

# CPR ONLINE CLASS PRACTICE TEST (SAMPLE)

**STUDY GUIDE**



**SAMPLE STUDY GUIDE  
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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# Table of Contents

|                             |    |
|-----------------------------|----|
| Copyright .....             | 1  |
| Table of Contents .....     | 2  |
| Introduction .....          | 3  |
| How to Use This Guide ..... | 4  |
| Questions .....             | 5  |
| Answers .....               | 8  |
| Explanations .....          | 10 |
| Next Steps .....            | 15 |

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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. For infants and children, some AED pads recommend which placement to maximize effectiveness?**
  - A. One pad on the chest and one pad on the back
  - B. Two pads on the back
  - C. Both pads on the chest
  - D. One pad on the arm and one on the leg
- 2. Which landmark guides correct pocket mask positioning?**
  - A. Bridge of the nose.
  - B. Chin.
  - C. Earlobe.
  - D. Forehead.
- 3. Which technique is used to perform infant chest compressions when two rescuers are present?**
  - A. Two-thumb-encircling hands technique
  - B. Two-finger technique
  - C. One-hand technique
  - D. Palmar technique
- 4. If a person has a pulse but is not breathing, what should you do?**
  - A. Provide rescue breaths at about 1 breath every 5-6 seconds (approx. 10-12 per minute) while monitoring.
  - B. Continue with chest compressions only and wait.
  - C. Check for a pulse every 30 seconds.
  - D. Stop and wait for EMS.
- 5. What is recommended to minimize interruptions in chest compressions when using an AED?**
  - A. Continue CPR only after AED prompts to clear
  - B. Pause CPR while the AED analyzes rhythm
  - C. Continue high-quality CPR until the AED prompts to clear
  - D. Only resume CPR after the AED delivers a shock

- 6. When an AED is available, what should you do?**
- A. Use AED as soon as available and follow device prompts.
  - B. Delay AED use until manual rhythm is confirmed.
  - C. Use AED only after a full minute of CPR.
  - D. Do not use AED if the patient is a child.
- 7. Mouth-to-mouth rescue breaths are indicated under which condition?**
- A. When a barrier device is available.
  - B. Only after you call for help.
  - C. When a barrier device is not available.
  - D. Only if the victim is conscious.
- 8. What is the correct depth of chest compressions when performing high-quality CPR on a child?**
- A. Approximately 1 inch (2.5 cm)
  - B. Approximately 1.5 inches (4 cm)
  - C. Approximately 1.75 inches (4.5 cm)
  - D. Approximately 2 inches (5 cm)
- 9. Should a lay rescuer check for a pulse before starting CPR?**
- A. Always check for a pulse before starting CPR.
  - B. If untrained, check pulse before starting CPR.
  - C. If untrained, start CPR; if trained and confident, you may check briefly but do not delay CPR.
  - D. You should never check for a pulse in any case.
- 10. Which of the following is a sign of choking in adults and children?**
- A. Laughing
  - B. Sneezing
  - C. Cyanosis
  - D. Regular breathing

## **Answers**

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

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## **Explanations**

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**1. For infants and children, some AED pads recommend which placement to maximize effectiveness?**

- A. One pad on the chest and one pad on the back
- B. Two pads on the back
- C. Both pads on the chest**
- D. One pad on the arm and one on the leg

*Delivering the defibrillation shock effectively depends on where the pads are placed so that the electrical current travels through the heart. When both pads are placed on the chest, the heart lies directly between them, creating a clear front-to-front path for the shock. This setup concentrates the energy through the cardiac tissue, increasing the likelihood that the heart will be depolarized and return to a normal rhythm, especially in infants and children where the chest is smaller and positioning is more variable. Placing pads on the chest also simplifies rapid deployment and reduces the chance that the pads won't align properly or that the current will take a less effective route through the body. While alternative placements (such as one pad on the chest and one on the back) can be used in some situations, chest-to-chest placement is often taught for maximizing effectiveness in pediatric cases. Always follow the device's pediatric guidelines and use pediatric pads or dose attenuators when available, ensuring pads do not touch each other and are applied to clean, dry skin.*

**2. Which landmark guides correct pocket mask positioning?**

- A. Bridge of the nose.**
- B. Chin.
- C. Earlobe.
- D. Forehead.

*Positioning a pocket mask relies on a stable, centered seal over the mouth and nose, and the bridge of the nose provides the best landmark to achieve that alignment. Placing the mask so its top edge rests along the bridge of the nose helps you sit the mask evenly and keeps the sides pressed against the cheeks, creating an airtight seal and preventing air from leaking around the mask. The chin is important for opening the airway (head tilt), not for mask placement; the forehead and earlobe aren't reliable anchors for achieving a proper seal.*

**3. Which technique is used to perform infant chest compressions when two rescuers are present?**

- A. Two-thumb-encircling hands technique
- B. Two-finger technique**
- C. One-hand technique
- D. Palmar technique

*When two rescuers are present, the infant chest compressions are performed using the two-thumb-encircling hands technique. This method places both thumbs on the infant's sternum while the hands encircle the chest from around the back, allowing for stable, centered compressions with good depth and recoil. It helps share the workload between rescuers and reduces fatigue, so each compression remains consistent throughout the cycle. The depth goal for infants is about 1.5 inches (4 cm) or about one-third of the chest diameter, and this technique helps maintain that depth reliably. The two-finger technique is a common option for a single rescuer performing infant compressions, but it doesn't provide the same stability and depth consistency when two rescuers are involved. The other techniques aren't standard approaches for infant CPR with two rescuers.*

#### 4. If a person has a pulse but is not breathing, what should you do?

- A. Provide rescue breaths at about 1 breath every 5-6 seconds (approx. 10-12 per minute) while monitoring.**
- B. Continue with chest compressions only and wait.
- C. Check for a pulse every 30 seconds.
- D. Stop and wait for EMS.

