CPR Online Class 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

1. **AED Special Considerations: If the chest is hairy and there is one set of pads, what should you do before applying the pads?**

   A. Apply the pads over the hair

   B. Shave the area and then apply the pads

   C. Remove hair with tape only

   D. Use only one pad

2. **What duties belong to the AED/Monitor/Defibrillator role during a resuscitation attempt?**

   A. Brings in and operates the AED; positions monitor so it can be seen by everyone; switches with the compressor every 5 cycles

   B. Opens and maintains the airway

   C. Performs chest compressions

   D. Records post-event data

3. **If there is no normal breathing and no pulse is felt within 10 seconds, what should you do?**

   A. Call EMS Only

   B. Wait for Help

   C. Check Pulse Again

   D. Begin CPR Immediately

4. **What action can you take during and after a resuscitation attempt to help individual team members perform better and bring awareness to system strengths and deficiencies?**

   A. Debriefing

   B. Training

   C. Documentation

   D. Communication

5. **During rescue breathing, how often should you check the victim's pulse?**

   A. Every 30 seconds

   B. Only at the start

   C. Every 2 minutes

   D. Never

6. If no pulse is detected, what should you do?

A. Begin CPR starting with chest compressions.

B. Check the other side for pulse.

C. Assess breathing first.

D. Call for help and wait.

7. What does a chest compression feedback device monitor?

A. Chest recoil

B. Compression depth

C. Compression rate

D. All of the above

8. In suspected opioid overdose with no normal breathing, what ancillary treatment might be used if available?

A. Administer naloxone per protocol

B. Administer aspirin

C. Administer epinephrine

D. Administer glucose

9. For an infant, where should the two fingers be placed during chest compressions when using a single rescuer?

A. On the left side of the chest

B. On the back, between the shoulder blades

C. Center of the chest just below the nipple line

D. Over the sternum near the collarbone

10. In Scene Safety, Responsiveness and Assessment, what is the first step you should take?

A. Scene Safety: ensure the scene is safe for you and the victim

B. Check for a medical ID bracelet

C. Call for help before approaching the victim

D. Immediately perform rescue breaths

Answers

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

Explanations

1. AED Special Considerations: If the chest is hairy and there is one set of pads, what should you do before applying the pads?

A. Apply the pads over the hair

B. Shave the area and then apply the pads

C. Remove hair with tape only

D. Use only one pad

Hair on the chest can prevent the AED pads from sticking properly and increase electrical impedance, which can reduce the effectiveness of the shock. Shaving the area where the pads will go ensures good contact with the skin, allowing the energy to travel efficiently to the heart. If time allows, remove the hair quickly with a disposable razor and then apply the pads. Placing pads over hair may prevent proper adhesion, removing hair with tape won't actually remove the hair, and using only one pad would not provide a complete defibrillation. The goal is solid skin-pad contact for an effective delivery.

2. What duties belong to the AED/Monitor/Defibrillator role during a resuscitation attempt?

A. Brings in and operates the AED; positions monitor so it can be seen by everyone; switches with the compressor every 5 cycles

B. Opens and maintains the airway

C. Performs chest compressions

D. Records post-event data

During resuscitation, the AED/Monitor/Defibrillator role focuses on handling the electrical management of the arrest. This person brings in and operates the AED or defibrillator, attaches and monitors the rhythm so everyone can see the patient's status, and coordinates with the team by trading the defibrillator/monitor duties with the compressor about every five chest-compression cycles. This switch helps keep chest compressions continuous and minimizes interruptions while the device analyzes rhythm or delivers a shock if indicated. The role may also involve delivering a shock when the device calls for it and communicating rhythm changes to the team. The other tasks belong to separate roles: opening and maintaining the airway is the airway/ventilation role, performing chest compressions is the compressor's job, and recording post-event data is handled by the recorder role.

3. If there is no normal breathing and no pulse is felt within 10 seconds, what should you do?

A. Call EMS Only

B. Wait for Help

C. Check Pulse Again

D. Begin CPR Immediately

When a person is unresponsive, not breathing normally, and there is no pulse, they are in cardiac arrest. There's no circulating blood to the brain and vital organs, so delaying intervention can quickly reduce chances of survival. The best action is to start CPR immediately to restore blood flow. Begin chest compressions right away: push hard and fast, about 100–120 compressions per minute, to a depth of roughly 2 inches (5 cm) for an adult, and allow full recoil between compressions. If you're trained and able, follow each set of 30 compressions with 2 rescue breaths; if you're not trained or uncomfortable giving breaths, perform hands-only CPR and continue compressions. If another person is present, have them call emergency services and bring an AED. When the AED arrives, turn it on and follow the prompts, delivering a shock if instructed and continuing CPR afterward. Keep going with CPR until professional help takes over or until the person shows signs of life.

4. What action can you take during and after a resuscitation attempt to help individual team members perform better and bring awareness to system strengths and deficiencies?

