

# Certified First Responder (CFR) State 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 is the next step after delivering a shock with an AED?**
  - A. Resume chest compressions**
  - B. Check for pulse**
  - C. Assess for responsiveness**
  - D. Call for additional help**
  
- 2. In what scenario should you not give a patient a drink?**
  - A. If they are thirsty.**
  - B. If they are conscious and alert.**
  - C. If they are unconscious or unable to swallow safely.**
  - D. If they have a headache.**
  
- 3. What is the best practice for ensuring effective ventilation with a Bag-Valve-Mask (BVM)?**
  - A. Have a single rescuer squeeze the bag with one hand**
  - B. Use both hands to hold the mask and ensure a tight seal**
  - C. Allow the patient to self-ventilate**
  - D. Position the mask over the mouth only**
  
- 4. What is the appropriate rate for chest compressions in adult CPR?**
  - A. 60 to 80 compressions per minute**
  - B. 80 to 100 compressions per minute**
  - C. 100 to 120 compressions per minute**
  - D. 120 to 140 compressions per minute**
  
- 5. How can you recognize a patient in respiratory distress?**
  - A. They may exhibit feeble pulse.**
  - B. They may have trouble speaking.**
  - C. They may exhibit rapid breathing, wheezing, or increased heart rate.**
  - D. They may show excessive sweating.**

- 6. What is the bottom number of a blood pressure reading known as?**
- A. Diastolic pressure**
  - B. Cardiac output**
  - C. Systolic pressure**
  - D. Pulse pressure**
- 7. What does capillary refill assess?**
- A. Level of consciousness**
  - B. Circulatory status**
  - C. Respiratory function**
  - D. Neurological function**
- 8. As the first arriving EMS provider at an unstable vehicle, what should be your first priority?**
- A. Evacuate all occupants**
  - B. Have the rescue stabilize and secure the vehicle**
  - C. Assess the injuries of the passengers**
  - D. Call for additional emergency services**
- 9. What does the term "disentanglement" refer to in emergency situations?**
- A. Administering first aid to victims**
  - B. Removing vehicles from the roadway**
  - C. Removing wreckage to free a trapped patient**
  - D. Providing mental health support**
- 10. Which of the following is a sign of an allergic reaction?**
- A. Fever and fatigue**
  - B. Headache and dizziness**
  - C. Hives, swelling, and difficulty breathing**
  - D. Nausea and vomiting**

## Answers

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

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## **Explanations**

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**1. What is the next step after delivering a shock with an AED?**

- A. Resume chest compressions**
- B. Check for pulse**
- C. Assess for responsiveness**
- D. Call for additional help**

After delivering a shock with an AED, the next appropriate step is to resume chest compressions. This is critical because high-quality chest compressions help maintain blood flow to the brain and other vital organs during cardiac arrest. The American Heart Association guidelines emphasize that after defibrillation, continuous chest compressions should be initiated immediately or continued without interruption if they were already in progress. Resuming compressions maximizes the chances of successful resuscitation by aiding circulation during the critical moments following the shock. Other actions such as checking for a pulse or assessing responsiveness may be important, but they can introduce delays that are counterproductive in a resuscitation scenario. Calling for additional help is always a good practice, but once an AED has been used, the priority must be on maintaining effective circulation through compressions.

**2. In what scenario should you not give a patient a drink?**

- A. If they are thirsty.**
- B. If they are conscious and alert.**
- C. If they are unconscious or unable to swallow safely.**
- D. If they have a headache.**

When assessing whether to provide a drink to a patient, the primary concern is their ability to safely swallow and maintain an airway. In the scenario where a patient is unconscious or unable to swallow safely, offering a drink poses a significant risk of aspiration. This occurs when fluid or food enters the airway instead of the esophagus, which can lead to choking, respiratory complications, or pneumonia. It's essential to ensure that a patient's level of consciousness allows for proper swallowing reflexes. If a patient is unconscious or has compromised swallowing ability, it's safer to avoid giving them anything by mouth until they can be assessed and treated appropriately by a qualified medical professional. This cautious approach helps to prevent further complications and ensures patient safety.

**3. What is the best practice for ensuring effective ventilation with a Bag-Valve-Mask (BVM)?**

- A. Have a single rescuer squeeze the bag with one hand**
- B. Use both hands to hold the mask and ensure a tight seal**
- C. Allow the patient to self-ventilate**
- D. Position the mask over the mouth only**

Using both hands to hold the mask and ensure a tight seal is considered the best practice for effective ventilation with a Bag-Valve-Mask (BVM). Achieving a proper seal is crucial because it minimizes air leakage, allowing for more efficient delivery of breaths to the patient. When the mask is held securely over the patient's nose and mouth, it not only decreases the risk of air escaping but also ensures that the breaths being delivered are effectively entering the patient's lungs. This technique maximizes ventilation effectiveness and is essential for delivering adequate oxygen, especially in emergency situations where every second counts. By contrast, holding the bag with one hand can make it difficult to properly maintain a seal, especially during the delivery of breaths. Allowing a patient to self-ventilate is typically not possible in cases requiring BVM usage, as these patients are often unable to breathe adequately on their own. Positioning the mask over the mouth only neglects the importance of covering the nose, which can result in less effective ventilation, particularly in patients with larger anatomical features or specific airway concerns.

**4. What is the appropriate rate for chest compressions in adult CPR?**

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

The appropriate rate for chest compressions in adult CPR is 100 to 120 compressions per minute. This range is based on guidelines from reputable health organizations, which emphasize that high-quality chest compressions are crucial for maintaining blood flow to vital organs during cardiac arrest. Compressions delivered within this range ensure that the heart can efficiently circulate the limited amount of blood available, which is vital for preserving brain function and increasing the chances of survival. Additionally, maintaining the correct compression depth and allowing complete chest recoil between compressions enhances the effectiveness of CPR. Following these guidelines helps responders provide the best possible support until advanced medical help arrives.

