

CNA Training Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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	9
Explanations	11
Next Steps	16

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. What is a scald?**
 - A. A burn caused by a chemical**
 - B. A burn caused by a hot liquid**
 - C. A burn caused by prolonged exposure to a heating pad**
 - D. A burn caused by an electrical appliance**

- 2. OBRA was passed to ____.**
 - A. Help with funding for long-term care facilities**
 - B. Allow health care workers to take more breaks during work**
 - C. Help nursing assistants pass competency exams**
 - D. Report poor care and abuse in long-term care facilities**

- 3. Restraints may be used only under which condition?**
 - A. As punishment from staff when a resident is not behaving properly**
 - B. Only with a doctor's order**
 - C. When a staff member does not have time to watch a resident closely**
 - D. When an NA judges a resident is a danger to himself or others**

- 4. Which statement is an example of objective data about a resident's condition?**
 - A. There are no observable signs of rash**
 - B. There are raised, red marks the size of pinpricks on the torso**
 - C. The rash is itchy**
 - D. The patient needs lotion**

- 5. Which temperature site is considered to be the most accurate?**
 - A. Oral**
 - B. Rectal**
 - C. Axillary**
 - D. Tympanic**

- 6. Which of the following preferences may be attributed to a resident's cultural background?**
- A. The volume at which he listens to music**
 - B. His preference for shaving with an electric razor rather than a disposable one**
 - C. His habit of bowing rather than shaking hands**
 - D. The color of his favorite cardigan**
- 7. What should be verified about the transfer belt fit before use?**
- A. The belt should be worn around the chest.**
 - B. The belt is only used when the resident is seated.**
 - C. The NA's flat fingers should be able to fit between the resident's body and the belt.**
 - D. The belt should be tightened with a fist.**
- 8. Which of the following is true of a transfer belt?**
- A. A transfer belt can be connected to a mechanical lift to raise the resident to a standing position.**
 - B. A transfer belt should be worn at all times by residents unless they are bedbound.**
 - C. The belt should be kept tight over the resident's hips.**
 - D. The NA's flat fingers should be able to fit between the resident's body and the belt.**
- 9. The OBRA standard requires a minimum of how many training hours for nurse assistants?**
- A. 12**
 - B. 24**
 - C. 100**
 - D. 120**

10. One way to help a visually impaired resident navigate is to describe positions using an imaginary clock.

- A. Move the furniture to make it easier for the resident to get around**
- B. Keep the lights very low**
- C. Use the face of an imaginary clock to explain the position of objects**
- D. Walk behind the resident, lightly pushing the resident forward**

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is a scald?

- A. A burn caused by a chemical
- B. A burn caused by a hot liquid**
- C. A burn caused by prolonged exposure to a heating pad
- D. A burn caused by an electrical appliance

A scald is a burn caused by hot liquids or steam. When the skin is exposed to liquids at high temperatures—like boiling water, hot coffee or tea, hot soup, or steam from a kettle—the rapid heat transfer can damage the skin quickly. This is different from chemical burns, which come from corrosive substances; or burns from an electrical source; or a burn from prolonged contact with a hot object like a heating pad, which isn't liquid-based. Scalds are especially dangerous for young children and older adults because their skin is more sensitive and they can be burned more easily.

2. OBRA was passed to ___.

- A. Help with funding for long-term care facilities
- B. Allow health care workers to take more breaks during work
- C. Help nursing assistants pass competency exams
- D. Report poor care and abuse in long-term care facilities**

OBRA was enacted to protect residents in long-term care by establishing standards for care and residents' rights, and by creating systems to monitor and improve quality. The emphasis is on safeguarding residents and ensuring accountability when care falls short. Reporting poor care and abuse in facilities is a central mechanism that makes quality care possible and ensures issues are addressed. While OBRA also includes provisions that require nursing assistants to complete training and pass competency exams, and provides funding considerations in related contexts, the core idea reflected here is protecting residents through reporting and accountability.

3. Restraints may be used only under which condition?

- A. As punishment from staff when a resident is not behaving properly
- B. Only with a doctor's order**
- C. When a staff member does not have time to watch a resident closely
- D. When an NA judges a resident is a danger to himself or others

Restraints are a medical intervention that can limit a resident's movement, so they are not permitted to be used at staff discretion. The requirement of a doctor's order ensures a professional evaluation of the risk, identifies the least restrictive option, and clearly sets the limits on how long the restraint can be used and how the resident must be monitored. In practice, staff must follow the physician's order, verify that it specifies the type of restraint, the location, and the duration, and ensure ongoing assessment to determine whether the restraint is still needed. The order is typically renewed, and the resident is monitored for safety, comfort, circulation, skin integrity, and range of motion, with attempts made to use less restrictive measures first. Restraints should never be used as punishment, for convenience, or based on staff judgment alone.

