

Heartsaver AHA First Aid Training Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of 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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

- 1. When performing first aid on an open fracture, what should you avoid doing?**
 - A. Applying direct pressure to control bleeding**
 - B. Attempting to realign the bone**
 - C. Keeping the person calm and still**
 - D. Covering the wound with a sterile bandage**
- 2. What action should you take first when faced with a bleeding wound?**
 - A. Apply pressure directly to the wound**
 - B. Call for emergency services right away**
 - C. Remove any objects embedded in the wound**
 - D. Clean the wound with soap and water**
- 3. What is the recommended position for a person with a suspected spinal injury?**
 - A. Seated upright**
 - B. Flat on their stomach**
 - C. Flat on their back without moving**
 - D. In a recovery position**
- 4. What is the first step when using an AED?**
 - A. Call for emergency assistance**
 - B. Turn it on and follow the audio/visual prompts**
 - C. Perform CPR immediately**
 - D. Place the pads on the chest**
- 5. When should rescue breaths be given during adult CPR?**
 - A. After 15 compressions, give 2 breaths**
 - B. After 30 compressions, give 2 breaths**
 - C. After 50 compressions, give 2 breaths**
 - D. Only if the victim is breathing**

- 6. How should you position a person experiencing a stroke?**
- A. Keep them sitting upright**
 - B. Lay them flat on their back**
 - C. Lay them on their side**
 - D. Have them stand up and walk**
- 7. What are common symptoms of a broken bone?**
- A. Redness and rash**
 - B. Pain, swelling, deformity, inability to use the affected area**
 - C. Headache and dizziness**
 - D. Numbness in the extremities**
- 8. Which of the following is a sign of a heart attack?**
- A. Headache**
 - B. Chest discomfort**
 - C. Nausea**
 - D. Fever**
- 9. What is the correct depth for chest compressions on an adult?**
- A. 1 inch**
 - B. 1.5 inches**
 - C. At least 2 inches**
 - D. 3 inches**
- 10. When treating a burn, what is the first action you should take?**
- A. Immerse the burn in cold water**
 - B. Cover the burn with butter or oil**
 - C. Apply ice directly to the burn**
 - D. Wrap the burn tightly with a bandage**

Answers

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

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Explanations

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1. When performing first aid on an open fracture, what should you avoid doing?

- A. Applying direct pressure to control bleeding**
- B. Attempting to realign the bone**
- C. Keeping the person calm and still**
- D. Covering the wound with a sterile bandage**

When caring for an open fracture, it is crucial not to attempt to realign the bone. This action can cause further damage to the tissue, nerves, and blood vessels around the injury, potentially leading to complications such as increased bleeding or infection. Open fractures already pose a significant risk for contamination due to the exposure of bone and tissue to the external environment, so manipulating the fracture could exacerbate the injury and complicate treatment efforts. Instead of attempting to realign the bone, the priority should be to stabilize the injury and prevent further harm. Controlling bleeding, keeping the person calm, and applying a sterile bandage to cover the wound are essential steps in the first aid process for an open fracture. These measures help to protect the injury from infection and support the person until qualified medical help can be received.

2. What action should you take first when faced with a bleeding wound?

- A. Apply pressure directly to the wound**
- B. Call for emergency services right away**
- C. Remove any objects embedded in the wound**
- D. Clean the wound with soap and water**

When faced with a bleeding wound, applying pressure directly to the wound is the most immediate and important action to take. This is because direct pressure helps to control the bleeding by encouraging the blood to clot and restricting the flow from the damaged vessels. Utilizing a clean cloth or bandage, the pressure applied can significantly reduce blood loss and create a stable environment for healing. While calling for emergency services is crucial in severe cases, it should be done after taking action to control the bleeding. Removing embedded objects can cause further injury and increased bleeding, as it may disrupt any clotting that has begun. Cleaning the wound is important for preventing infection but should not be prioritized over stopping active bleeding. Therefore, applying direct pressure to the wound directly addresses the most critical issue at hand, which is controlling blood loss.

3. What is the recommended position for a person with a suspected spinal injury?

- A. Seated upright**
- B. Flat on their stomach**
- C. Flat on their back without moving**
- D. In a recovery position**

The recommended position for a person with a suspected spinal injury is to keep them flat on their back without moving. This position helps minimize movement of the spine, which is crucial in preventing further injury. If the spinal injury is present, any unnecessary movement can exacerbate the damage to the spinal cord and surrounding tissues, potentially leading to paralysis or other severe complications. By keeping the individual flat on their back, you are providing stability and support to the spine, allowing time for medical professionals to arrive and assess the situation without increasing the risk of further injury. It is essential to avoid having the person sit upright or move them into other positions, especially if there is a possibility of a spinal injury. This practice aligns with established first aid protocols, emphasizing the importance of spinal protection until emergency personnel can take over.

4. What is the first step when using an AED?

- A. Call for emergency assistance**
- B. Turn it on and follow the audio/visual prompts**
- C. Perform CPR immediately**
- D. Place the pads on the chest**

The first step when using an AED (Automated External Defibrillator) is to turn it on and follow the audio/visual prompts. Once the AED is activated, it provides clear instructions on how to proceed, guiding the user through the process of assessing the patient and applying the pads correctly. This ensures that all necessary steps are taken in the correct sequence and maximizes the device's effectiveness in a cardiac emergency. The prompts are especially important because they help to ensure the safety of both the rescuer and the patient by instructing the user to stand clear during the analysis of the heart rhythm. Additionally, starting with the AED prompts allows the rescuer to remain focused on the task at hand without skipping vital steps that may compromise the care being provided. While calling for emergency assistance, performing CPR, and applying pads are all critical components of responding to a cardiac arrest situation, they should follow the activation and instruction from the AED to ensure a coordinated and effective response.