**5. How can you recognize a patient in respiratory distress?**

- A. They may exhibit feeble pulse.**
- B. They may have trouble speaking.**
- C. They may exhibit rapid breathing, wheezing, or increased heart rate.**
- D. They may show excessive sweating.**

A patient in respiratory distress can be recognized by specific physical signs and symptoms that indicate difficulty in breathing or compromised oxygenation. The correct answer highlights rapid breathing, wheezing, or an increased heart rate as key indicators of respiratory distress. Rapid breathing, also known as tachypnea, occurs when the body tries to compensate for low oxygen levels or increased carbon dioxide levels in the blood. Wheezing, which is the sound produced when air flows through narrowed airways, indicates bronchoconstriction and can be a sign of respiratory conditions such as asthma or an allergic reaction. Additionally, an increased heart rate often accompanies respiratory distress as the heart works harder to deliver oxygen to the body's tissues amid breathing difficulties. Recognizing these visible and audible signs can help first responders quickly assess a patient's condition and initiate appropriate interventions, such as administering supplemental oxygen or preparing for emergency transport to a healthcare facility.

**6. What is the bottom number of a blood pressure reading known as?**

- A. Diastolic pressure**
- B. Cardiac output**
- C. Systolic pressure**
- D. Pulse pressure**

The bottom number of a blood pressure reading is known as diastolic pressure. This measurement represents the pressure in the arteries when the heart is resting between beats. During this phase, the heart is receiving blood and replenishing itself with oxygen. The diastolic pressure indicates how much pressure blood is exerting against the artery walls when the heart is at rest and is critical in assessing overall cardiovascular health. In contrast, systolic pressure, which is often confused with diastolic pressure, refers to the pressure in the arteries when the heart beats and pumps blood. Cardiac output and pulse pressure serve different functions: cardiac output measures the volume of blood the heart pumps in a minute, while pulse pressure is the difference between systolic and diastolic pressures. Understanding these distinctions is essential for interpreting blood pressure readings accurately.

## 7. What does capillary refill assess?

- A. Level of consciousness
- B. Circulatory status**
- C. Respiratory function
- D. Neurological function

Capillary refill is a quick test used to assess the circulatory status of an individual, particularly in terms of blood perfusion and circulation to the extremities. When capillary refill is conducted, pressure is applied to a nail bed or fingertip, temporarily blanching the skin. When the pressure is released, the time it takes for color to return to the area is measured. A normal capillary refill time, typically under two seconds, indicates good blood flow and sufficient perfusion. If the refill time is prolonged, it can suggest issues such as hypovolemia, shock, or other circulatory problems, making it a crucial indicator for first responders to assess the overall circulatory status of a patient.

## 8. As the first arriving EMS provider at an unstable vehicle, what should be your first priority?

- A. Evacuate all occupants
- B. Have the rescue stabilize and secure the vehicle**
- C. Assess the injuries of the passengers
- D. Call for additional emergency services

The primary focus for the first arriving EMS provider at an unstable vehicle is to ensure safety for all involved. Stabilizing and securing the vehicle is crucial before any further actions are taken. An unstable vehicle poses significant risks not just to the occupants, but also to first responders. If the vehicle shifts or collapses while rescuing occupants, it can lead to additional injuries and complicate the rescue efforts. After the vehicle is stabilized, it is then safe to assess the occupants' injuries and consider evacuation. This methodical approach helps prevent further injuries during the rescue operations, highlighting the importance of scene safety in emergency response situations. Without securing the vehicle first, the risks significantly increase, impacting the safety and effectiveness of the emergency response.

**9. What does the term "disentanglement" refer to in emergency situations?**

- A. Administering first aid to victims**
- B. Removing vehicles from the roadway**
- C. Removing wreckage to free a trapped patient**
- D. Providing mental health support**

In emergency situations, "disentanglement" specifically refers to the process of removing wreckage to free a trapped patient. This occurs in scenarios, often related to vehicle accidents or structural collapses, where individuals may become immobilized due to debris, twisted metal, or other hazardous materials. Emergency responders must assess the situation carefully, using appropriate tools and techniques to safely extract the individual without causing further injury. This term highlights the importance of an effective rescue operation, where the priority is to ensure the safety and well-being of the victim while executing the extraction process. While administering first aid, removing vehicles from the roadway, and providing mental health support are important aspects of emergency response, they do not capture the specific meaning of "disentanglement," which is focused on the physical act of freeing someone who is trapped.

**10. Which of the following is a sign of an allergic reaction?**

- A. Fever and fatigue**
- B. Headache and dizziness**
- C. Hives, swelling, and difficulty breathing**
- D. Nausea and vomiting**

The presence of hives, swelling, and difficulty breathing are key indicators of an allergic reaction. Hives, which are raised, red welts on the skin, often appear as a response to allergens, and swelling can occur in various parts of the body, especially around the eyes, lips, or throat. Difficulty breathing is a critical sign that the airway may be affected, potentially indicating a more severe reaction, such as anaphylaxis. Identifying these symptoms is crucial for prompt and effective treatment, which may include the administration of antihistamines or epinephrine in severe cases. In contrast, fever and fatigue, headache and dizziness, as well as nausea and vomiting, can be symptoms associated with various illnesses or conditions, but they are not specific indicators of allergic reactions. Hence, the correct answer highlights the distinct signs that are consistent with an allergic response, which are essential for first responders to recognize and act upon.

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

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

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