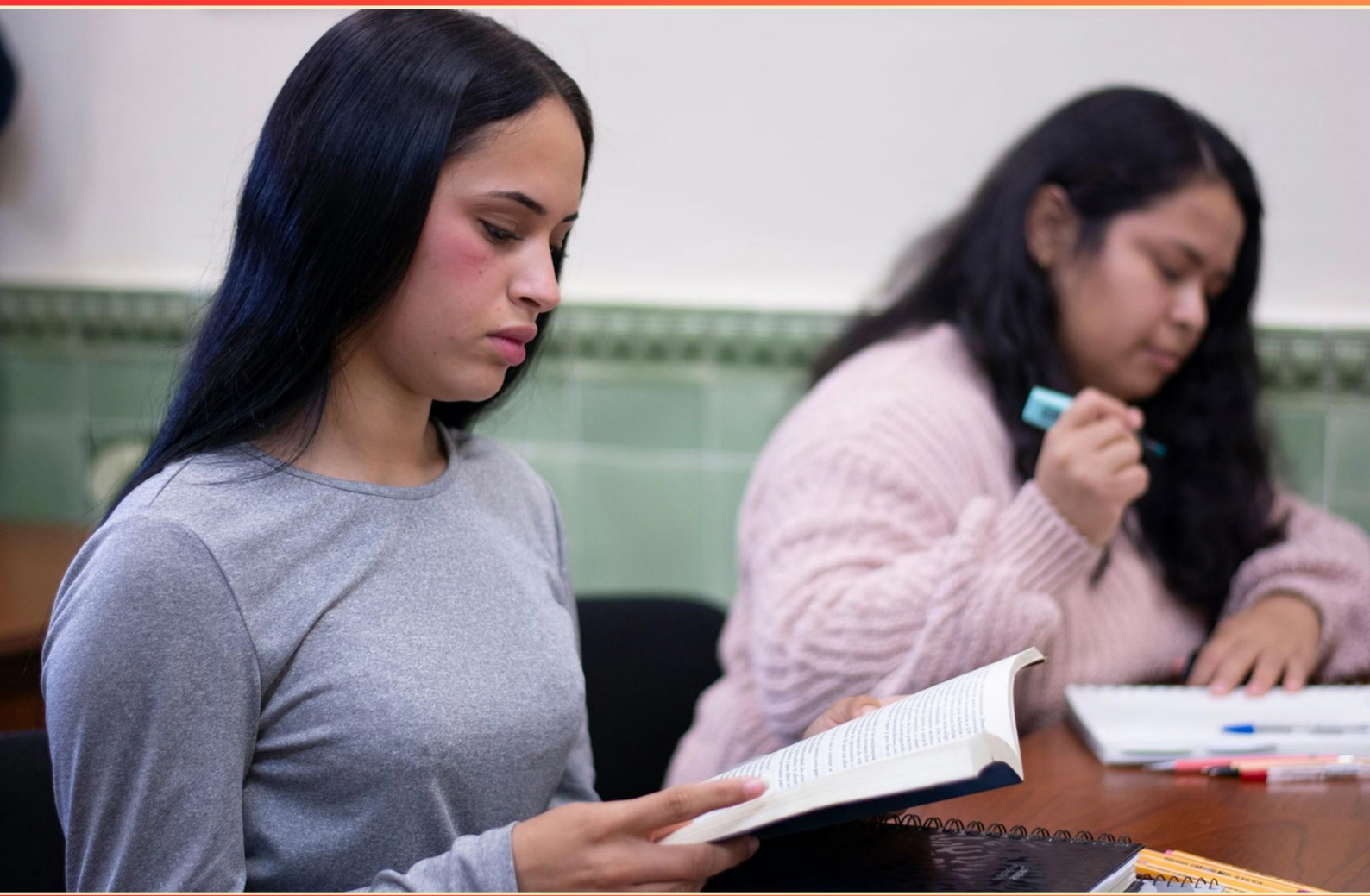
CNA WORKBOOK PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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

1. **When you hear a fire alarm and there is a resident in the room, which action is correct first?**

   A. Remove residents from the area of the fire

   B. Report to the nurse for directives

   C. Locate a fire extinguisher

   D. Evacuate all residents

2. **You are on night shift and notice coworkers are talking loudly. What should you do?**

   A. Remind them that the residents are asleep

   B. Join in if no residents have complained

   C. Call the supervisor and report your coworkers actions

   D. Make sure all of the residents' doors are closed

3. **The FIRST step in transferring a resident from the bed to wheelchair is to**

   A. Place the wheelchair at the foot of the bed

   B. Remove the leg rests from the wheelchair

   C. Tell the resident what you need her to do

   D. Check the resident's care plan for level of assistance needed

4. **What is a key element of isolation precautions when a resident has a contagious infection?**