5. When should rescue breaths be given during adult CPR?

- A. After 15 compressions, give 2 breaths
- B. After 30 compressions, give 2 breaths**
- C. After 50 compressions, give 2 breaths
- D. Only if the victim is breathing

Rescue breaths should be given during adult CPR after a cycle of 30 chest compressions. This sequence of performing 30 compressions followed by 2 rescue breaths is aligned with the guidelines established by the American Heart Association (AHA) for adults. The compressions help maintain blood flow to vital organs during cardiac arrest, while rescue breaths provide oxygen to the victim's lungs. It's crucial to deliver these breaths effectively, ensuring a proper seal and letting the chest rise visibly with each breath. This combination of compressions and breaths maximizes the chance of restoring circulation and is critical, especially in situations where the victim's airway can be managed or when the rescuer is trained in ventilation techniques. If breaths are not provided, or if the person is not in respiratory distress (as in the case of an unconscious victim), the cycle would not function as intended, which diminishes the efficacy of the CPR being administered.

6. How should you position a person experiencing a stroke?

- A. Keep them sitting upright
- B. Lay them flat on their back
- C. Lay them on their side**
- D. Have them stand up and walk

When a person is experiencing a stroke, positioning them on their side can be beneficial for several reasons. This position helps to keep the airway clear; if the person has difficulty swallowing or is unable to control their saliva, lying on their side can reduce the risk of aspiration, which can occur if fluids or solids enter the lungs. Additionally, this side position can help alleviate pressure on the heart and increase blood flow to the brain. Depending on the type of stroke and the individual's condition, this positioning can be essential for managing their comfort and safety until medical assistance arrives. It's critical to avoid positions that could compromise the person's airway or lead to injury. Keeping someone upright may inhibit adequate blood flow to the brain during a stroke, while laying them flat could worsen their condition. Encouraging them to stand or walk is highly inadvisable, as this could lead to falls or exacerbate their symptoms.

7. What are common symptoms of a broken bone?

- A. Redness and rash
- B. Pain, swelling, deformity, inability to use the affected area**
- C. Headache and dizziness
- D. Numbness in the extremities

The symptoms of a broken bone often include pain, swelling, deformity, and an inability to use the affected area. When a bone fractures, it typically causes immediate pain due to the injury to the bone and surrounding tissues. Swelling occurs as blood and fluid accumulate in the area as part of the body's inflammatory response. Deformity may be visible, especially in cases of severe fractures where the bone is misaligned or protruding. Additionally, the individual usually experiences difficulty or complete inability to move or put weight on the injured limb, highlighting the functional impairment caused by the fracture. Other choices do not align with the typical presentation associated with a broken bone. Redness and rash may indicate a skin condition or infection rather than a fracture. Headache and dizziness are more related to other medical issues, and numbness in the extremities could suggest nerve involvement or other injuries rather than a broken bone presentation specifically. Understanding these symptoms is critical in both first aid response and for seeking appropriate medical treatment.

8. Which of the following is a sign of a heart attack?

- A. Headache
- B. Chest discomfort**
- C. Nausea
- D. Fever

Chest discomfort is a classic and significant sign of a heart attack. It may manifest as a feeling of pressure, squeezing, fullness, or pain in the center or left side of the chest. This discomfort can also radiate to the shoulders, neck, arms, back, teeth, or jaw, indicating that the heart muscle may not be receiving enough oxygen due to a blockage in the coronary arteries. Recognizing chest discomfort is crucial for early intervention and effective treatment, as prompt response to heart attack symptoms can significantly improve outcomes for the patient. Other signs, such as headache, nausea, and fever, can arise from various medical conditions and are not specifically indicative of a heart attack. While nausea can accompany a heart attack, it is not as direct a signal as chest discomfort. Therefore, identifying chest discomfort as a key sign aids in the rapid recognition and response necessary for effective first aid and medical assistance in cases of suspected heart attacks.

9. What is the correct depth for chest compressions on an adult?

- A. 1 inch**
- B. 1.5 inches**
- C. At least 2 inches**
- D. 3 inches**

The recommended depth for chest compressions on an adult is at least 2 inches. This depth is crucial because effective chest compressions help create sufficient blood flow during cardiopulmonary resuscitation (CPR). The goal is to compress the chest deeply enough to allow the heart to pump blood during the compression phase while ensuring that blood can refill the heart during the relaxation phase. Research and guidelines from the American Heart Association emphasize that compressions should be performed at a depth of 2 to 2.4 inches, which strikes a balance between adequate mechanical function of the heart and safety, minimizing the risk of injuring the ribs or sternum while still being effective in resuscitation efforts. Compressions that are less than 2 inches may not generate enough pressure to adequately circulate blood, significantly reducing the chances of survival for someone experiencing cardiac arrest.

10. When treating a burn, what is the first action you should take?

- A. Immerse the burn in cold water**
- B. Cover the burn with butter or oil**
- C. Apply ice directly to the burn**
- D. Wrap the burn tightly with a bandage**

The first action you should take when treating a burn is to immerse the burn in cold water, as this is vital for minimizing tissue damage and alleviating pain. Cold water helps to cool the burn area, which can reduce the severity of the burn, decrease inflammation, and relieve the heat that continues to damage the skin. Ideally, you should run cool (not ice-cold) water over the burn for at least 10 to 20 minutes. Other options, such as covering the burn with butter or oil, applying ice directly to the burn, or wrapping it tightly with a bandage, are not appropriate initial responses. These actions can cause further irritation, damage, or risk infection, which means they do not provide the immediate relief and care needed when dealing with a burn injury. Hence, immersing the burn in cold water is the best practice to ensure proper first aid.

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://heartsaverahafirstaid.examzify.com>

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