

DHO FIRST AID 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

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- 1. What are heat cramps and what causes them?**
 - A. Pain in the legs caused by fractures
 - B. Muscle pains from prolonged inactivity
 - C. Muscle pains and spasms caused by water and salt loss
 - D. Increased body temperature from exercise
- 2. What is the purpose of the Heimlich maneuver?**
 - A. To provide first aid for cuts
 - B. To remove an obstruction from a choking person's airway
 - C. To administer CPR
 - D. To cool a burn
- 3. What position should a person be in if they experience chest pain?**
 - A. Supine position
 - B. Sitting upright position
 - C. Semi-reclining or comfortable position
 - D. Prone position
- 4. How long should someone be monitored after an AED shock?**
 - A. Until emergency services arrive
 - B. Until the person wakes up
 - C. For a minimum of 30 minutes
 - D. Until the person is fully conscious
- 5. Which symptom is NOT associated with hypothermia?**
 - A. Weakness
 - B. Severe shivering
 - C. Rapid heartbeat
 - D. Drowsiness
- 6. What is anaphylaxis?**
 - A. A mild allergic reaction
 - B. A severe allergic reaction leading to shock
 - C. A common cold symptom
 - D. A skin rash due to food allergies

- 7. Which of the following is a common cause of shock?**
- A. Allergic reaction to food
 - B. Excessive pain
 - C. Low blood pressure
 - D. Tight clothing
- 8. What should you do if someone is vomiting during heat stroke treatment?**
- A. Give them more water
 - B. Position them on their side
 - C. Cool them down faster
 - D. Lay them flat on their back
- 9. How can you differentiate an abrasion from other types of wounds?**
- A. An abrasion involves tearing of the skin
 - B. An abrasion is a scrape where the skin is off
 - C. An abrasion does not bleed
 - D. An abrasion can only occur on limbs
- 10. What is the recommended method for removing a splinter from the skin surface?**
- A. Pull it out with your fingers
 - B. Remove with sterile tweezers
 - C. Cut the skin to remove it
 - D. Apply ointment and leave it

Answers

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

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Explanations

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1. What are heat cramps and what causes them?

- A. Pain in the legs caused by fractures
- B. Muscle pains from prolonged inactivity
- C. Muscle pains and spasms caused by water and salt loss**
- D. Increased body temperature from exercise

Heat cramps are painful muscle contractions that typically occur during or after intense physical activity, especially in conditions of high heat and humidity. They are linked to significant loss of water and electrolytes, particularly sodium, through sweating. When the body loses these essential fluids and salts, it can lead to a disturbance in the normal function of muscles, resulting in involuntary and painful spasms. The correct option identifies this relationship between muscle pains and spasms specifically with dehydration and electrolyte imbalance. Proper hydration and maintaining electrolyte levels are crucial to prevent heat cramps during physical exertion, especially in hot weather. Recognizing these symptoms is vital for providing appropriate first aid and treatment to the individual experiencing heat cramps, which may include rehydration and rest. In contrast, the other options do not accurately describe the cause of heat cramps. For instance, pain in the legs from fractures pertains to injuries rather than muscular issues stemming from heat and hydration. Muscle pains from prolonged inactivity are related to lack of movement rather than heat exposure. While increased body temperature from exercise is a factor that allows for the occurrence of heat cramps, it is not the direct cause; rather, it is the loss of fluids and salts during this time that triggers the cramps themselves.

2. What is the purpose of the Heimlich maneuver?

- A. To provide first aid for cuts
- B. To remove an obstruction from a choking person's airway**
- C. To administer CPR
- D. To cool a burn

The Heimlich maneuver is specifically designed to relieve choking by removing an obstruction from a person's airway. When someone is choking, their airway is blocked, which can prevent them from breathing properly or producing sound. The Heimlich maneuver involves using a series of abdominal thrusts to generate pressure that can force the object out of the airway and allow air to flow again. Understanding this procedure is crucial, as effective and timely intervention can save a life in a choking emergency. Other options such as administering first aid for cuts, performing CPR, or cooling a burn do not address the critical situation of airway obstruction, which is the primary focus of the Heimlich maneuver. Hence, it is vital to recognize the specific purpose of the Heimlich maneuver in responding to choking incidents.

3. What position should a person be in if they experience chest pain?

- A. Supine position
- B. Sitting upright position
- C. Semi-reclining or comfortable position**
- D. Prone position

When a person experiences chest pain, placing them in a semi-reclining or comfortable position is often the most beneficial. This position helps to alleviate pressure on the chest and can make it easier for the person to breathe. It also provides support and can be less stressful on the heart compared to other positions. It's important for individuals experiencing chest pain to remain as calm and comfortable as possible, which the semi-reclining position encourages. Additionally, this position can help healthcare providers to assess the situation more effectively while preparing for potential interventions if needed. Using this position can also be beneficial in preventing further distress and maintaining better circulation. In contrast, lying flat (the supine position) may increase discomfort and pressure, while the prone position (lying face down) is generally not advisable as it can impede breathing and access for emergency care. Sitting upright, although it can provide some relief, may not be as comfortable as the semi-reclining position, which better supports the overall relaxation and ease of the individual experiencing chest pain.

4. How long should someone be monitored after an AED shock?

- A. Until emergency services arrive**
- B. Until the person wakes up
- C. For a minimum of 30 minutes
- D. Until the person is fully conscious

Monitoring someone after administering a shock from an Automatic External Defibrillator (AED) is crucial to ensure their safety and stability. The correct approach is to monitor until emergency services arrive. This is important because even after a shock, the person may still be in a critical state and require further medical attention. Emergency responders are trained to assess the situation, provide the necessary medical interventions, and transport the individual to a medical facility. While it is important to observe the individual for signs of consciousness and responsiveness, the primary responsibility lies in maintaining a safe environment and passing on critical information to the emergency services. They can then take over care and provide advanced life support. Monitoring for a specific minimum duration, such as a set number of minutes or until the person is fully conscious, may not always be practical or sufficient, especially in critical situations. Hence, ensuring that help arrives is the most reliable course of action.

