

Frontier Airlines First Aid Practice Exam (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

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- 1. What is an appropriate action to take during a stroke treatment?**
 - A. Administer insulin**
 - B. Nothing by mouth**
 - C. Advise immediate travel**
 - D. Encourage physical activity**

- 2. What is a common symptom of low blood sugar (hypoglycemia)?**
 - A. Fever**
 - B. Loss of appetite**
 - C. Irritability and change in personality**
 - D. Increased thirst**

- 3. For what reason is Frontier Airlines unable to honor a DNR?**
 - A. It is against company policy**
 - B. Legal liability concerns**
 - C. Due to STAT-MD coverage**
 - D. Emergency procedures require it**

- 4. When is a replacement EMK required onboard?**
 - A. Within the hour**
 - B. Within 1 flight cycle**
 - C. After every flight**
 - D. Once a month**

- 5. What does a "Do Not Resuscitate" (DNR) order signify?**
 - A. An order to perform CPR**
 - B. A request to withhold CPR**
 - C. A suggestion for medical personnel**
 - D. A document to follow only in emergencies**

- 6. Which sign indicates the need for civil medical attention in case of a diabetic emergency?**
- A. Weak pulse**
 - B. Loss of consciousness**
 - C. Excessive energy**
 - D. Increased awareness**
- 7. What action should be taken if a passenger exhibits respiratory distress?**
- A. Encourage deep breathing and relaxation**
 - B. Position them upright and assess their airway**
 - C. Administer a glass of water**
 - D. Allow them to lie down flat**
- 8. How should a flight attendant respond to a passenger with an arm fracture?**
- A. Encourage them to move the arm gently**
 - B. Immobilize the arm and monitor for circulation**
 - C. Ask them to rest and apply ice**
 - D. Provide pain relief medication**
- 9. What is the first step in the treatment of bleeding?**
- A. Apply cold compress**
 - B. Apply direct pressure**
 - C. Elevate the wound above the heart**
 - D. Contact emergency services**
- 10. What type of blood is considered the universal donor?**
- A. A positive**
 - B. B negative**
 - C. O positive**
 - D. O negative**

Answers

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

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Explanations

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1. What is an appropriate action to take during a stroke treatment?

- A. Administer insulin
- B. Nothing by mouth**
- C. Advise immediate travel
- D. Encourage physical activity

During a stroke treatment, it is critical to take the appropriate actions based on the patient's condition. The decision to refrain from giving anything by mouth is particularly important because swallowing may be impaired following a stroke. Introducing food or liquids can pose a significant risk of aspiration, where substances enter the airway instead of the esophagus. This can lead to choking and further respiratory complications, which could exacerbate the patient's condition. In the context of stroke management, quick action is essential, and medical professionals need to assess the patient to determine the best course of treatment. Keeping the patient nothing by mouth ensures that they remain safe while awaiting proper medical evaluation and intervention. The other choices reflect actions that may not be suitable for someone experiencing a stroke. For instance, administering insulin is not relevant unless the individual is known to be diabetic and experiencing a related issue. Advising immediate travel could compromise the patient's safety and delay necessary medical treatment. Encouraging physical activity is inappropriate as the patient often has limited mobility and may require stabilization before any physical exertion is introduced. Thus, ensuring the individual does not ingest anything by mouth prioritizes their safety in the immediate aftermath of a stroke.

2. What is a common symptom of low blood sugar (hypoglycemia)?

- A. Fever
- B. Loss of appetite
- C. Irritability and change in personality**
- D. Increased thirst

Irritability and changes in personality are common symptoms of low blood sugar, also known as hypoglycemia. When blood sugar levels drop, the brain does not receive enough glucose, which is its primary source of energy. This can lead to neurological symptoms, including mood swings, irritability, confusion, and changes in personality. Individuals may become anxious, irritable, or experience difficulty concentrating. Recognizing such symptoms is crucial, as hypoglycemia can lead to severe complications if not managed promptly. In this context, symptoms like fever, loss of appetite, and increased thirst are less directly associated with low blood sugar. Fever typically indicates an infection or inflammation, while loss of appetite can arise from various conditions but is not a specific sign of hypoglycemia. Increased thirst is commonly associated with high blood sugar levels, as seen in conditions like diabetes, rather than low blood sugar. Thus, irritability and changes in personality are more characteristic of the brain's response to insufficient glucose availability.