4. Which statement is an example of objective data about a resident's condition?

- A. There are no observable signs of rash
- B. There are raised, red marks the size of pinpricks on the torso**
- C. The rash is itchy
- D. The patient needs lotion

Objective data are observable, measurable facts about a resident's condition. The statement describing raised, red marks the size of pinpricks on the torso fits this because it records visible skin changes that anyone can observe and describe with specifics. It provides concrete characteristics (appearance, size, location) rather than an interpretation or a report of how the resident feels. In contrast, saying the rash is itchy relies on the resident's sensation (subjective data), and noting that the patient needs lotion is a care plan or intervention rather than a factual finding. Describing actual signs present offers verifiable information that can be confirmed by others, making it the best example of objective data.

5. Which temperature site is considered to be the most accurate?

- A. Oral
- B. Rectal**
- C. Axillary
- D. Tympanic

Rectal temperature best reflects the body's core temperature because the rectum sits closest to the internal body environment and is less influenced by external factors like air temperature, recent meals, or fluids. This makes it slower to be affected by surface conditions and more representative of true core temperature. Oral readings can be skewed by eating, drinking, or smoking; axillary (under the arm) readings are influenced by skin temperature and environmental conditions; tympanic (ear) readings depend on proper placement and ear canal conditions, which can introduce variability. For accuracy, the rectal route provides the most reliable measure of core body temperature.

6. Which of the following preferences may be attributed to a resident's cultural background?

- A. The volume at which he listens to music
- B. His preference for shaving with an electric razor rather than a disposable one
- C. His habit of bowing rather than shaking hands**
- D. The color of his favorite cardigan

Cultural background shapes how people greet others and show respect, so a resident may prefer a bow instead of a handshake as part of their customary greeting. Recognizing this helps you communicate respectfully and follow the resident's preferences, which is an important part of person-centered care. The other options are more about individual preference or routine than culture. Music volume is a personal choice and can be influenced by hearing, environment, or safety; shaving method is a grooming habit; and cardigan color is a matter of personal style. In practice, ask the resident how they prefer to be greeted and follow their lead, adapting to their cultural norms with sensitivity.

7. What should be verified about the transfer belt fit before use?

- A. The belt should be worn around the chest.
- B. The belt is only used when the resident is seated.
- C. The NA's flat fingers should be able to fit between the resident's body and the belt.**
- D. The belt should be tightened with a fist.

The key idea is ensuring safety and control during transfers by getting the belt fit right. Place the belt around the resident's natural waist over clothing, keeping it centered. You should be able to slide a flat hand between the belt and the resident's body. This shows the belt is snug enough to provide secure grip without compressing the abdomen or restricting breathing. If you could fit a fist, the belt is too tight and could cause harm; it should not be worn around the chest.

8. Which of the following is true of a transfer belt?

- A. A transfer belt can be connected to a mechanical lift to raise the resident to a standing position.
- B. A transfer belt should be worn at all times by residents unless they are bedbound.
- C. The belt should be kept tight over the resident's hips.
- D. The NA's flat fingers should be able to fit between the resident's body and the belt.**

Using a transfer belt safely centers on how it fits and how it's used to assist with transfers. The belt should sit around the waist over clothing and be snug but not tight. The key safety check is the finger test: you should be able to slip flat fingers between the belt and the resident's body. This ensures the belt isn't constricting, reduces risk of skin damage, and still provides a secure grip for guiding and supporting the resident during movement. It's not a device to connect to a mechanical lift, and it's not worn all the time—only during transfers as needed. If the belt is too tight, it can cause discomfort and restrict breathing; if it's too loose, it won't provide the needed control during transfer.

9. The OBRA standard requires a minimum of how many training hours for nurse assistants?

- A. 12
- B. 24
- C. 100**
- D. 120

The main idea this item tests is the minimum training hours required for nurse assistants under OBRA. OBRA sets a baseline to ensure CNAs have enough time to learn essential skills, safety practices, and resident rights before working with residents. The standard specifies that training should total about 100 hours, combining classroom learning with supervised hands-on practice. This amount provides coverage of core competencies like assisting with daily activities, recognizing and reporting changes in a resident's condition, and following safety and infection control procedures. The other figures don't reflect the established minimum: 12 and 24 hours are far too little to cover the necessary topics, while 120 hours exceeds the minimum and isn't the stated baseline.

10. One way to help a visually impaired resident navigate is to describe positions using an imaginary clock.

A. Move the furniture to make it easier for the resident to get around

B. Keep the lights very low

C. Use the face of an imaginary clock to explain the position of objects

D. Walk behind the resident, lightly pushing the resident forward

Describing positions with an imaginary clock gives a clear, repeatable frame of reference that helps a visually impaired resident orient themselves and move safely. This simple metaphor maps objects to familiar directions—like saying the chair is at 2 o'clock or the door is at 12 o'clock—so the resident can build and rely on a mental map. It also supports independence while still allowing you to guide them as needed. Changing furniture locations can create confusion and hazards, very low lighting reduces visibility and safety, and guiding by pushing from behind is unsafe and diminishes autonomy. Using the clock-face description is the most effective, respectful way to communicate spatial information.

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://cnatraining.examzify.com>

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

SAMPLE