

CARDIOPULMONARY RESUSCITATION (CPR) PRACTICE (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. Why is it critical to provide high-quality compressions during CPR?**
 - A. They maintain blood flow to vital organs
 - B. They are not very important
 - C. They help to distract onlookers
 - D. They do not contribute to survival rates
- 2. What is the significance of a DNR order in the context of CPR?**
 - A. It allows for passive observation during an emergency
 - B. It provides legal protection against lawsuits
 - C. It directs healthcare providers to withhold resuscitation efforts
 - D. It is a non-urgent request for assistance
- 3. What is a common misconception about CPR?**
 - A. That it should only be performed by trained healthcare professionals
 - B. That it can be performed without chest compressions
 - C. That it is only necessary if someone has stopped breathing
 - D. That CPR will always revive a person
- 4. How should you check for responsiveness in an unresponsive person?**
 - A. Gently shake their shoulder and ask loudly if they are okay
 - B. Check their pulse for 10 seconds
 - C. Give them a gentle slap on the face
 - D. Ask them to squeeze your hand
- 5. What should you do while waiting for EMS to arrive if you are alone with a victim?**
 - A. Start CPR immediately without calling for help
 - B. Call for help immediately before starting CPR
 - C. Wait for the victim to respond before calling EMS
 - D. Perform rescue breaths until help arrives
- 6. What indicates that CPR is necessary?**
 - A. The person is asleep
 - B. The person is unresponsive and not breathing
 - C. The person is speaking very softly
 - D. The person is breathing irregularly

- 7. After delivering a shock, how long should a team wait before assessing the heart rhythm again?**
- A. 1-2 minutes
 - B. 3-5 minutes
 - C. Immediately
 - D. 10 seconds
- 8. What steps should be taken for unresponsive adult drowning victims?**
- A. Provide abdominal thrusts first
 - B. Call for help, then start CPR
 - C. Assess their airway before calling
 - D. Wait for medical help to arrive
- 9. What constitutes effective CPR in terms of rate and depth for adults?**
- A. 80-100 compressions per minute at a depth of at least 1.5 inches
 - B. 100-120 compressions per minute at a depth of at least 2 inches
 - C. 120-140 compressions per minute at a depth of at least 1 inch
 - D. 70-90 compressions per minute at a depth of at least 1.5 inches
- 10. Which of the following indicates that CPR should be stopped?**
- A. The victim starts breathing normally
 - B. A crowd gathers around
 - C. Emergency personnel arrive
 - D. Both A and C

Answers

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

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Explanations

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1. Why is it critical to provide high-quality compressions during CPR?

A. They maintain blood flow to vital organs

B. They are not very important

C. They help to distract onlookers

D. They do not contribute to survival rates

Providing high-quality compressions during CPR is essential because they maintain blood flow to vital organs, particularly the heart and brain. When a person experiences cardiac arrest, the heart stops pumping blood effectively, leading to a rapid decline in oxygen levels throughout the body. High-quality compressions create artificial circulation, delivering much-needed oxygenated blood to the organs, which helps to preserve tissue and brain function until advanced medical help arrives. The focus on the quality of compressions—specifically the depth, rate, and allowing full chest recoil—ensures that each compression is effective in pushing blood through the circulatory system. Studies have shown that effective compressions significantly increase the chances of survival and favorable outcomes for the patient, highlighting their crucial role in the CPR process. Other options do not align with the fundamental purpose of CPR and neglect the life-saving impact that high-quality compressions have on a patient in cardiac arrest.

2. What is the significance of a DNR order in the context of CPR?

A. It allows for passive observation during an emergency

B. It provides legal protection against lawsuits

C. It directs healthcare providers to withhold resuscitation efforts

D. It is a non-urgent request for assistance

A Do Not Resuscitate (DNR) order is a medical directive that specifically instructs healthcare providers not to perform cardiopulmonary resuscitation (CPR) in the event of a patient's cardiac or respiratory arrest. The significance of a DNR is rooted in the patient's expressed wishes regarding their medical treatment, which reflects their values and preferences about life-sustaining interventions. In a clinical context, having a DNR order ensures that healthcare providers are aware of the patient's desire to forgo resuscitation efforts, thereby preventing unnecessary procedures that the patient would not want. This directive is particularly important in situations where the likelihood of successful resuscitation may be low or where the patient may not wish to undergo the physical distress and potential complications associated with such interventions. The other options do not accurately convey the primary function of a DNR order. For instance, the notion of passive observation during an emergency does not align with the decision-making involved in DNR orders, as these situations require clear action based on established medical directives. Legal protection against lawsuits can be a concern for healthcare providers, but a DNR primarily serves to honor the patient's wishes rather than serve as a legal safeguard. Lastly, a DNR is not a non-urgent request for

