

# FIRST AID AND CPR/ AED LEVEL C PRACTICE EXAM (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

<https://firstaidcpraedlevelc.examzify.com>



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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. This treatment sequence is intended for injuries from which marine creatures?**
  - A. Stingray, sea urchin, or spiny fish injuries
  - B. Jellyfish stings
  - C. Coral scrapes
  - D. Sea turtle bites
- 2. What should you do to address dehydration during frostbite care?**
  - A. Rehydrate
  - B. Limit fluids
  - C. Take diuretics
  - D. Drink only coffee
- 3. What does FAST stand for in recognizing a stroke?**
  - A. Face, Airway, Speech, Test
  - B. Feet, Ankles, Stool, Touch
  - C. Face, Ankle, Speed, Time
  - D. Face, Arms, Speech, Time
- 4. Drug overdose: what should you do?**
  - A. Look for a prescription bottle
  - B. Have someone call EMS and get AED if you suspect drug overdose or seizures, breathing difficulty, unresponsive or change in behavior
  - C. Wait for symptoms to go away
  - D. Give them water
- 5. For blunt chest injuries, what should you do to assist breathing?**
  - A. Apply warm compress to chest
  - B. Give something bulky to hold against chest to facilitate breathing
  - C. Keep chest tightly wrapped
  - D. Have the person stand up to breathe more easily

- 6. During a hypothermia wrap, where should the insulation pad be placed?**
- A. Between person and ground
  - B. Between person and clothing
  - C. Inside insulation wrap
  - D. Outside insulation wrap
- 7. If rescue breaths do not go in, what is the first step?**
- A. Reposition head and attempt another breath
  - B. Begin CPR cycle immediately
  - C. Check for a pulse
  - D. Give a second rescue breath immediately
- 8. What is the first recommended action when skin is frozen to a metal object?**
- A. Do not pull or tug
  - B. Pour warm water on the surface of the object or skin
  - C. Gently help release the person from the metal object
  - D. Call EMS if you cannot safely remove
- 9. Heart attack skin signs: which may accompany a heart attack?**
- A. Dizziness with fainting
  - B. Itchy rash
  - C. Cold, sweaty skin
  - D. Joint stiffness
- 10. During a focused examination, what should you do if the person indicates a painful area?**
- A. Look for signs of injury in that area
  - B. Remove clothing from other areas
  - C. Quickly move them to lying down
  - D. Check blood pressure in that area



## **Answers**

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

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## **Explanations**

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**1. This treatment sequence is intended for injuries from which marine creatures?**

- A. Stingray, sea urchin, or spiny fish injuries**
- B. Jellyfish stings
- C. Coral scrapes
- D. Sea turtle bites

*The sequence is focused on injuries from venomous spines in marine creatures such as stingrays, sea urchins, and spiny fish. The hallmark of these envenomations is that heat helps neutralize the venom, so hot-water immersion is a key step (about 40–45°C, as hot as tolerated, for 30–90 minutes). Along with this, the steps usually include removing visible spines or foreign material if possible, gently cleaning the wound, and applying a sterile dressing, with pain relief and tetanus consideration. You'd also watch for infection or signs of worsening injury and seek medical care if fragments remain embedded, pain is severe, or there are systemic symptoms. This approach differs from jellyfish stings, which often require different measures like vinegar for nematocyst inactivation, or coral scrapes and sea turtle bites, which involve different wound care and sometimes antibiotics or surgical evaluation.*

**2. What should you do to address dehydration during frostbite care?**

- A. Rehydrate**
- B. Limit fluids
- C. Take diuretics
- D. Drink only coffee

*Hydration supports blood flow to damaged tissues and helps with healing. Dehydration reduces blood volume and makes the blood thicker, which can limit perfusion to frostbitten areas and slow recovery. Rehydrating with water or an electrolyte solution restores fluid balance and helps ensure the affected tissues receive oxygen and nutrients needed for healing. Limiting fluids or using diuretics would worsen dehydration and further decrease circulation. Beverages with caffeine, like coffee, can contribute to dehydration and aren't the best choice for supporting tissue repair. So, rehydration is the best step to address dehydration during frostbite care.*

**3. What does FAST stand for in recognizing a stroke?**

- A. Face, Airway, Speech, Test
- B. Feet, Ankles, Stool, Touch
- C. Face, Ankle, Speed, Time
- D. Face, Arms, Speech, Time**

*The main idea here is using a quick, simple check to spot stroke symptoms and act fast. FAST stands for Face, Arms, Speech, Time. For Face, ask the person to smile and look for drooping on one side of the face. For Arms, have them stretch both arms out in front with palms up and watch if one arm drifts downward or can't be lifted. For Speech, listen to a simple sentence—slurred speech or trouble speaking or understanding is a warning sign. For Time, if any of these signs are present, call emergency services immediately and note when the symptoms started, because treatment works best when given quickly. The other options mix in terms that aren't part of the mnemonic (like Airway or Test) or replace words with unrelated ones, so they don't convey the same clear, urgent signs.*

#### 4. Drug overdose: what should you do?

- A. Look for a prescription bottle
- B. Have someone call EMS and get AED if you suspect drug overdose or seizures, breathing difficulty, unresponsive or change in behavior**
- C. Wait for symptoms to go away
- D. Give them water

