

JTED CPR PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED 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. 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 is a key component of CPR for adults?**
 - A. Only rescue breaths should be given
 - B. Chest compressions should be done at a rate of 80 per minute
 - C. Chest compressions should be at least 2 inches deep
 - D. Performing rescue breaths is optional
- 2. When performing CPR on an unresponsive person believed to be choking, what modification should be implemented?**
 - A. Start with compressions only
 - B. Each time open the mouth to look for an object
 - C. Do not perform rescue breaths
 - D. Continue CPR without checking the mouth
- 3. Effective breaths during CPR are confirmed by which observation?**
 - A. The person is coughing
 - B. The chest rises with each breath
 - C. Breath sounds are heard
 - D. The patient wakes up
- 4. What is the primary goal of CPR?**
 - A. To restore breathing
 - B. To maintain blood circulation
 - C. To provide immediate medical care
 - D. To administer medication
- 5. What is the significance of the "look, listen, and feel" method?**
 - A. It assesses for signs of choking
 - B. It's used to check for normal breathing before starting CPR
 - C. It evaluates the victim's level of consciousness
 - D. It determines the need for an AED

- 6. What indicates that a person is experiencing gasping rather than normal breathing?**
- A. Regular steady breaths
 - B. Audible wheezing sounds
 - C. Irregular, sporadic sounds
 - D. No sounds at all
- 7. What outcome is expected from someone who regularly practices CPR?**
- A. Lower stress levels in emergencies
 - B. Immediate medical certifications
 - C. Confident and effective response in emergencies
 - D. Increased physical strength and stamina
- 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. In a one-person rescue, what is the first thing you should check before beginning CPR?**
- A. The responsiveness of the victim
 - B. The positioning of the head
 - C. The safety of the scene
 - D. The victim's breathing
- 10. What is an important sign that a person is in need of CPR?**
- A. They are breathing normally
 - B. They are unresponsive and not breathing
 - C. They are talking or moving
 - D. They have a pulse and are conscious

Answers

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

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Explanations

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1. What is a key component of CPR for adults?

- A. Only rescue breaths should be given
- B. Chest compressions should be done at a rate of 80 per minute
- C. Chest compressions should be at least 2 inches deep**
- D. Performing rescue breaths is optional

Chest compressions being at least 2 inches deep is essential for effective CPR in adults because this depth ensures that sufficient pressure is applied to the chest, which helps to create adequate blood flow to vital organs, particularly the heart and brain. The force generated from compressions at this depth allows for the heart to adequately pump blood during the cycles of compression and relaxation. In adult CPR, the standard recommendation is to compress the chest to a depth of at least 2 inches (5 cm), while also maintaining a rate of 100 to 120 compressions per minute. This combination of rate and depth is critical for maximizing the chances of survival in a cardiac arrest situation. The correct implementation of these guidelines significantly increases the effectiveness of CPR and the likelihood of a positive outcome.

2. When performing CPR on an unresponsive person believed to be choking, what modification should be implemented?

- A. Start with compressions only
- B. Each time open the mouth to look for an object**
- C. Do not perform rescue breaths
- D. Continue CPR without checking the mouth

In the scenario of performing CPR on an unresponsive person who is suspected of choking, it is crucial to ensure that any obstructing object is cleared as quickly as possible. When the person is unresponsive, checking the mouth after compressions is vital to identify if any obstruction is present. Each time compressions are performed, it is appropriate to pause briefly to check the mouth for any visible objects that could be causing the airway obstruction. This combination of chest compressions and checking for obstructions maximizes the chance of restoring an open airway quickly, which is critical for effective CPR. This modification is essential in a choking situation, as failure to address the obstruction could result in inadequate oxygenation and lead to further complications. Choosing this option ensures that you actively manage the choking hazard while also providing necessary compressions.

3. Effective breaths during CPR are confirmed by which observation?

- A. The person is coughing
- B. The chest rises with each breath**
- C. Breath sounds are heard
- D. The patient wakes up

The observation that confirms effective breaths during CPR is the rise of the chest with each breath administered. This visual cue indicates that air is being properly introduced into the lungs, allowing for oxygen exchange. When the chest rises, it demonstrates that the correct volume of air is being delivered to the person's airway. This is crucial during CPR, as ensuring adequate ventilation is essential for maintaining oxygen supply to vital organs until advanced medical help arrives. Coughing and waking up, while they might indicate some level of responsiveness or airway patency, are not reliable indicators of effective breaths in the context of CPR. Similarly, simply hearing breath sounds can be misleading in an emergency situation, as they might not necessarily reflect effective ventilation. Thus, the rise of the chest serves as the most definitive sign of successful breaths during CPR.

