

# HOSA CPR/First Aid Assessment Practice Test (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

- 1. What is a common symptom of spider bites?**
  - A. Blistering only**
  - B. Sharp pain in all cases**
  - C. Only swelling**
  - D. Nausea and irregular heartbeat**
  
- 2. What is the recommended action if an abdominal injury causes organs to protrude?**
  - A. Push them back into place**
  - B. Cover them with a sterile dressing**
  - C. Keep the patient lying flat**
  - D. Apply direct pressure**
  
- 3. Which of the following is a common issue related to the nervous system?**
  - A. Heart attack**
  - B. Paralysis**
  - C. Blood clot**
  - D. Strain**
  
- 4. What is the initial response when someone shows signs of anaphylactic shock?**
  - A. Monitor their breathing only**
  - B. Administer a dose of epinephrine and call for help**
  - C. Give them water to drink**
  - D. Encourage them to walk it off**
  
- 5. Which symptom is commonly associated with a heart attack?**
  - A. Fever**
  - B. Chest pain**
  - C. Headache**
  - D. Fatigue**

- 6. Which term is used to describe the fingers and toes in upper extremities?**
- A. Phalanges**
  - B. Carpals**
  - C. Metacarpals**
  - D. Clavicles**
- 7. What is the medical term for a bruise?**
- A. Hematoma**
  - B. Ecchymosis**
  - C. Contusion**
  - D. Lesion**
- 8. Which of the following is a symptom of hormonal imbalance related to the endocrine system?**
- A. Choking**
  - B. Fatigue**
  - C. Fractures**
  - D. Abrasions**
- 9. What compression depth is recommended for child CPR?**
- A. 1/2 inch to 1 inch**
  - B. 1 inch to 1 1/2 inches**
  - C. 1 1/2 inches to 2 inches**
  - D. 2 inches to 2 1/2 inches**
- 10. What is a common symptom of poisoning that affects the digestive system?**
- A. Nausea**
  - B. Seizures**
  - C. Dizziness**
  - D. Chest pain**



## **Answers**

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

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## **Explanations**

**1. What is a common symptom of spider bites?**

- A. Blistering only**
- B. Sharp pain in all cases**
- C. Only swelling**
- D. Nausea and irregular heartbeat**

A common symptom of spider bites is indeed nausea and irregular heartbeat, especially in cases of bites from certain venomous spiders, such as the black widow. These spiders can cause systemic reactions in some individuals, leading to more severe symptoms beyond local effects at the bite site. In addition to nausea and irregular heartbeat, other systemic symptoms can include muscle cramping and abdominal pain. It's important to recognize these symptoms as signs of a serious reaction that may require medical attention. While blistering, sharp pain, and swelling can occur with spider bites, they are not universally present and do not typically represent the range of symptoms that might arise from more harmful bites. Recognizing the broader range of symptoms helps in assessing the severity of the bite and determining the appropriate response, especially when treating reactions from potentially dangerous spider species.

**2. What is the recommended action if an abdominal injury causes organs to protrude?**

- A. Push them back into place**
- B. Cover them with a sterile dressing**
- C. Keep the patient lying flat**
- D. Apply direct pressure**

When dealing with an abdominal injury that has caused organs to protrude, covering them with a sterile dressing is the recommended action. This approach is crucial because exposed organs can be highly susceptible to infections and further injury. By using a sterile dressing, you create a protective barrier that helps to minimize the risk of contamination while also keeping the protruding organs moist. Covering the area with a sterile dressing ensures that any bacteria or debris from the environment do not come into contact with the exposed organs, which is vital for preventing infection. It's important to use a dressing that is as clean as possible, ideally sterile, to protect the area. While the other actions might seem reasonable in different contexts (for example, keeping the patient lying flat can be beneficial in some cases), they are not the appropriate responses for protruding organs. Pushing the organs back into place could cause additional damage and should never be attempted. Direct pressure may be suitable for controlling bleeding in different situations but could worsen an abdominal injury with exposed organs. Thus, using a sterile dressing serves the best purpose in this specific scenario.

**3. Which of the following is a common issue related to the nervous system?**

- A. Heart attack**
- B. Paralysis**
- C. Blood clot**
- D. Strain**

Paralysis is a common issue related to the nervous system because it occurs when there is a disruption in the communication between the brain and the muscles. This disruption can arise from various neurological conditions, injuries, or diseases that affect the central nervous system (the brain and spinal cord) or the peripheral nervous system (which includes all the other nerves in the body). When nerves are damaged, they may fail to transmit signals that instruct muscles to contract, leading to loss of movement or sensation in specific areas of the body. Other options, while serious medical conditions, are not primarily associated with the function of the nervous system. A heart attack is primarily related to cardiovascular health, a blood clot concerns circulatory issues, and a strain typically refers to a musculoskeletal injury involving muscles or tendons, rather than nerve function directly. Understanding the link between paralysis and the nervous system is crucial for recognizing the importance of proper neurological function in overall health.

**4. What is the initial response when someone shows signs of anaphylactic shock?**

- A. Monitor their breathing only**
- B. Administer a dose of epinephrine and call for help**
- C. Give them water to drink**
- D. Encourage them to walk it off**

In the case of anaphylactic shock, the immediate response should be to administer a dose of epinephrine and seek emergency medical assistance. Anaphylaxis is a severe and potentially life-threatening allergic reaction that can cause rapid onset symptoms like difficulty breathing, swelling of the throat, and a sudden drop in blood pressure. Epinephrine works quickly to counteract these severe symptoms by constricting blood vessels, opening airways, and increasing heart rate, effectively stabilizing the person until professional medical help arrives. Following the administration of epinephrine, it is crucial to call for emergency services, as further medical intervention may be necessary. This coordinated response is vital because anaphylactic shock can lead to death within minutes if not treated promptly. The other options do not address the life-threatening nature of the situation. Monitoring only the breathing does not provide the necessary treatment for anaphylaxis, and simply giving water to drink can be dangerous if the person is having trouble breathing or swallowing. Encouraging someone to walk may worsen their condition, as physical exertion can exacerbate symptoms and delay critical care.

