

# HOSA CPR/First Aid Assessment Practice Test (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

- 1. In type 1 diabetes, the body produces what?**
  - A. Excess glucose**
  - B. Insulin normally**
  - C. Little or no insulin**
  - D. Insulin intermittently**
  
- 2. What is a common sign of a heart attack related to chest sensations?**
  - A. Uncomfortable pressure or squeezing**
  - B. Shortness of breath**
  - C. Cold sweat**
  - D. Nausea**
  
- 3. Which of the following is a common problem of the integumentary system?**
  - A. Allergies**
  - B. Punctures**
  - C. Choking**
  - D. Food poisoning**
  
- 4. What is the definition of hemorrhage?**
  - A. Excessive sweating**
  - B. Loss of a large amount of blood in a short time**
  - C. Minor cuts and bruising**
  - D. Bleeding from the nose**
  
- 5. Which of the following is a sign of a pelvis injury?**
  - A. Swelling in the hands**
  - B. Persistent headache**
  - C. Protruding organs**
  - D. Feeling cold and clammy**

- 6. What common problem occurs in muscles and ligaments in the musculoskeletal system?**
- A. Ulcers**
  - B. Sprains**
  - C. Dehydration**
  - D. Allergies**
- 7. What is the first step in providing care for a concussion?**
- A. Apply pressure to the head**
  - B. Determine if medical help is needed**
  - C. Encourage the victim to stay active**
  - D. Provide food and drink**
- 8. Which type of stroke is caused by a blockage?**
- A. Hemorrhagic stroke**
  - B. Ischemic stroke**
  - C. Transient stroke**
  - D. Severe stroke**
- 9. What is the main function of the nervous system?**
- A. Supports bodily movement**
  - B. Transmits messages to and from the brain**
  - C. Regulates digestion**
  - D. Circulates blood**
- 10. Which of the following is a sign of internal bleeding?**
- A. Rapid breathing**
  - B. Discoloration**
  - C. Nausea**
  - D. All of the above**

## **Answers**

SAMPLE

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

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## **Explanations**

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**1. In type 1 diabetes, the body produces what?**

- A. Excess glucose**
- B. Insulin normally**
- C. Little or no insulin**
- D. Insulin intermittently**

In type 1 diabetes, the body's immune system mistakenly attacks and destroys the insulin-producing beta cells in the pancreas. As a result, individuals with type 1 diabetes produce little or no insulin, which is crucial for regulating blood sugar levels. Without sufficient insulin, the body cannot effectively utilize glucose for energy, leading to elevated blood sugar levels. This is the foundational issue in type 1 diabetes, which necessitates exogenous insulin administration to manage blood glucose effectively. The other choices do not accurately describe the condition. For instance, some may suggest that the body produces insulin normally, but this is not the case in type 1 diabetes due to the destruction of beta cells. Similarly, producing insulin intermittently does not reflect the continuous need for insulin regulation in this type of diabetes. Excess glucose can be a consequence of insufficient insulin but does not represent a characteristic of the body's production capabilities in type 1 diabetes.

**2. What is a common sign of a heart attack related to chest sensations?**

- A. Uncomfortable pressure or squeezing**
- B. Shortness of breath**
- C. Cold sweat**
- D. Nausea**

Uncomfortable pressure or squeezing in the chest is a common sign of a heart attack. This sensation is often described as a feeling of heaviness or tightness, which can be very distressing. It may be mistaken for indigestion or heartburn, but it is crucial to recognize it as a potential indicator of a heart attack, especially when it occurs alongside other symptoms like shortness of breath, sweating, or nausea. Understanding this symptom is vital because it can prompt individuals to seek immediate medical attention, which can be life-saving. The focus on this particular sensation helps in quickly identifying heart-related issues, as timely intervention is critical during a heart attack.

**3. Which of the following is a common problem of the integumentary system?**

- A. Allergies**
- B. Punctures**
- C. Choking**
- D. Food poisoning**

The common problem of the integumentary system from the provided choices is punctures. The integumentary system consists of the skin and its associated structures, such as hair and nails. Punctures, which involve breaks or penetrations in the skin, can lead to various complications, including infection, bleeding, and damage to underlying tissues. Since the skin serves as a barrier and protective layer for the body, any injury like a puncture directly affects this system, making it a primary concern. Allergies, while they can manifest through skin reactions such as rashes, are not solely limited to the integumentary system, as they involve the immune response. Choking is related to the respiratory and digestive systems, while food poisoning pertains to the gastrointestinal system. Therefore, among the options given, punctures are the most relevant to the integumentary system, emphasizing the critical role that the skin plays in overall health and safety.

**4. What is the definition of hemorrhage?**

- A. Excessive sweating**
- B. Loss of a large amount of blood in a short time**
- C. Minor cuts and bruising**
- D. Bleeding from the nose**

Hemorrhage specifically refers to the loss of a large amount of blood in a short period of time. It can occur internally or externally and can result from various causes, including injury, medical conditions, or trauma. Recognizing hemorrhage is crucial because it can lead to significant health complications, including shock or death if not treated promptly. The term underscores the severity of blood loss, distinguishing it from minor injuries that might cause slight bleeding or bruising. Understanding this definition is important for responding effectively to emergencies where blood loss is involved, facilitating appropriate first aid measures such as applying pressure to wounds, ensuring fluid replacement, or calling for emergency medical assistance.