4. What is the primary goal of CPR?

- A. To restore breathing
- B. To maintain blood circulation**
- C. To provide immediate medical care
- D. To administer medication

The primary goal of CPR is to maintain blood circulation. When a person's heart stops beating effectively, blood flow to vital organs, including the brain, is severely compromised. CPR helps to manually pump blood through the heart and into the body's circulatory system, which is crucial for preserving organ function and minimizing brain damage until advanced medical help arrives. While restoring breathing and providing immediate medical care are important aspects of emergency response, sustaining circulation is the fundamental objective of CPR, as it directly impacts the chances of survival during a cardiac arrest situation. Administering medication, while essential in many medical emergencies, is not within the realm of CPR as it's primarily focused on mechanical assistance to support circulation and oxygenation.

5. What is the significance of the "look, listen, and feel" method?

- A. It assesses for signs of choking
- B. It's used to check for normal breathing before starting CPR**
- C. It evaluates the victim's level of consciousness
- D. It determines the need for an AED

The "look, listen, and feel" method is a critical technique used to check for normal breathing before initiating CPR. This method involves visually observing the chest for any movement, listening for breath sounds, and feeling for any air movement from the victim's mouth or nose. By accurately assessing whether the victim is breathing effectively, the responder can make an informed decision about the need for CPR. If the victim is found to not be breathing or is only gasping, it indicates that CPR should be started immediately. This technique is essential because starting CPR on an individual who is breathing normally could cause unnecessary harm. In contrast, if a person is unresponsive and not breathing, early CPR can significantly increase their chances of survival until emergency medical help arrives.

6. What indicates that a person is experiencing gasping rather than normal breathing?

- A. Regular steady breaths
- B. Audible wheezing sounds
- C. Irregular, sporadic sounds**
- D. No sounds at all

Gasping is characterized by irregular and sporadic sounds that typically occur in the absence of effective breathing. This can be a sign of serious medical conditions, such as cardiac arrest or respiratory failure. In contrast to normal breathing, which is generally rhythmic and steady, gasping comes across as erratic and can sometimes be mistaken for a type of breathing due to its sporadic nature. Other options describe breathing patterns or sounds that do not fit the description of gasping. Regular steady breaths indicate normal, healthy breathing, while audible wheezing sounds suggest an obstruction in the airways but do not represent the gasping pattern. No sounds at all might indicate a lack of breathing, which is more severe than gasping and requires immediate action.

7. What outcome is expected from someone who regularly practices CPR?

- A. Lower stress levels in emergencies
- B. Immediate medical certifications
- C. Confident and effective response in emergencies**
- D. Increased physical strength and stamina

Practicing CPR regularly leads to a confident and effective response in emergencies because repeated training helps to reinforce the skills and procedures necessary for performing CPR correctly. Familiarity with the techniques reduces anxiety and increases a person's ability to act decisively in high-pressure situations, such as when someone has stopped breathing or their heart has ceased to function. Furthermore, regular practice ensures that the individual keeps up-to-date with the latest guidelines and best practices, resulting in an improved ability to deliver lifesaving measures efficiently. This confidence is crucial during a real emergency since hesitation can lead to delays in care, impacting the chances of survival for the individual in need. While lower stress levels, immediate certifications, and increased physical strength might seem beneficial, they do not directly correlate with the primary goal of regular CPR practice, which is to enhance one's competence and confidence in performing the procedure effectively when required.

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. In a one-person rescue, what is the first thing you should check before beginning CPR?

- A. The responsiveness of the victim
- B. The positioning of the head
- C. The safety of the scene**
- D. The victim's breathing

The first thing to check in a one-person rescue before beginning CPR is the safety of the scene. Ensuring your safety and the safety of the victim is paramount. If the environment is hazardous—such as in the case of fire, traffic, or electrical dangers—attempting to provide aid could result in further injury to yourself or the victim. Prioritizing scene safety allows the rescuer to act effectively without putting themselves in harm's way. Once safety is confirmed, the rescuer can then assess the victim's responsiveness, breathing, and position as part of the next steps in providing care.

10. What is an important sign that a person is in need of CPR?

- A. They are breathing normally
- B. They are unresponsive and not breathing**
- C. They are talking or moving
- D. They have a pulse and are conscious

The indication that a person is in need of CPR is that they are unresponsive and not breathing. These two criteria are critical because they confirm that the person is in a cardiac arrest situation or is experiencing a significant medical emergency that has compromised their ability to breathe independently and respond to stimuli. When someone is unresponsive, they do not react to any external cue, and when they are not breathing, it suggests that their heart may not be pumping blood effectively to the brain and other vital organs. In the absence of spontaneous breathing and consciousness, CPR is vital as it can help maintain blood flow to the brain and other organs until advanced medical help can arrive. Initiating chest compressions and rescue breaths can provide the necessary circulation of oxygenated blood, which is essential for survival in such scenarios.

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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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