**5. Which symptom is commonly associated with a heart attack?**

**A. Fever**

**B. Chest pain**

**C. Headache**

**D. Fatigue**

Chest pain is a classic symptom commonly associated with a heart attack. This pain may manifest as a feeling of pressure, squeezing, or fullness in the chest, and can often radiate to other areas such as the arms, neck, jaw, or back. Recognizing chest pain as a potential sign of a heart attack is critical, as it is one of the main indicators that emergency medical help is needed. In contrast, symptoms like fever, headache, or fatigue may not directly indicate a heart attack, even though they can occur in various medical conditions. Fever typically suggests an infection or inflammatory process, while headaches can have many causes, and fatigue might result from multiple factors unrelated to heart function. Therefore, while some individuals may experience these symptoms, they are not specific or characteristic of a heart attack compared to chest pain.

**6. Which term is used to describe the fingers and toes in upper extremities?**

**A. Phalanges**

**B. Carpals**

**C. Metacarpals**

**D. Clavicles**

Phalanges is the term that specifically refers to the bones that make up the fingers and toes. In the context of human anatomy, the phalanges are categorized into three sets for each finger and toe, with the exception of the thumb and big toe, which each have two. This detail highlights the role of phalanges in providing structure and facilitating movement in the upper and lower extremities. In contrast, carpals refer to the eight bones that make up the wrist, metacarpals are the five bones in the palm of the hand, and clavicles are the bones that connect the arm to the body at the chest. Understanding these distinctions is crucial as it helps define the anatomy associated with different parts of the limbs.

**7. What is the medical term for a bruise?**

- A. Hematoma**
- B. Ecchymosis**
- C. Contusion**
- D. Lesion**

The medical term for a bruise is "ecchymosis." This term specifically refers to the discoloration of the skin resulting from bleeding underneath, typically caused by trauma to the area. When blood vessels break due to impact, blood leaks into the surrounding tissue, leading to the characteristic purple or blue appearance that is associated with bruises. While "hematoma" refers to a localized collection of blood outside of blood vessels, which can appear similar to a bruise but usually involves a more significant amount of blood and swelling, "contusion" is actually synonymous with bruise in general terms. However, "ecchymosis" is the more precise medical term that describes the specific type of bruise seen on the skin. A "lesion" refers to any abnormal tissue change caused by injury or disease, making it a broader category that does not specifically denote a bruise. Understanding these distinctions helps in the accurate identification and description of injuries and conditions in a medical context.

**8. Which of the following is a symptom of hormonal imbalance related to the endocrine system?**

- A. Choking**
- B. Fatigue**
- C. Fractures**
- D. Abrasions**

Fatigue is recognized as a symptom of hormonal imbalance related to the endocrine system. The endocrine system produces hormones that regulate various bodily functions, including energy levels, metabolism, and mood. When there's an imbalance, such as in conditions like hypothyroidism or adrenal insufficiency, it can lead to feelings of extreme tiredness or lack of energy. This fatigue often persists even with adequate rest and can significantly impact daily activities. In contrast, the other options - choking, fractures, and abrasions - do not directly relate to hormonal imbalances. Choking is typically associated with airway obstruction, fractures result from trauma or stress on bones, and abrasions are skin injuries caused by friction or scraping. These symptoms are not indicative of hormonal issues but rather point to other medical emergencies or physical injuries.

**9. What compression depth is recommended for child CPR?**

- A. 1/2 inch to 1 inch
- B. 1 inch to 1 1/2 inches**
- C. 1 1/2 inches to 2 inches
- D. 2 inches to 2 1/2 inches

The recommended compression depth for child CPR is between 1 inch to 1 1/2 inches. This guideline is based on the anatomical considerations of a child's chest, where adequate depth is crucial for effective chest compressions that generate sufficient blood flow during cardiac arrest. When performing CPR on children, it is important not to compress too deeply, as overly forceful compressions can cause injury to their developing bodies. The aim is to compress the chest firmly and quickly, allowing it to fully recoil between compressions to promote blood circulation. This range of compression depth has been established by CPR guidelines to optimize the chances of survival and recovery in pediatric patients.

**10. What is a common symptom of poisoning that affects the digestive system?**

- A. Nausea**
- B. Seizures
- C. Dizziness
- D. Chest pain

Nausea is a common symptom of poisoning that directly affects the digestive system. When a person ingests a toxic substance, the body often responds by trying to rid itself of the poison, which can lead to feelings of nausea and vomiting. This reaction is a protective mechanism aimed at expelling harmful substances from the body. Other symptoms associated with poisoning may involve multiple systems in the body; however, nausea specifically points to the digestive tract's reaction to the toxic substance. In contrast, seizures, dizziness, and chest pain, while they can occur in some cases of poisoning, are not specifically indicative of issues related to the digestive system. Seizures may be related to neurotoxic agents, dizziness could stem from various systemic effects or dehydration, and chest pain could be related to other complications, but nausea specifically ties to the body's response within the gastrointestinal system.



## 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://hosacprfirstaidassessment.examzify.com>**

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