**5. Which of the following is a sign of a pelvis injury?**

- A. Swelling in the hands**
- B. Persistent headache**
- C. Protruding organs**
- D. Feeling cold and clammy**

The presence of protruding organs is indeed indicative of a severe pelvic injury. When the pelvis sustains significant trauma, it can lead to a displacement of internal organs or create an open wound, resulting in organs becoming visible externally. This situation is a medical emergency, as it may indicate serious damage to the abdominal structures and requires immediate medical attention. Other signs typically associated with a pelvic injury may include extreme pain in the pelvic area, inability to walk, or unusual movement of the legs. Swelling in the hands, a persistent headache, or feeling cold and clammy are not direct indicators of a pelvic injury and would typically suggest other medical issues or traumas unrelated to the pelvis. Understanding the correct response is essential for prioritizing injuries and providing appropriate care in emergency situations.

**6. What common problem occurs in muscles and ligaments in the musculoskeletal system?**

- A. Ulcers**
- B. Sprains**
- C. Dehydration**
- D. Allergies**

The common problem that occurs in muscles and ligaments in the musculoskeletal system is sprains. A sprain is an injury caused by the overstretching or tearing of ligaments, which are the tough bands of tissue that connect bones together at joints. This type of injury frequently happens during physical activities or sports when sudden movements, twists, or falls occur, putting stress on these supportive structures. Understanding sprains is crucial for recognizing the symptoms, which typically include pain, swelling, and limited ability to move the joint involved. Proper treatment often involves rest, ice, compression, and elevation (RICE). Addressing sprains in a timely manner is essential to promoting healing and preventing further injury. Other options such as ulcers, dehydration, and allergies do not typically relate directly to muscles and ligaments in the same context. Ulcers are associated with the gastrointestinal tract, dehydration affects overall bodily functions, and allergies pertain to immune responses rather than structural injuries within the musculoskeletal system.

**7. What is the first step in providing care for a concussion?**

- A. Apply pressure to the head**
- B. Determine if medical help is needed**
- C. Encourage the victim to stay active**
- D. Provide food and drink**

The first step in providing care for a concussion is to determine if medical help is needed. Concussions can be serious injuries that affect brain function, and symptoms can vary significantly in severity. Evaluating the situation helps establish whether the affected individual requires immediate medical attention, particularly if they demonstrate symptoms such as confusion, prolonged headache, repeated vomiting, or loss of consciousness. It's crucial to prioritize safety and proper evaluation before proceeding with any other actions. By assessing the need for professional medical intervention first, you can ensure the individual receives the appropriate level of care tailored to their specific circumstances. Other actions, such as applying pressure, encouraging activity, or providing food and drink, should only be taken after a thorough assessment confirms that it is safe to do so.

**8. Which type of stroke is caused by a blockage?**

- A. Hemorrhagic stroke**
- B. Ischemic stroke**
- C. Transient stroke**
- D. Severe stroke**

An ischemic stroke occurs when a blood vessel supplying blood to the brain is obstructed, typically by a blood clot. This blockage can prevent vital nutrients and oxygen from reaching brain tissue, leading to cell death and potentially resulting in significant neurological damage. Ischemic strokes account for approximately 87% of all strokes, highlighting their prevalence. In contrast, a hemorrhagic stroke results from a rupture of a blood vessel, leading to bleeding within the brain, rather than a blockage. Transient ischemic attacks (TIAs), sometimes called "mini-strokes," cause temporary disruptions in blood flow but do not result in permanent damage. The term "severe stroke" is not a specific medical category and does not define a stroke type based on its cause. Understanding these distinctions is important in identifying and responding appropriately to different types of stroke emergencies.

**9. What is the main function of the nervous system?**

- A. Supports bodily movement**
- B. Transmits messages to and from the brain**
- C. Regulates digestion**
- D. Circulates blood**

The main function of the nervous system is to transmit messages to and from the brain. This intricate system is responsible for coordinating all body activities by sending signals throughout the body. It collects sensory information from the environment (like sights, sounds, and touch) and processes it in the brain, allowing for appropriate responses and actions. Additionally, the nervous system controls voluntary movements and involuntary functions, maintaining communication between different parts of the body. While supporting bodily movement, regulating digestion, and circulating blood involve complex processes, they are not the primary role of the nervous system. These functions are primarily managed by the musculoskeletal, digestive, and circulatory systems, respectively. The nervous system acts as a command center that integrates these processes, ensuring that all systems work together efficiently.

**10. Which of the following is a sign of internal bleeding?**

- A. Rapid breathing**
- B. Discoloration**
- C. Nausea**
- D. All of the above**

Internal bleeding can manifest through a variety of signs and symptoms, and recognizing these can be crucial for prompt medical intervention. Rapid breathing can occur due to the body's attempt to compensate for blood loss by increasing oxygen intake. Discoloration, such as bruising, can indicate bleeding beneath the skin or in deeper tissues. Nausea can be a result of the body reacting to stress, pain, or the effects of blood loss on the circulatory system and organs. When all of these signs—rapid breathing, discoloration, and nausea—are present, they collectively point to the possibility of internal bleeding. It's important to assess patients who may exhibit any combination of these symptoms to ensure proper evaluation and treatment. Each indication serves as a potential warning sign that there is a significant issue requiring immediate medical attention.