*When a drug overdose could be life-threatening, the priority is to get professional help immediately and be prepared to provide life-saving care. Have someone call emergency services now and get an automated external defibrillator if available, because overdose can worsen quickly and may lead to cardiac arrest. Time is critical, so don't wait to see if symptoms improve, and don't give fluids or other substances by mouth if the person is unconscious or trouble breathing. If the person becomes unresponsive or stops breathing normally, begin CPR with chest compressions and, if you're trained, provide rescue breaths while the AED is brought to the scene and ready to use. The goal is to support circulation and breathing until responders take over.*

#### 5. For blunt chest injuries, what should you do to assist breathing?

- A. Apply warm compress to chest
- B. Give something bulky to hold against chest to facilitate breathing**
- C. Keep chest tightly wrapped
- D. Have the person stand up to breathe more easily

*External stabilization of the chest to ease breathing is the goal after a blunt chest injury. Placing a bulky dressing or soft object against the chest and securing it loosely provides gentle support to the chest wall. This cushions movement during breathing, helps reduce pain, and allows the lungs to expand more easily without restricting chest collapse or expansion. Avoid wrapping the chest tightly, which can limit chest expansion and worsen breathing, and applying a warm compress isn't helpful for this injury. If the person is in distress, position them comfortably—often upright or semi-reclined—and monitor their breathing, rather than forcing them to stand.*

#### 6. During a hypothermia wrap, where should the insulation pad be placed?

- A. Between person and ground**
- B. Between person and clothing
- C. Inside insulation wrap
- D. Outside insulation wrap

*The key idea is to minimize heat loss from conduction to a cold surface. The ground is usually a cold, effective sink for body heat, so placing the insulation pad directly between the person and the ground creates a barrier that slows heat transfer from the body to the ground. This positioning lets the wrap trap warmth around the person while the pad reduces the amount of heat lost to contact with the surface. If the pad were placed between the person and clothing or outside/inside the wrap, it wouldn't interrupt that ground-to-body heat transfer as effectively, so warmth would be lost more quickly.*

**7. If rescue breaths do not go in, what is the first step?**

**A. Reposition head and attempt another breath**

B. Begin CPR cycle immediately

C. Check for a pulse

D. Give a second rescue breath immediately

*Opening the airway and ensuring a proper seal are essential for effective rescue breaths. When a breath does not go in, the first step is to reposition the head (tilt the head back and lift the chin) to realign the airway and improve the mask seal, then attempt another rescue breath. This addresses common issues like an airway being closed off or air leaking out around a poor seal, which are the typical reasons breaths won't enter the lungs. If the second breath still does not go in after repositioning, you should proceed with chest compressions and resume CPR according to the guidelines. Checking for a pulse isn't the immediate next step in this scenario, and giving a second breath without first rechecking the airway seal isn't as effective as fixing the airway and retrying.*

**8. What is the first recommended action when skin is frozen to a metal object?**

A. Do not pull or tug

**B. Pour warm water on the surface of the object or skin**

C. Gently help release the person from the metal object

D. Call EMS if you cannot safely remove

*When skin is frozen to a metal object, the priority is to thaw it safely rather than pull away. Rewarm the area with warm water (about 37–40°C or 98.6–104°F) and let the skin loosen from the object without forcing it. Do not pull or tug, and avoid using hot water or direct heat. If you cannot safely remove the person after rewarming attempts, call EMS.*

**9. Heart attack skin signs: which may accompany a heart attack?**

A. Dizziness with fainting

B. Itchy rash

**C. Cold, sweaty skin**

D. Joint stiffness

*Cold, sweaty skin shows up because a heart attack reduces blood flow to the skin and triggers a stress response that makes the skin feel cool and clammy. This skin change is a common clue that the body is not getting enough oxygenated blood. Dizziness with fainting can occur but is not a skin sign, while an itchy rash or joint stiffness aren't typical heart attack signs. So the skin sign of cold, sweaty skin best fits what may accompany a heart attack.*

**10. During a focused examination, what should you do if the person indicates a painful area?**

- A. Look for signs of injury in that area**
- B. Remove clothing from other areas
- C. Quickly move them to lying down
- D. Check blood pressure in that area

*When a person indicates a painful area, you should inspect that area for signs of injury. This focused look helps reveal what the pain might be signaling—visible issues like cuts, bruising, swelling, deformity, burns, or bleeding that aren't always obvious from the person's description alone. By observing first, you can decide on appropriate next steps such as cleaning and covering wounds, controlling bleeding, or immobilizing a suspected fracture. As you examine, you can gently palpate the area to locate exact tenderness and check for changes in color, temperature, or swelling. If it's a limb, assess whether the person can move the area, and whether sensation and pulses beyond the injury are present, to gauge function and circulation. This information guides treatment and helps you monitor for any worsening. Other actions don't directly address identifying the problem in the painful area. Removing clothing from unrelated areas isn't necessary for identifying the issue, and moving the person quickly to lie down isn't always appropriate or helpful if a more serious injury hasn't been ruled out. Checking blood pressure in the injured area isn't informative for diagnosing the cause of the pain. Focus on the area of pain to determine what's actually injured and how to best care for it.*

## 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://firstaidcpaedlevelc.examzify.com>

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

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