is appropriate when emergency help arrives because trained medical personnel take over the care of the individual. Their arrival signifies that advanced medical resources are on the scene, typically equipped to provide further assistance such as defibrillation, advanced airway management, or medications, which are crucial for the patient's survival. Continuing CPR until professional responders arrive ensures that the individual receives continuous support during a critical time. It's essential to avoid stopping CPR prematurely since every moment is vital in providing necessary oxygenation and circulation to the heart and brain until trained medical help can assume responsibility for the patient's care.

10. Which airway adjunct would be appropriate for a patient with a suspected airway obstruction?

- A. Oropharyngeal Airway (OPA)
- B. Endotracheal Tube
- C. Nasopharyngeal Airway (NPA)
- D. Both A and C**

The appropriate choice for a patient with a suspected airway obstruction is both the oropharyngeal airway (OPA) and the nasopharyngeal airway (NPA). An OPA is designed to maintain or open the airway in patients who are unable to do so themselves, particularly in cases where the tongue may be blocking the airway. It provides a clear passage for air to flow into the lungs, making it critical in airway management, especially in unresponsive patients with no gag reflex. On the other hand, an NPA is useful for patients who are conscious or have a reduced level of consciousness but still have a gag reflex. It can be more effective than an OPA in these situations because it can be inserted without triggering the gag reflex, thus aiding patients who might have a partially obstructed airway. Both adjuncts are important tools in airway management and can be utilized based on the specific situation and condition of the patient. Therefore, the correct option is to recognize that both the OPA and NPA can be effectively employed depending on the patient's level of consciousness and the nature of the airway obstruction.

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://canadianredcrossbls.examzify.com>

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

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