3. What is a common misconception about CPR?

- A. That it should only be performed by trained healthcare professionals
- B. That it can be performed without chest compressions
- C. That it is only necessary if someone has stopped breathing**
- D. That CPR will always revive a person

A common misconception about CPR is that it is only necessary if someone has stopped breathing. In reality, CPR is a critical lifesaving technique that should be administered not just when there is a lack of breathing, but also in the case of cardiac arrest. During a cardiac arrest, a person's heart stops functioning effectively, which leads to an immediate risk of death. The unfortunate truth is that a person may also stop breathing because of this condition, highlighting the need for immediate action. By administering CPR, specifically chest compressions, you are helping to circulate blood and oxygen to vital organs, potentially keeping the person alive until more advanced medical help arrives. It's important to recognize that CPR can be initiated even if the person shows no signs of breathing or responsiveness, as it helps to buy time for effective medical intervention that can save lives. This demonstrates the need for bystanders to act decisively in emergencies without waiting for a clear indication of a person's breathing status.

4. How should you check for responsiveness in an unresponsive person?

- A. Gently shake their shoulder and ask loudly if they are okay**
- B. Check their pulse for 10 seconds
- C. Give them a gentle slap on the face
- D. Ask them to squeeze your hand

The most effective way to check for responsiveness in an unresponsive person is by gently shaking their shoulder while asking loudly if they are okay. This method combines physical stimulation with verbal communication, which helps to assess whether the person is responsive or in a state of reduced consciousness. The gentle shaking is non-invasive and maintains the dignity of the individual, while the loud verbal cue can attract their attention, potentially eliciting a response. In emergency situations, it is crucial to quickly determine if the person is responsive to initiate the appropriate care or call for help. This approach allows you to assess their level of consciousness effectively. In contrast, checking for a pulse for 10 seconds is a vital skill but is not a reliable method to assess immediate responsiveness; it focuses more on detecting circulation rather than awareness or consciousness. Giving a gentle slap on the face may not be appropriate and could be perceived as aggressive. Asking a person to squeeze your hand requires a baseline level of responsiveness, making it impractical in situations where the person may be unresponsive, as it assumes a level of alertness that they may not possess.

5. What should you do while waiting for EMS to arrive if you are alone with a victim?

- A. Start CPR immediately without calling for help
- B. Call for help immediately before starting CPR**
- C. Wait for the victim to respond before calling EMS
- D. Perform rescue breaths until help arrives

Calling for help immediately before starting CPR is the appropriate action when you are alone with a victim. This approach ensures that emergency medical services (EMS) are on their way while you begin life-saving efforts. When you're alone and encounter an unresponsive individual, it is vital to first activate the emergency response system to get professional help on the way. If you start CPR without calling for help, you risk a delay in professional assistance, which is crucial in a time-sensitive situation like a cardiac arrest. Therefore, by calling for help first, you ensure that vital medical intervention will be available as soon as possible after you start performing CPR. This method aligns with established protocols in CPR training, emphasizing the importance of activating EMS while still being able to provide immediate aid to the victim.

6. What indicates that CPR is necessary?

- A. The person is asleep
- B. The person is unresponsive and not breathing**
- C. The person is speaking very softly
- D. The person is breathing irregularly

Indications that CPR is necessary arise specifically from the combination of unresponsiveness and the absence of normal breathing. When a person is unresponsive, it means they do not respond to verbal or physical stimuli, suggesting a critical lack of consciousness. This is a key sign that immediate medical intervention is necessary. The absence of normal breathing further solidifies the need for CPR. Normal, adequate breathing is essential for maintaining oxygen flow to vital organs. If a person is not breathing, or is only gasping—known as agonal breathing—there is a high risk of cardiac arrest or severe airway obstruction, and without timely CPR, the chances of survival significantly decrease. Thus, the conjunction of unresponsiveness and absence of breathing clearly indicates that CPR is an urgent requirement to restore circulation and oxygenation to the body.