   A. Use appropriate PPE and follow rooming requirements specific to the pathogen.

   B. Ignore PPE if the resident is otherwise healthy.

   C. Use standard precautions only.

   D. Remove PPE after one hour.

5. **If you notice a spark and smoke while plugging in a resident's television, what is the correct action?**

   A. Wait to see if it stops

   B. Tell the resident to fix it later

   C. Unplug the television and report to the supervisor immediately

   D. Bring the television to the resident's room

6. OBRA regulations apply to which type of facility?

A. Acute care facilities

B. Assisted living centers

C. Skilled nursing facilities

D. Respite care facilities

7. What should be documented if a resident deviates from the care plan during an activity?

A. The deviation is ignored.

B. The deviation is noted in passing conversation.

C. The deviation is documented with time, what happened, who observed, and any steps taken; inform nurse.

D. The deviation is corrected spontaneously by CNA without notifying nurse.

8. When two nursing assistants move a resident up in bed, they should grasp the draw sheet

A. 4 inches away from the resident's body

B. 6 inches away from the resident's body

C. As close to the resident's body as possible

D. As far from the resident's body as possible

9. When using a fire extinguisher, you should aim to

A. And sweep along the base of the fire

B. Extinguisher at the base and hold still

C. And sweep at the fire's flames

D. At the flames and hold still

10. When a resident has fallen, under which condition is it appropriate to move them?

A. Always move them to a sitting position immediately

B. Never move them

C. Do not move them unless there is immediate danger

D. Move them only after getting nurse approval

Answers

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

Explanations

1. When you hear a fire alarm and there is a resident in the room, which action is correct first?

A. Remove residents from the area of the fire

B. Report to the nurse for directives

C. Locate a fire extinguisher

D. Evacuate all residents

The most important thing when a fire alarm sounds and a resident is in the room is to get that resident to safety immediately. This immediate rescue of the person in danger takes priority because saving a life and reducing exposure to smoke is the highest priority in a fire situation. Once the resident is out of the danger area, you can follow the facility's protocol—alert the nurse for directives and ensure the alarm has been activated if needed. Locating a fire extinguisher is something you do only if you can reach it quickly and safely without delaying evacuation, and you should not try to evacuate everyone before the person in immediate danger is safe. In short, move the resident away from the fire first, then proceed with reporting and any further actions as directed.

2. You are on night shift and notice coworkers are talking loudly. What should you do?

A. Remind them that the residents are asleep

B. Join in if no residents have complained

C. Call the supervisor and report your coworkers actions

D. Make sure all of the residents' doors are closed

When night-shift care hinges on preserving residents' sleep, the immediate goal is to reduce noise in a respectful, direct way. The action that fits this best is to calmly remind coworkers that residents are asleep and ask for a lower volume. This sets a clear expectation in the moment, protects residents from unnecessary wakefulness, and demonstrates professional accountability without escalating the situation. If the noise continues after a friendly reminder, follow your facility's policy for addressing ongoing disturbances, which may involve notifying a supervisor. The other options don't address the situation as effectively: joining in maintains the disruption and undermines professionalism, calling the supervisor right away without giving coworkers a chance to adjust first is more confrontational, and closing doors alone might help modestly but doesn't confront the behavior or ensure consistent quiet in common areas.

3. The FIRST step in transferring a resident from the bed to wheelchair is to

A. Place the wheelchair at the foot of the bed

B. Remove the leg rests from the wheelchair

C. Tell the resident what you need her to do

D. Check the resident's care plan for level of assistance needed

Understanding how much help the resident needs is the first step in a safe transfer. The care plan tells you the level of assistance required, what equipment is appropriate, and any precautions to follow. This information guides all subsequent actions, ensuring you prepare the right device, determine whether extra staff are needed, and communicate the plan clearly to the resident. Once you know the required assistance, you can then set up the wheelchair and environment accordingly. Placing the wheelchair at the bed, adjusting or removing leg rests, or talking to the resident are steps that follow after confirming the needed level of assistance.

4. What is a key element of isolation precautions when a resident has a contagious infection?

A. Use appropriate PPE and follow rooming requirements specific to the pathogen.

B. Ignore PPE if the resident is otherwise healthy.

C. Use standard precautions only.

D. Remove PPE after one hour.

Isolation precautions center on preventing transmission by using the right protective gear and following rooming rules tied to how the infection spreads. This is why the best choice highlights both wearing appropriate PPE and adhering to rooming requirements specific to the pathogen. Depending on the transmission mode, that means donning gloves, a gown, a mask or respirator, and eye protection when indicated, along with hand hygiene before entering and after leaving the room. You also follow room setup and equipment rules—such as private rooms or dedicated equipment and appropriate patient transport—so the infection doesn't spread. Standard precautions alone won't stop all contagious infections, since some require additional transmission-based precautions. PPE should be removed only using proper doffing procedures and after leaving the room, not after a fixed time.