3. For what reason is Frontier Airlines unable to honor a DNR?

- A. It is against company policy**
- B. Legal liability concerns**
- C. Due to STAT-MD coverage**
- D. Emergency procedures require it**

Frontier Airlines is unable to honor a Do Not Resuscitate (DNR) order primarily due to the coverage provided by their medical emergency service, STAT-MD. This service, which is utilized during in-flight medical emergencies, has protocols in place designed to prioritize the health and safety of all passengers. In situations where a medical emergency arises, the standard practice is to provide full resuscitation efforts unless explicitly stated otherwise by appropriate medical personnel on board. STAT-MD services are equipped to provide guidance in emergencies, and their protocols might not support the consideration of a DNR order. This ensures that all passengers receive immediate and necessary medical attention, which adheres to the guidelines of the airline and the involved medical providers. Understanding this context highlights the unique operational aspects that aviation medical services must account for, thereby safeguarding both the individuals involved and the broader implications for the airline.

4. When is a replacement EMK required onboard?

- A. Within the hour**
- B. Within 1 flight cycle**
- C. After every flight**
- D. Once a month**

A replacement Emergency Medical Kit (EMK) is required onboard within one flight cycle if it has been used or if any of its contents are expended. This guideline ensures that medical resources are always available and that the EMK is fully stocked and ready for immediate use in case of medical emergencies. Ensuring that the kit is replaced promptly within the same flight cycle allows for continued compliance with safety regulations and readiness to assist passengers in critical health situations. Replacement after longer timeframes such as every hour, after every flight, or once a month would not adequately address the need for immediate accessibility of medical supplies when they are used or required. Therefore, the requirement within one flight cycle is both a practical and a regulatory measure to maintain the safety of passengers and crew.

5. What does a "Do Not Resuscitate" (DNR) order signify?

- A. An order to perform CPR**
- B. A request to withhold CPR**
- C. A suggestion for medical personnel**
- D. A document to follow only in emergencies**

A "Do Not Resuscitate" (DNR) order signifies a request to withhold cardiopulmonary resuscitation (CPR) in the event that a person's heart stops beating or they stop breathing. This directive is typically established by an individual who may be facing a terminal illness or condition where aggressive medical intervention may not align with their wishes for end-of-life care. The purpose of a DNR is to honor the patient's autonomy and personal choices about how they wish to approach their final moments. Medical personnel are trained to recognize and respect a DNR order, ensuring that patients receive care consistent with their preferences. Recognizing a DNR order as a request to withhold CPR is critical for healthcare providers and caregivers to adhere to the wishes of the patient or their legal representative in those situations. Understanding this concept helps clarify the gravity of end-of-life decisions and the importance of treating individuals with dignity and respect in alignment with their expressed desires.

6. Which sign indicates the need for civil medical attention in case of a diabetic emergency?

- A. Weak pulse**
- B. Loss of consciousness**
- C. Excessive energy**
- D. Increased awareness**

In a diabetic emergency, loss of consciousness is a critical sign that indicates the need for immediate medical attention. This condition could result from severe hypoglycemia (low blood sugar), which can lead to a life-threatening situation if not promptly addressed. When a person with diabetes loses consciousness, it suggests that their blood sugar levels have dropped to a dangerously low point, affecting their ability to maintain normal bodily functions. In such cases, it is vital to call for professional medical assistance to ensure the individual receives the appropriate treatment, which may include administering glucose or other emergency interventions. The other signs listed, like a weak pulse, excessive energy, and increased awareness, do not typically signify an immediate need for civil medical attention in a diabetic emergency. While a weak pulse could be concerning, it does not specifically denote a diabetic issue. Similarly, excessive energy and increased awareness are not associated with a diabetic crisis and do not warrant urgent medical assistance. Proper recognition of these signs is crucial for effective response in emergencies related to diabetes.

