

FRONTIER AIRLINES FIRST AID PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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 should a flight attendant do when requesting medical assistance from a passenger claiming to be a doctor?**
 - A. Trust the passenger's word without asking questions
 - B. Ask for identification and check credentials
 - C. Only make a note of their claim
 - D. Provide them immediate access to medical supplies
- 2. When treating bleeding, what should you NOT do?**
 - A. Remove soaked dressing
 - B. Apply pressure to the wound
 - C. Seek medical help
 - D. Monitor for shock
- 3. What should be done for a fainting passenger?**
 - A. Encourage them to stand up quickly
 - B. Lay them flat and elevate their legs
 - C. Give them food and drink immediately
 - D. Apply cold compresses to their face
- 4. What is the recommended initial treatment for a burn?**
 - A. Apply ice directly to the burn
 - B. Cover the burn with a dry cloth
 - C. Cool the burn under running water for at least 10 minutes
 - D. Grease the burn with butter or oil
- 5. What service does STAT-MD provide?**
 - A. A 24/7 medical assistance hotline through the Red Cross
 - B. A medical assistance option only during flights
 - C. A 24/7 medical assistance hotline at the University of Pittsburgh Medical Center
 - D. A service that only provides post-incident advice

- 6. Which of the following is NOT a typical content found in the First Aid Kit?**
- A. Ammonia inhalants
 - B. Life-saving medications
 - C. 4-inch roller bandages
 - D. Adhesive bandage compresses
- 7. Which of the following is NOT a component of the biohazard kit?**
- A. Plastic protective gown
 - B. Instructions for kit usage
 - C. First aid ointments
 - D. Surface wipe
- 8. Why is it important to provide privacy post-seizure?**
- A. To hide the passenger from others
 - B. To prevent attention-seeking behavior
 - C. To make the passenger feel comfortable and secure
 - D. To limit the number of caregivers present
- 9. What is the recommended action for a passenger experiencing difficulty breathing?**
- A. Encourage them to lie down
 - B. Provide them with water
 - C. Assist them with using their inhaler if available
 - D. Inform the captain immediately
- 10. What should you advise a passenger suffering from a nosebleed to do?**
- A. Lean back and pinch their nose
 - B. Sit forward and pinch the nostrils for at least five minutes
 - C. Apply ice to the back of the neck
 - D. Lay down flat and elevate their head

Answers

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

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Explanations

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1. What should a flight attendant do when requesting medical assistance from a passenger claiming to be a doctor?

- A. Trust the passenger's word without asking questions
- B. Ask for identification and check credentials**
- C. Only make a note of their claim
- D. Provide them immediate access to medical supplies

When a flight attendant is approached by a passenger claiming to be a doctor and medical assistance is needed, it is essential to verify the individual's credentials before proceeding. Asking for identification and checking credentials ensures that the flight attendant is engaging someone with the appropriate medical training and qualifications to provide assistance. In a high-stress environment like an aircraft, it's critical to have confidence in the medical expertise of anyone who steps forward to help, as the safety and well-being of passengers can be at stake. Trusting the passenger's word without verification poses significant risks, as false claims could lead to improper or inadequate care. Simply noting their claim doesn't ensure that proper care will be administered, and allowing immediate access to medical supplies without verification could lead to misuse or inappropriate treatment. By confirming qualifications, the flight attendant can make informed decisions and act appropriately in an emergency situation.

2. When treating bleeding, what should you NOT do?

- A. Remove soaked dressing**
- B. Apply pressure to the wound
- C. Seek medical help
- D. Monitor for shock

When addressing a bleeding wound, it is essential to understand the appropriate steps to take to promote healing and prevent further blood loss. One critical action is to avoid removing a soaked dressing. When a dressing becomes soaked with blood, it indicates that the wound is actively bleeding. If you remove this dressing, it can disturb any clot that has begun to form, potentially leading to increased bleeding. Instead, maintaining the dressing in place helps to control the bleeding and allows for clotting to occur. If the dressing is soaked, the recommended practice is to apply additional layers of dressing on top, rather than removing it, allowing for better pressure and absorption of blood. The other actions listed, such as applying pressure to the wound, seeking medical help, and monitoring for shock, are all appropriate and necessary responses when dealing with a bleeding injury. Applying pressure helps minimize blood loss, seeking medical assistance may be critical for serious injuries, and monitoring for shock is vital to ensure the patient's stability.

