

JTED CPR 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

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- 1. Can gasping be considered normal breathing?**
 - A. True**
 - B. False**
 - C. It depends on the situation**
 - D. Only if it's consistent**

- 2. When performing CPR on an adult, what is the recommended compression to ventilation ratio?**
 - A. 15 compressions to 2 breaths**
 - B. 30 compressions to 2 breaths**
 - C. 5 compressions to 1 breath**
 - D. 20 compressions to 1 breath**

- 3. What is the preferred technique for giving rescue breaths to an infant?**
 - A. Mouth to mouth and nose**
 - B. Mouth to mouth**
 - C. Mouth to nose only**
 - D. Bag-mask ventilation**

- 4. Which of the following is not a sign that someone needs CPR?**
 - A. Unresponsiveness**
 - B. Normal breathing**
 - C. Gasping or irregular breathing**
 - D. Unconsciousness**

- 5. What is the recommended compression depth for infants during CPR?**
 - A. 1 inch**
 - B. 1.5 inches**
 - C. 2 inches**
 - D. 2.5 inches**

- 6. Why is maintaining an open airway important during CPR?**
- A. To allow for circulation of blood**
 - B. To ensure oxygen can enter the lungs and reach the bloodstream**
 - C. To prevent choking on vomit**
 - D. To facilitate faster compressions**
- 7. Which method should you use to open airways if a head or neck injury is suspected?**
- A. Head tilt**
 - B. Chin lift**
 - C. Jaw thrust**
 - D. Modified Heimlich**
- 8. Who is more likely to experience sudden cardiac arrest?**
- A. Individuals with high cholesterol levels**
 - B. Individuals who are overweight**
 - C. Individuals with underlying heart conditions and those who have experienced previous heart issues**
 - D. Individuals who smoke**
- 9. What should you ensure before giving rescue breaths?**
- A. That the person is lying flat on their back**
 - B. That the airway is clear and open**
 - C. That the person has a pulse**
 - D. That the person is aware of their surroundings**
- 10. What is the main goal of refining CPR skills?**
- A. To impress others with knowledge**
 - B. To be prepared and effective in real emergency scenarios**
 - C. To obtain a certification**
 - D. To reduce stress during emergencies**

Answers

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

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Explanations

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1. Can gasping be considered normal breathing?

- A. True
- B. False**
- C. It depends on the situation
- D. Only if it's consistent

Gasping should not be considered normal breathing. Gasping is often a sign of an ineffective respiratory effort and can indicate that the person is in distress or even experiencing a life-threatening emergency, such as cardiac arrest. Normal breathing is characterized by consistent, regular, and adequate breaths that supply oxygen to the body. Gasping usually lacks this regularity and can be erratic, which is not sufficient for effective oxygenation. Recognizing the difference between normal breathing and gasping is critical in emergency situations. If someone is gasping, it is crucial to act quickly, as it may indicate that they need immediate medical attention or a lifesaving intervention such as CPR. Understanding these distinctions helps a responder take the appropriate actions to provide necessary care and increase the chances of survival for someone in a critical condition.

2. When performing CPR on an adult, what is the recommended compression to ventilation ratio?

- A. 15 compressions to 2 breaths
- B. 30 compressions to 2 breaths**
- C. 5 compressions to 1 breath
- D. 20 compressions to 1 breath

The recommended compression to ventilation ratio for performing CPR on an adult is 30 compressions to 2 breaths. This ratio is established to ensure that the emphasis is placed on high-quality chest compressions, which are critical for maintaining blood flow and providing oxygen to the vital organs during cardiac arrest. The rationale behind this specific ratio is that it allows for a rapid sequence of 30 compressions, which helps to circulate blood effectively, followed by 2 breaths to provide oxygen to the lungs. This combination maximizes the chances of reviving a person in cardiac arrest by balancing the need for both circulatory support and oxygenation. Moreover, the guideline stipulates that this ratio applies in scenarios where a single rescuer is performing CPR. In cases involving multiple rescuers, the compression to ventilation ratio may differ; however, for a single rescuer, 30:2 is the standard approach taught in CPR courses. Understanding this ratio is crucial for effective CPR and improving outcomes during cardiac emergencies.