7. What action should be taken if a passenger exhibits respiratory distress?

- A. Encourage deep breathing and relaxation**
- B. Position them upright and assess their airway**
- C. Administer a glass of water**
- D. Allow them to lie down flat**

When a passenger exhibits respiratory distress, positioning them upright and assessing their airway is crucial. This position helps to facilitate easier breathing and allows for the maximum expansion of the lungs. An upright position can also reduce the pressure on the diaphragm and improve oxygen intake, which is vital in situations where respiratory function is compromised. Assessing the airway is equally important because it enables the responder to identify any obstructions or issues that could impede the passenger's ability to breathe. This assessment helps in determining the necessary next steps, whether it involves providing assistance or calling for medical professionals. Encouraging deep breathing and relaxation could be beneficial, but it is secondary to ensuring that the airway is clear and that the passenger is in a position that promotes optimal respiratory function. Similarly, administering water may not be advisable, as drinking could pose a choking hazard in the event of airway obstruction. Allowing the passenger to lie down flat is generally not recommended since it may worsen respiratory distress by further restricting airflow.

8. How should a flight attendant respond to a passenger with an arm fracture?

- A. Encourage them to move the arm gently**
- B. Immobilize the arm and monitor for circulation**
- C. Ask them to rest and apply ice**
- D. Provide pain relief medication**

When responding to a passenger with an arm fracture, immobilizing the arm is crucial because it helps to prevent further injury and reduces pain during transport. Keeping the fractured arm stable minimizes movement, which is vital for both the safety of the affected area and the comfort of the passenger. Monitoring for circulation is equally important, as a fracture can sometimes compromise blood flow, leading to further complications. By checking circulation, the flight attendant ensures that there are no signs of additional injuries that might affect the passenger's condition. The other strategies mentioned, such as encouraging movement or simply asking the passenger to rest and apply ice, could exacerbate the situation by potentially causing additional injury or pain. While providing pain relief medication might seem helpful, it is typically not within a flight attendant's scope of practice to administer medications, and doing so could lead to complications if not handled by trained medical personnel. Overall, immobilizing the arm and monitoring circulation ensures appropriate care while maintaining safety during the flight.

9. What is the first step in the treatment of bleeding?

- A. Apply cold compress
- B. Apply direct pressure**
- C. Elevate the wound above the heart
- D. Contact emergency services

The first step in the treatment of bleeding is to apply direct pressure to the wound. This method is essential because it helps to control blood loss by promoting clot formation at the site of the injury. Direct pressure can significantly reduce the severity of bleeding and is a critical initial response to any bleeding incident. Applying pressure directly over the wound assists in sealing the blood vessels and reducing the flow of blood. This intervention should be maintained continuously, as it enables the body's natural clotting mechanisms to take effect. If the bleeding is severe, it may be necessary to increase the pressure rather than remove the applied pressure to adjust for the severity of the bleeding. While other actions, such as applying a cold compress or elevating the wound above the heart, can support the treatment process, they are secondary interventions that should follow direct pressure. Similarly, contacting emergency services is important in cases of severe bleeding, but it is not the immediate action taken to manage the wound itself. Hence, applying direct pressure is the most effective and immediate response to control bleeding.

10. What type of blood is considered the universal donor?

- A. A positive
- B. B negative
- C. O positive
- D. O negative**

The designation of O negative blood as the universal donor is based on the absence of A and B antigens on the surface of the red blood cells. This means that O negative blood can be transfused into individuals of any blood type without the risk of an adverse immune response, making it incredibly valuable in emergency situations where there might not be time to type the recipient's blood. In contrast, other blood types contain specific antigens that can trigger immune reactions in recipients who have different blood types. For example, A positive blood has A antigens and can cause complications when given to someone with a different blood type. The same goes for B negative and O positive, which also carry antigens that must be matched with the recipient's blood type to prevent potential hemolytic reactions. Therefore, O negative is universally accepted for transfusions, particularly in emergencies.

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://frontierairlinesfirstaid.examzify.com>

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

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