*When someone has a pulse but isn't breathing, the focus is on providing rescue breaths to supply oxygen to the lungs while the heart continues to beat. The goal is to deliver about 10 to 12 breaths per minute, which is one breath every 5 to 6 seconds. Each breath should be enough to make the chest rise for about one second, staying steady and unhurried. While you're giving breaths, monitor the person for signs of breathing returning or the pulse changing, and keep help on the way. Chest compressions are not started when there is a pulse, since compressions are meant to substitute for circulation when the heart isn't beating effectively. Checking the pulse every 30 seconds isn't necessary during this situation and would interrupt breathing; you already know there is a pulse, and you should stay focused on breathing and monitoring. If EMS hasn't been called yet, activate them now and continue rescue breaths until the person starts breathing on their own or professional help arrives.*

#### 5. What is recommended to minimize interruptions in chest compressions when using an AED?

- A. Continue CPR only after AED prompts to clear
- B. Pause CPR while the AED analyzes rhythm
- C. Continue high-quality CPR until the AED prompts to clear**
- D. Only resume CPR after the AED delivers a shock

*Maintaining continuous, high-quality chest compressions is crucial because each interruption reduces blood flow to the heart and brain. When you're using an AED, the best way to minimize interruptions is to keep performing compressions until the device prompts everyone to clear for analysis or shock. The AED will require a brief pause to analyze the rhythm or to deliver a shock, but you should not add extra delays beyond that. After the device finishes analyzing or a shock is delivered, resume chest compressions immediately and continue at the recommended rate and depth. This approach keeps perfusion as high as possible and improves the chance of recovery.*

#### 6. When an AED is available, what should you do?

- A. Use AED as soon as available and follow device prompts.
- B. Delay AED use until manual rhythm is confirmed.
- C. Use AED only after a full minute of CPR.**
- D. Do not use AED if the patient is a child.

*Apply the AED as soon as it's available and follow the device's prompts. Early defibrillation is crucial because it gives the heart the best chance to regain an effective rhythm, and the device will analyze the heart rhythm and tell you if a shock is needed. You shouldn't wait to manually confirm the rhythm or delay for a full minute of CPR before using the AED. Continue CPR and keep delivering compressions until the AED is ready to analyze or delivers a shock, then resume as directed. The AED is appropriate for children too—use pediatric pads if available and follow the prompts, rather than withholding defibrillation because the patient is young.*

**7. Mouth-to-mouth rescue breaths are indicated under which condition?**

- A. When a barrier device is available.
- B. Only after you call for help.
- C. When a barrier device is not available.**
- D. Only if the victim is conscious.

*Providing rescue breaths is about delivering oxygen when the person's airway is open and they are not breathing. Using a barrier device (like a pocket mask or face shield) is preferred because it protects you from exposure. If no barrier device is available, you can perform mouth-to-mouth rescue breaths to supply those breaths directly. The other statements don't fit: a barrier device should be used if available, not avoided; rescue breaths aren't restricted only to after calling for help, and they're intended for an unconscious person in need of CPR, not someone who is conscious. So, mouth-to-mouth rescue breaths are indicated when a barrier device is not available.*

**8. What is the correct depth of chest compressions when performing high-quality CPR on a child?**

- A. Approximately 1 inch (2.5 cm)
- B. Approximately 1.5 inches (4 cm)
- C. Approximately 1.75 inches (4.5 cm)
- D. Approximately 2 inches (5 cm)**

*In high-quality pediatric CPR, you compress the chest to about one-third of the chest's depth. For a child, that typically works out to around 2 inches (5 cm). This depth strikes a balance: it's deep enough to push blood effectively with each squeeze, helping circulate oxygen to the heart and brain, but not so deep that it risks unnecessary injury. The shallower depths—about 1 inch (2.5 cm), 1.5 inches (4 cm), or 1.75 inches (4.5 cm)—would usually be too shallow to generate adequate blood flow.*

**9. Should a lay rescuer check for a pulse before starting CPR?**

- A. Always check for a pulse before starting CPR.
- B. If untrained, check pulse before starting CPR.
- C. If untrained, start CPR; if trained and confident, you may check briefly but do not delay CPR.**
- D. You should never check for a pulse in any case.

*The essential point is that time matters in a cardiac arrest, and the priority is to get circulation going as quickly as possible. If you're a lay rescuer without formal training, the safest and most effective action is to start chest compressions immediately rather than trying to determine whether a pulse is present; delays can reduce chances of survival. If you are trained and confident in quickly assessing a pulse, you may perform a very brief pulse check, but it must not slow you down—if there's any doubt or the check would take too long, you should start CPR right away. If a pulse is found, you would adjust your actions accordingly (such as continuing to monitor and provide rescue breaths if appropriate). This approach captures both scenarios: begin CPR without delay when you're untrained, while allowing a rapid pulse check for those who can do it safely and quickly.*

**10. Which of the following is a sign of choking in adults and children?**

- A. Laughing
- B. Sneezing
- C. Cyanosis**
- D. Regular breathing

*Choking blocks the airway, so air can't reach the lungs and oxygen can't get into the blood. When oxygen delivery drops, the body's tissues show signs of distress, with a bluish discoloration around the lips and face called cyanosis. That visual of blue skin is a clear signal of oxygen deprivation from a blocked airway, which is why it's the correct sign among the options. Laughing, sneezing, and regular breathing all indicate air is moving and oxygen is getting through, so they don't reflect a choking situation.*

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## 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://cpronlineclass.examzify.com>

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

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