3. What is the preferred technique for giving rescue breaths to an infant?

- A. Mouth to mouth and nose**
- B. Mouth to mouth**
- C. Mouth to nose only**
- D. Bag-mask ventilation**

The preferred technique for giving rescue breaths to an infant is mouth to mouth and nose. This approach is recommended because an infant's airway is small and more delicate compared to an adult's. By covering both the mouth and nose, the rescuer ensures that air is directed effectively into the lungs without excessive pressure, which could potentially harm the infant. This method allows rescuers to provide the necessary oxygen while being mindful of the infant's anatomical differences, ensuring that breaths are administered gently and effectively. While other techniques, like bag-mask ventilation, can be used in certain circumstances, it might not be as practical for a lone rescuer without the appropriate equipment or training. Mouth to mouth or mouth to nose alone may not provide adequate ventilation since the mouth of an infant is smaller and might not seal properly, risking air escaping. Therefore, combining both the mouth and nose allows for a more complete and safe delivery of rescue breaths.

4. Which of the following is not a sign that someone needs CPR?

- A. Unresponsiveness**
- B. Normal breathing**
- C. Gasping or irregular breathing**
- D. Unconsciousness**

Normal breathing is a crucial indicator that a person does not need CPR. When a person is breathing normally, their heart is likely functioning adequately, and they are maintaining adequate oxygenation. Therefore, there's no immediate need for CPR, which is a lifesaving technique used when someone's heart has stopped beating or when they are not breathing normally. Conversely, unresponsiveness, gasping or irregular breathing, and unconsciousness are significant signs that indicate a person may need CPR. Unresponsiveness suggests a lack of consciousness and the potential failure of vital functions, while gasping or irregular breathing can indicate severe distress, such as respiratory failure or cardiac arrest. Unconsciousness similarly points to a critical state that requires immediate intervention. In assessment scenarios, normal breathing serves as a reassuring sign that the person is stable enough to not require the urgent assistance CPR provides.

5. What is the recommended compression depth for infants during CPR?

A. 1 inch

B. 1.5 inches

C. 2 inches

D. 2.5 inches

The recommended compression depth for infants during CPR is 1.5 inches. This depth is based on anatomical considerations and research indicating that compressions should be deep enough to generate adequate blood flow without causing injury. Infants have a smaller chest, and compressions should penetrate enough to create a meaningful pressure change within the heart to circulate blood effectively. Maintaining the correct compression depth is crucial to ensuring a better chance of survival and recovery for the infant. In contrast, depths that are too shallow may not provide sufficient circulation, while compressions that are excessively deep could potentially cause harm to the infant's fragile rib cage and internal organs. Therefore, the recommendation to compress to a depth of 1.5 inches strikes a balance between efficacy and safety.

6. Why is maintaining an open airway important during CPR?

A. To allow for circulation of blood

B. To ensure oxygen can enter the lungs and reach the bloodstream

C. To prevent choking on vomit

D. To facilitate faster compressions

Maintaining an open airway during CPR is crucial because it ensures that oxygen can enter the lungs and subsequently reach the bloodstream. When a person is not breathing or has inadequate breathing, their body is deprived of the essential oxygen needed for survival. By keeping the airway clear, you allow for effective ventilation, which is vital in restoring oxygen levels in the blood. Oxygen is essential for cellular function; without it, organs and tissues begin to suffer damage. In situations where the heart has stopped, effective CPR — which includes providing breaths when trained to do so — aims to circulate oxygenated blood to vital organs, minimizing the risk of permanent damage. This focus on oxygen delivery directly correlates with the effectiveness of CPR and increases the chances of survival after cardiac arrest. While ensuring an open airway can also serve to prevent choking on vomit or facilitate compressions, the primary and most direct significance lies in the ability to oxygenate the blood, making it a critical component of effective resuscitation efforts.