5. Which symptom is NOT associated with hypothermia?

- A. Weakness
- B. Severe shivering
- C. Rapid heartbeat**
- D. Drowsiness

Hypothermia is a condition that occurs when the body loses heat faster than it can produce it, resulting in a dangerously low body temperature. The symptoms associated with hypothermia include weakness, severe shivering, and drowsiness. These signs occur as the body struggles to maintain its core temperature. Severe shivering is a natural response to cold, as it generates heat through muscle contractions. Weakness and drowsiness indicate that the body is not functioning normally due to the cold, affecting muscle control and cognitive function. In contrast, a rapid heartbeat is typically not a symptom of hypothermia. Instead, hypothermia often leads to bradycardia, which is a slower than normal heart rate, as the body's metabolic processes slow down in response to the cold. Therefore, when identifying symptoms that are characteristic of hypothermia, one should recognize that a rapid heartbeat does not align with the physiological changes that occur during this condition.

6. What is anaphylaxis?

- A. A mild allergic reaction
- B. A severe allergic reaction leading to shock**
- C. A common cold symptom
- D. A skin rash due to food allergies

Anaphylaxis is a severe and potentially life-threatening allergic reaction that occurs swiftly, often within minutes after exposure to an allergen. This condition is characterized by a variety of symptoms, including difficulty breathing, swelling of the throat and tongue, rapid drop in blood pressure, and shock. The body's immune system reacts disproportionately to the allergen, causing widespread inflammation and obstruction of airways, which can lead to respiratory failure if not treated promptly. In contrast, a mild allergic reaction would not present with the severe and systemic symptoms typical of anaphylaxis. Common cold symptoms relate to viral infections and do not involve the immune response in the same way that anaphylaxis does. A skin rash due to food allergies can occur, but it does not encompass the full spectrum of severe symptoms associated with anaphylaxis, which can also affect multiple body systems. Understanding these distinctions is critical for recognizing and effectively responding to anaphylaxis in emergency situations.

7. Which of the following is a common cause of shock?

- A. Allergic reaction to food
- B. Excessive pain**
- C. Low blood pressure
- D. Tight clothing

Excessive pain is a common cause of shock because it can trigger a physiological reaction in the body that leads to a decrease in blood circulation. When someone experiences severe pain, the body activates the sympathetic nervous system, leading to a stress response that can negatively impact heart function and blood flow. This reaction can result in a drop in blood pressure, impaired circulation to vital organs, and ultimately worsen the state of shock. While allergic reactions to food can also lead to shock, particularly anaphylaxis, they are less common compared to the broad range of situations that can cause excessive pain. Similarly, low blood pressure is a consequence of shock rather than a direct cause, and tight clothing is generally not a recognized factor leading to shock. Therefore, excessive pain stands out as a principal trigger for shock in various situations.

8. What should you do if someone is vomiting during heat stroke treatment?

- A. Give them more water
- B. Position them on their side**
- C. Cool them down faster
- D. Lay them flat on their back

When someone is vomiting during heat stroke treatment, positioning them on their side is crucial for several reasons. This position helps keep the airway clear and reduces the risk of choking if they continue to vomit. It also facilitates the body's natural processes in expelling any stomach contents safely. Additionally, this side-lying position aids in comfort and minimizes the risk of aspiration, where vomit could enter the lungs, leading to respiratory complications. If an individual is left lying flat on their back, they may be more likely to choke or have difficulty breathing. While hydration is important during heat stroke treatment, giving more water to someone who is vomiting could aggravate the situation, leading to further discomfort and a higher risk of choking. Coolness is indeed essential in treating heat stroke, but it must be done safely and effectively, keeping the individual's safety paramount.

9. How can you differentiate an abrasion from other types of wounds?

- A. An abrasion involves tearing of the skin
- B. An abrasion is a scrape where the skin is off**
- C. An abrasion does not bleed
- D. An abrasion can only occur on limbs

An abrasion is characterized by the removal of the top layer of skin, often described as a scrape. This type of wound results from friction against a rough surface, leading to the loss of superficial skin layers, but not deeper tissues. This is why the distinction made in your answer is accurate; an abrasion visibly reveals the underlying skin and may present as red or raw, frequently with minimal bleeding. In contrast to the other options, an abrasion does not involve tearing of the skin (that would characterize a laceration) and it may indeed bleed, although the bleeding typically is less than that associated with deeper wounds. Additionally, abrasions can occur anywhere on the body, not limited to the limbs, which further underscores the distinction from other injury types defined by depth and area affected.

10. What is the recommended method for removing a splinter from the skin surface?

- A. Pull it out with your fingers
- B. Remove with sterile tweezers**
- C. Cut the skin to remove it
- D. Apply ointment and leave it

Using sterile tweezers is the recommended method for removing a splinter from the skin surface because this approach minimizes the risk of infection and allows for precise removal. Sterile tweezers provide a firm grip and can help to extract the splinter in the direction it entered the skin, reducing trauma to the area. By using sterile instruments, you create a safer environment by preventing the introduction of bacteria and other pathogens that could cause infection. It's also essential to ensure that the tweezers are clean; disinfecting them with rubbing alcohol before use further reduces the potential for complications. This method is preferred over using fingers, as fingers can carry bacteria that increase infection risk. Cutting the skin can lead to unnecessary injury and complications, while simply applying ointment and leaving a splinter in place could cause discomfort and increase the risk of infection if not addressed properly.

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:

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

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