7. After delivering a shock, how long should a team wait before assessing the heart rhythm again?

- A. 1-2 minutes
- B. 3-5 minutes**
- C. Immediately
- D. 10 seconds

The correct response indicates that after delivering a shock during a cardiac arrest scenario, the recommended wait time before reassessing the heart rhythm is 3-5 minutes. This interval allows for effective administration of CPR and the appropriate amount of time for the defibrillation to potentially restore a viable heart rhythm. During this period, CPR should be continued to maximize blood circulation to the vital organs, which is critical for improving outcomes. The 3-5 minute timeframe is grounded in resuscitation guidelines that emphasize the importance of giving the heart time to respond to the shock while ensuring that the patient receives chest compressions continuously to prevent further deterioration. Waiting longer than this recommendation could reduce the chances of successfully restoring an effective rhythm, while checking the rhythm immediately or after only 10 seconds would not provide sufficient time for the defibrillation to take effect, thereby wasting valuable moments in a critical situation. This approach underlines the importance of a structured response during resuscitation efforts, ensuring that the team operates efficiently while following established medical protocols.

8. What steps should be taken for unresponsive adult drowning victims?

- A. Provide abdominal thrusts first
- B. Call for help, then start CPR**
- C. Assess their airway before calling
- D. Wait for medical help to arrive

When responding to unresponsive adult drowning victims, the most effective and immediate action is to call for help and then start CPR. The rationale behind this approach lies in the urgency of treating a drowning victim, who is at high risk of suffering from severe oxygen deprivation due to the lack of breathing. Calling for help ensures that emergency medical services are on their way, which is crucial for further treatment once CPR has been initiated. Starting CPR immediately is vital because it helps maintain blood circulation and oxygenation to vital organs, significantly increasing the chances of survival. It is important to perform CPR with high-quality chest compressions and rescue breaths if the trained individual is comfortable and it is safe to do so. In contrast, providing abdominal thrusts first is not appropriate in this scenario, as it is designed for choking victims and may not address the immediate need for resuscitation due to drowning. Assessing their airway before calling for help could delay the necessary interventions, putting the victim at risk. Waiting for medical help to arrive without taking any action is not advisable, as every second counts in such emergencies, and immediate CPR can make a significant difference in the outcome.

9. What constitutes effective CPR in terms of rate and depth for adults?

- A. 80-100 compressions per minute at a depth of at least 1.5 inches
- B. 100-120 compressions per minute at a depth of at least 2 inches**
- C. 120-140 compressions per minute at a depth of at least 1 inch
- D. 70-90 compressions per minute at a depth of at least 1.5 inches

Effective CPR for adults is characterized by a rate of 100-120 compressions per minute and a depth of at least 2 inches. This combination is vital for maintaining adequate blood circulation and ensuring that enough blood reaches vital organs during cardiac arrest. The recommended compression rate reflects extensive research demonstrating that this range maximizes the likelihood of successful resuscitation by delivering sufficient blood flow to the heart and brain. The depth of at least 2 inches is necessary to create enough pressure within the thoracic cavity to effectively pump blood during the compression phase. Compressing too shallowly may not adequately circulate blood, while insufficient rates can lead to ineffective perfusion, reducing the chances of survival. Therefore, adhering to these parameters is essential for delivering effective CPR and improving outcomes for adults in cardiac arrest.

10. Which of the following indicates that CPR should be stopped?

- A. The victim starts breathing normally
- B. A crowd gathers around
- C. Emergency personnel arrive
- D. Both A and C**

The correct choice indicates that CPR should be stopped when either the victim starts breathing normally or when emergency personnel arrive. When the victim begins to breathe normally, it signifies that their heart is functioning adequately, and they no longer require the artificial support of CPR. Restoring spontaneous respiration is a primary goal during resuscitation efforts, as it indicates improvement in the victim's condition. Similarly, the arrival of emergency personnel means that trained responders are now capable of taking over the care of the victim. This is crucial because these professionals have advanced training and equipment to provide further medical assistance. Stopping CPR in these two scenarios allows for a smooth transition to further medical assessment and treatment, ensuring that the victim receives the best possible outcome in a timely manner.

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:

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

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