3. What should be done for a fainting passenger?

- A. Encourage them to stand up quickly
- B. Lay them flat and elevate their legs**
- C. Give them food and drink immediately
- D. Apply cold compresses to their face

Laying a fainting passenger flat and elevating their legs is the appropriate response because this position helps to increase blood flow to the brain, which can assist in preventing or mitigating the effects of fainting. Elevating the legs promotes better circulation, making it easier for blood to return to the heart and head, reducing the chance of loss of consciousness or helping the person regain consciousness more quickly. By encouraging someone to stand up quickly, they may actually exacerbate the situation due to further drops in blood flow. Offering food and drink immediately may be inappropriate, as the individual may not be fully alert or able to swallow safely. Applying cold compresses could potentially provide comfort, but it does not address the underlying issue of blood flow and could confuse the body's signals rather than providing immediate assistance.

4. What is the recommended initial treatment for a burn?

- A. Apply ice directly to the burn
- B. Cover the burn with a dry cloth
- C. Cool the burn under running water for at least 10 minutes**
- D. Grease the burn with butter or oil

The recommended initial treatment for a burn involves cooling the affected area under running water for at least 10 minutes. This method is effective because it helps to reduce the temperature of the burn, which can minimize tissue damage and alleviate pain. The process of cooling the burn slows down the burning process and can prevent further injury to the skin. Using running water provides continuous cooling and can wash away any contaminants that might further irritate the burn area. It is important to use lukewarm or cool water, as very cold water or ice can cause additional damage to the tissue and potentially lead to frostbite. In contrast, applying ice directly to the burn can cause further skin damage, covering the burn with a dry cloth may not provide sufficient cooling, and using substances like butter or oil is outdated advice that can trap heat and promote infection rather than aid in healing.

5. What service does STAT-MD provide?

- A. A 24/7 medical assistance hotline through the Red Cross
- B. A medical assistance option only during flights
- C. A 24/7 medical assistance hotline at the University of Pittsburgh Medical Center**
- D. A service that only provides post-incident advice

STAT-MD provides a 24/7 medical assistance hotline through the University of Pittsburgh Medical Center. This service ensures that in-flight crews and passengers have access to immediate medical guidance from trained professionals at any time. The hotline can offer real-time advice and support for a variety of medical situations that may arise during flights, enhancing passenger safety and comfort. This connection to a reputable medical facility allows for comprehensive assistance, reinforcing the importance of having reliable resources available for emergency situations. The other choices describe services that either do not exist or are not comprehensive enough to address the needs of passengers during flights, emphasizing the unique and critical role that STAT-MD plays in providing around-the-clock medical support.

6. Which of the following is NOT a typical content found in the First Aid Kit?

- A. Ammonia inhalants
- B. Life-saving medications**
- C. 4-inch roller bandages
- D. Adhesive bandage compresses

The choice identified as not typically found in a First Aid Kit relates to life-saving medications. While first aid kits are designed to provide immediate care for injuries and sudden medical issues, they generally contain items for basic first aid, such as bandages, antiseptics, and tools for stabilization. Life-saving medications typically require specific prescriptions, handling, and knowledge for safe administration, and are not standard contents as they can vary widely by individual need and medical conditions. In contrast, ammonia inhalants, roller bandages, and adhesive bandage compresses are standard components of first aid kits. Ammonia inhalants are sometimes used in situations of fainting; roller bandages are versatile for securing dressings or supporting injuries; and adhesive bandage compresses are vital for managing minor cuts and abrasions efficiently. Each of these items aligns with the immediate care provided in emergency situations, emphasizing the kit's role in basic first aid rather than advanced medical intervention.