A. Debriefing

B. Training

C. Documentation

D. Communication

Debriefing is the action that best fits learning from a resuscitation. It's a structured, reflective conversation that happens during a pause or after an attempt to review what happened, what went well, and what could be done differently. This focused discussion helps individual team members perform better by clarifying roles, improving how the team communicates and coordinates, and reinforcing effective behaviors in real situations. Importantly, debriefing also shines a light on system strengths and deficiencies. By talking through the event, the team can spot whether equipment was ready, protocols were followed, or bottlenecks in the workflow slowed the response, and then decide concrete improvements. While training, documentation, and general communication are valuable, debriefing uniquely combines performance feedback with insight into the broader system to drive lasting changes and enhance future outcomes.

5. During rescue breathing, how often should you check the victim's pulse?

A. Every 30 seconds

B. Only at the start

C. Every 2 minutes

D. Never

During rescue breathing, pulse checks are done at roughly two-minute intervals. This cadence fits with the CPR cycle, giving you a reliable point to assess whether circulation has returned and to decide whether to continue rescue breaths or start chest compressions if needed. Checking more or less often can disrupt the flow of rescue care or delay noticing a change in the victim's condition. So, a pulse check about every two minutes keeps the care organized and aligned with CPR practice.

6. If no pulse is detected, what should you do?

A. Begin CPR starting with chest compressions.

B. Check the other side for pulse.

C. Assess breathing first.

D. Call for help and wait.

When there is no pulse, there is no blood flow to the brain and other vital organs. The fastest way to restore circulation is to perform CPR with chest compressions, which manually pumps the heart and keeps blood moving until professional help arrives or an AED can be used. Starting compressions right away minimizes delays that can reduce chances of survival. Delaying to check again for a pulse or to assess breathing first wastes precious seconds and can let the situation worsen. Waiting for someone else to call for help or for a pulse to reappear isn't reliable when the person isn't circulating blood. So the best action is to begin CPR with chest compressions and call for help (and use an AED as soon as available). If you are trained, you can add rescue breaths after every 30 compressions and continue the cycle.

7. What does a chest compression feedback device monitor?

A. Chest recoil

B. Compression depth

C. Compression rate

D. All of the above

A chest compression feedback device is meant to guide CPR by tracking three key aspects of each compression: depth, rate, and chest recoil. Monitoring depth ensures you press hard enough to push blood—about 2 inches (5 cm) for most adults. Monitoring rate keeps compressions within a steady tempo, typically around 100–120 per minute. Monitoring chest recoil makes sure the chest fully returns to allow venous return between squeezes, preventing leaning. When a device provides real-time feedback on all three, you can adjust on the fly to maintain high-quality CPR throughout. That's why the best answer is that it monitors depth, rate, and recoil—all of the above.

8. In suspected opioid overdose with no normal breathing, what ancillary treatment might be used if available?

A. Administer naloxone per protocol

B. Administer aspirin

C. Administer epinephrine

D. Administer glucose

Naloxone is the antidote for opioid overdose. When breathing is not normal due to opioids, it binds to the same receptors and displaces the opioid molecules, reversing the depressant effects on the respiratory drive. If available, give naloxone and follow the protocol, keeping in mind that multiple doses may be needed and continuing rescue breaths or other airway support as EMS is on the way. Other options don't address the opioid-induced breathing problem: aspirin isn't used for overdoses, epinephrine targets allergic reactions or certain emergencies, and glucose treats low blood sugar.

9. For an infant, where should the two fingers be placed during chest compressions when using a single rescuer?

A. On the left side of the chest

B. On the back, between the shoulder blades

C. Center of the chest just below the nipple line

D. Over the sternum near the collarbone

For an infant when only one rescuer is performing chest compressions, use two fingers and place them on the center of the chest, just below the nipple line. This position targets the lower half of the sternum, where the heart sits, allowing you to compress effectively as you push the heart toward the spine to generate blood flow. The depth should be about one third of the chest depth, roughly 4 cm (1.5 inches), with a steady, rhythmical rate. Placing your fingers on the left side of the chest, on the back between the shoulder blades, or over the sternum near the collarbone would miss the heart or be too high to generate effective chest compressions. The center-lower chest location is the safest and most effective spot for an infant with a single rescuer.

10. In Scene Safety, Responsiveness and Assessment, what is the first step you should take?

A. Scene Safety: ensure the scene is safe for you and the victim

B. Check for a medical ID bracelet

C. Call for help before approaching the victim

D. Immediately perform rescue breaths

Start with making sure the scene is safe for you and the person in need. This is essential because you can't help effectively if you're put at risk, and you could become another casualty. Scan for hazards like traffic, fire, fumes, unstable structures, or aggressive individuals. If the scene isn't safe, pause and call for professional help from a distance and wait for responders rather than approaching. Once safety is established, you can continue with the next steps of the assessment. While looking for a medical ID bracelet or calling for help are important, they don't protect you from immediate dangers, and starting rescue breaths before confirming unresponsiveness and safety isn't appropriate.

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://cpronlineclass.examzify.com

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