7. Which method should you use to open airways if a head or neck injury is suspected?

- A. Head tilt**
- B. Chin lift**
- C. Jaw thrust**
- D. Modified Heimlich**

When a head or neck injury is suspected, the jaw thrust method is the recommended technique to open the airway. This method minimizes movement of the head and neck, which is crucial in cases where there could be a spinal injury. By using the jaw thrust maneuver, you're able to lift the jaw forward while keeping the neck in a neutral position, thus reducing the risk of causing further injury to the spine. Using the head tilt method or chin lift could potentially exacerbate a spinal injury due to the extension of the neck involved in those techniques. The modified Heimlich maneuver is not applicable for airway management in cases of suspected neck or head injuries, as it is designed for different emergency situations, primarily for helping someone choking. Therefore, the jaw thrust is the safest and most effective way to ensure an open airway while protecting the integrity of the spine.

8. Who is more likely to experience sudden cardiac arrest?

- A. Individuals with high cholesterol levels**
- B. Individuals who are overweight**
- C. Individuals with underlying heart conditions and those who have experienced previous heart issues**
- D. Individuals who smoke**

The likelihood of experiencing sudden cardiac arrest is significantly higher in individuals with underlying heart conditions and those who have had previous heart issues. This is primarily due to the fact that these individuals often have pre-existing abnormalities in their cardiovascular system, which can predispose them to life-threatening arrhythmias. Conditions such as coronary artery disease, heart valve disorders, or cardiomyopathy can lead to electrical disturbances in the heart, increasing the risk of sudden cardiac arrest. While high cholesterol levels, being overweight, and smoking are risk factors that can contribute to heart disease, they do not directly indicate the same level of immediate risk as having a history of heart issues. For individuals with prior heart events, their heart has already shown signs of dysfunction, making them particularly vulnerable to cardiac arrest. Understanding this distinction is essential for recognizing which populations are most at risk and underscores the importance of monitoring and managing heart health proactively.

9. What should you ensure before giving rescue breaths?

- A. That the person is lying flat on their back**
- B. That the airway is clear and open**
- C. That the person has a pulse**
- D. That the person is aware of their surroundings**

Before giving rescue breaths, it is crucial to ensure that the airway is clear and open. This step is essential because obstructed airways can prevent effective breathing, making rescue breaths ineffective or even harmful. When a person is unresponsive or unable to breathe adequately, it is vital to first check that nothing is blocking the airway, such as vomit, blood, or any foreign objects. Opening the airway usually involves using techniques such as the head tilt-chin lift maneuver, which helps to ensure that the passage for air is unobstructed. Only after confirming that the airway is open can you proceed to deliver rescue breaths effectively, ensuring that oxygen reaches the lungs and can then circulate throughout the body. This action is fundamental in emergency response and helps improve the chances of survival in cardiac arrest situations.

10. What is the main goal of refining CPR skills?

- A. To impress others with knowledge**
- B. To be prepared and effective in real emergency scenarios**
- C. To obtain a certification**
- D. To reduce stress during emergencies**

The main goal of refining CPR skills is to ensure that an individual is prepared and effective in real emergency scenarios. Mastery of CPR techniques is crucial because, in a life-threatening situation, the ability to perform high-quality chest compressions and rescue breathing can make a significant difference in the outcome for the victim. Regular practice helps to retain muscle memory, improve response time, and boost confidence, enabling a person to act quickly and competently when it matters most. Other objectives, such as obtaining a certification, may serve to validate one's skills, but they should not overshadow the primary intent of being able to apply those skills in a real-life situation. Impressing others with knowledge could be a benefit of having refined skills, but it is not a fundamental reason for practicing CPR. Reducing stress during emergencies is important, but this is more of a byproduct of being well-prepared rather than the main goal. Focused practice ultimately enhances readiness and effectiveness in saving lives.

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://jtedcpr.examzify.com>

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

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