7. Which of the following is NOT a component of the biohazard kit?

- A. Plastic protective gown
- B. Instructions for kit usage
- C. First aid ointments**
- D. Surface wipe

The correct choice highlights that first aid ointments are not typically included as a component of a biohazard kit. A biohazard kit is specifically designed to handle situations involving potentially infectious materials or hazardous biological substances. The main components of such kits focus on safety, containment, and prevention of contamination. For instance, a plastic protective gown is essential for personal protection, allowing the user to avoid exposure to hazardous materials. Instructions for kit usage are included to ensure that individuals can properly and safely use the kit in an emergency. Surface wipes are necessary for sanitization and decontamination of surfaces after a biohazard incident, ensuring that any spills or contaminants are handled appropriately. In contrast, while first aid ointments are valuable in many first aid kits for treating minor injuries, they do not address the specific needs associated with biohazard scenarios, which prioritize preventing exposure and contamination. Thus, they are excluded from a biohazard kit.

8. Why is it important to provide privacy post-seizure?

- A. To hide the passenger from others
- B. To prevent attention-seeking behavior
- C. To make the passenger feel comfortable and secure**
- D. To limit the number of caregivers present

Providing privacy to a passenger post-seizure is essential for several reasons, primarily concerning the emotional and psychological well-being of the individual. Seizures can be a distressing experience, often leaving the person feeling vulnerable or disoriented. By ensuring their privacy, you create an environment that fosters comfort and security, allowing the passenger to regain composure without the added stress of onlookers or potential judgment from others. Privacy also respects the dignity of the individual. It minimizes the likelihood of embarrassment from having others witness a highly personal medical event. This is particularly important in a public setting like an aircraft, where the sense of safety and respect can significantly impact recovery. Making the passenger feel comfortable and secure can help alleviate anxiety they might experience following a seizure, contributing positively to their overall recovery and ability to return to their regular activities.

9. What is the recommended action for a passenger experiencing difficulty breathing?

- A. Encourage them to lie down
- B. Provide them with water
- C. Assist them with using their inhaler if available**
- D. Inform the captain immediately

The recommended action for a passenger experiencing difficulty breathing is to assist them with using their inhaler if one is available. This response is crucial because inhalers contain medications that can quickly relieve constricted airways, making it easier for the passenger to breathe. If a passenger has a known respiratory condition such as asthma or COPD, they would likely carry an inhaler for emergencies. By providing assistance in using their inhaler, you can help mitigate their symptoms and potentially prevent further complications. In scenarios involving difficulty in breathing, the immediate provision of appropriate medical care is essential, as delaying treatment can exacerbate the situation. While other actions, such as notifying the captain or encouraging the passenger to lie down, could be considered in different contexts, the most effective and direct response to address the immediate concern of breathing difficulty is to assist with the inhaler, if available. This action shows a proactive approach to the situation, ensuring that the passenger receives the right support quickly.

10. What should you advise a passenger suffering from a nosebleed to do?

- A. Lean back and pinch their nose
- B. Sit forward and pinch the nostrils for at least five minutes**
- C. Apply ice to the back of the neck
- D. Lay down flat and elevate their head

Advising a passenger suffering from a nosebleed to sit forward and pinch their nostrils for at least five minutes is the recommended first aid approach. This position helps minimize the risk of blood flowing down the throat, which can potentially lead to choking or nausea. By leaning forward, the blood is directed forward, allowing it to exit the nostrils rather than being swallowed. Pinching the nostrils helps apply pressure to the bleeding site, which can assist in stopping the hemorrhage. Maintaining this pressure for a sustained period, typically around five to ten minutes, gives the blood vessels time to constrict and seal the wound, thereby controlling the bleeding effectively. Other methods, such as leaning back, are not advised because they increase the likelihood of swallowing blood, which can be harmful. Applying ice to the back of the neck does not specifically address the site of the bleeding and is not as effective as direct pressure to the nose. Laying down flat and elevating the head can be counterproductive by encouraging blood to flow backward towards the throat. Thus, sitting forward and applying pressure to the nostrils represents the most effective and safe technique for managing a nosebleed.

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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