5. If you notice a spark and smoke while plugging in a resident's television, what is the correct action?

A. Wait to see if it stops

B. Tell the resident to fix it later

C. Unplug the television and report to the supervisor immediately

D. Bring the television to the resident's room

Electric hazards show up as sparks and smoke from electrical equipment, so the priority is to remove the power source and get help right away. If it's safe to do so, unplug the television to cut the electrical supply, then report the incident to the supervisor immediately so the device can be checked and the area can be made safe. This prevents a potential fire or shock and ensures proper follow up by someone trained. Waiting to see if it stops, telling the resident to fix it later, or moving the TV somewhere else would leave a dangerous situation unresolved and could put the resident and others at risk. If you can't unplug safely or if there's active fire, follow the facility's fire safety procedures and evacuate as needed.

6. OBRA regulations apply to which type of facility?

A. Acute care facilities

B. Assisted living centers

C. Skilled nursing facilities

D. Respite care facilities

OBRA regulations are federal standards that ensure safe, quality care in long-term care settings where residents often need ongoing nursing supervision and rehabilitation. The setting most directly covered by OBRA is the skilled nursing facility, because these facilities provide continuous skilled care and are governed by requirements for resident rights, comprehensive care planning, and regular assessments (like the MDS) to monitor and plan each resident's needs. OBRA also addresses staffing levels and overall quality monitoring in these facilities, which is why SNFs are the primary target of these regulations. Acute care facilities (hospitals) operate under different hospital-focused standards and accreditation. Assisted living centers and respite care facilities are generally regulated at the state level and by frameworks that emphasize housing and supportive services rather than the federal long-term care standards OBRA sets for ongoing skilled care.

7. What should be documented if a resident deviates from the care plan during an activity?

A. The deviation is ignored.

B. The deviation is noted in passing conversation.

C. The deviation is documented with time, what happened, who observed, and any steps taken; inform nurse.

D. The deviation is corrected spontaneously by CNA without notifying nurse.

Documenting any deviations from the care plan is essential for safety and continuity of care. When a resident deviates during an activity, record the exact time, what happened, who observed it, and any steps you took to address the situation. Then inform the nurse so the care plan can be reviewed and adjusted if needed. This creates an clear, traceable record that helps the rest of the care team understand the situation, ensures accountability, and supports appropriate follow-up. Documentation should be factual and objective, not opinions or guesses, and should be done promptly rather than left to memory. By keeping a proper record, you help prevent repeats of the same issue and enable timely, coordinated care.

8. When two nursing assistants move a resident up in bed, they should grasp the draw sheet

A. 4 inches away from the resident's body

B. 6 inches away from the resident's body

C. As close to the resident's body as possible

D. As far from the resident's body as possible

Grasp the draw sheet as close to the resident's body as possible. This gives you and your partner better control of the lift, keeps the resident's center of gravity near you for safer coordination, and helps protect the skin by reducing friction and shear. It also allows you to use your leg muscles and maintain a straight back during the move. Grasping the sheet farther away limits control, makes it harder to coordinate, increases twisting risk, and raises the chances of back strain and skin injury.

9. When using a fire extinguisher, you should aim to

A. And sweep along the base of the fire

B. Extinguisher at the base and hold still

C. And sweep at the fire's flames

D. At the flames and hold still

The main idea is to attack the fuel source. Aiming at the base of the fire allows the extinguishing agent to cool the burning material and interrupt the heat-fuel-oxygen cycle right where the fuel is burning. If you aim at the flames themselves, you're not reaching the material that's feeding the fire, so it's harder to stop. Once you're at the base, sweep the nozzle from side to side to blanket the fuel with the extinguishing agent until the fire is out or you have to retreat to safety. Holding still won't cover the fuel, and directing the stream at the flames won't be as effective.

10. When a resident has fallen, under which condition is it appropriate to move them?

A. Always move them to a sitting position immediately

B. Never move them

C. Do not move them unless there is immediate danger

D. Move them only after getting nurse approval

When someone has fallen, the priority is to keep them still and prevent further harm. Moving them right away can worsen injuries, especially to the spine, neck, or head, even if there are no obvious injuries at first. Stay with the resident, call for help, and check for signs of injury or distress while keeping the head and neck aligned and avoiding any unnecessary movement. Only if there is immediate danger in the current location (such as fire, gas, or risk of another accident) should you move the resident to a safer spot, using proper precautions and following your training. If there is no danger, wait for a nurse or medical professional to assess and guide any repositioning or transfer.

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://cnaworkbook.examzify.com

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