

LIFESAVING SOCIETY STANDARD FIRST AID (SFA) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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 the first step in treating suspected anaphylaxis?**
 - A. Get medication
 - B. Help inject medicine
 - C. EMS
 - D. Watch vitals

- 2. For a chemical in the eye, what is the recommended first aid action?**
 - A. Flush eye with skin-temperature water; seek EMS
 - B. Wipe eye with a dry cloth
 - C. Apply ice to eye
 - D. Take pain reliever and rest

- 3. An open fracture is characterized by?**
 - A. Bones break through skin
 - B. Bones remain inside skin
 - C. Joints dislocate only
 - D. Bone remains unbroken

- 4. Which statement is NOT part of closed fracture treatment?**
 - A. Elevate immobilized part if it doesn't increase pain
 - B. Immobilize it
 - C. RICE
 - D. Do NOT elevate

- 5. Which of the following is NOT listed as a symptom of strains and sprains?**
 - A. Pain
 - B. Swelling
 - C. Bruising
 - D. Fever

- 6. Which symptom differentiates heatstroke from heat exhaustion?**
 - A. Nausea
 - B. Vomiting
 - C. Headache
 - D. Anxiety

- 7. Which of the following is a symptom of internal bleeding?**
- A. Clear skin
 - B. Frequent sneezing
 - C. Short of breath
 - D. Itchy rash
- 8. Which breathing pattern is characteristic of hyperventilation?**
- A. High rate of respiration, panting, gasping
 - B. Slow, shallow breathing
 - C. Apnea
 - D. Cheyne-Stokes breathing
- 9. In an amputation situation, what is the recommended action regarding professional help?**
- A. Drive the person to hospital yourself
 - B. Wait until bleeding stops
 - C. Contact EMS immediately
 - D. Remove clothing around wound
- 10. What is a recommended initial treatment for suspected hypoglycemia due to diabetes?**
- A. Continue with secondary assessment
 - B. Give glucose pills, candy, or juice
 - C. Call EMS immediately without any treatment
 - D. Give insulin

Answers

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

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Explanations

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1. What is the first step in treating suspected anaphylaxis?

- A. Get medication
- B. Help inject medicine
- C. EMS**
- D. Watch vitals

In suspected anaphylaxis, summoning emergency medical services is the immediate action. Anaphylaxis can progress rapidly to life-threatening airway, breathing, and circulation problems, so getting professional help on the scene as fast as possible is essential. Calling EMS ensures skilled responders arrive with the right equipment and medications and can begin advanced care right away. If you have an epinephrine auto-injector and know how to use it, administer it promptly while EMS is en route, but the priority is to activate help first. Trying to fetch medication from elsewhere or simply watching vitals does not provide the urgent treatment the situation requires.

2. For a chemical in the eye, what is the recommended first aid action?

- A. Flush eye with skin-temperature water; seek EMS**
- B. Wipe eye with a dry cloth
- C. Apply ice to eye
- D. Take pain reliever and rest

When a chemical gets in the eye, the priority is to flush it out with clean running water right away. Irrigate with water at skin temperature (lukewarm) to avoid further tissue stress, and continue for about 15 to 20 minutes. The goal is to dilute and wash away the chemical from the eye. If possible, keep the eye open and direct the water from the inner corner toward the outer corner to prevent spreading contaminant to the other eye, and remove contact lenses if they are present and can be removed safely. After flushing, seek medical care promptly—this is especially important if the chemical is unknown, if symptoms persist, or if the person wears contacts. Wiping the eye with a dry cloth, applying ice, or simply taking a pain reliever and resting do not remove the chemical and can cause further irritation or delay proper treatment.

3. An open fracture is characterized by?

- A. Bones break through skin**
- B. Bones remain inside skin
- C. Joints dislocate only
- D. Bone remains unbroken

Open fractures happen when the broken bone breaks through the skin, creating an open wound that communicates with the injury. This skin breach is what sets an open fracture apart from a closed fracture, where the skin remains intact. Because the wound can let in bacteria, there's a higher risk of infection, so care focuses on protecting the wound with a sterile dressing, immobilizing the limb, controlling bleeding, and getting medical help promptly for proper treatment. The other statements describe scenarios that aren't open fractures: skin not breached, a condition involving dislocations, or a bone that isn't fractured at all.

4. Which statement is NOT part of closed fracture treatment?

- A. Elevate immobilized part if it doesn't increase pain
- B. Immobilize it
- C. RICE
- D. Do NOT elevate**

For a closed fracture, the main goal is to stabilize the limb and control swelling to prevent further injury. Immobilizing the injured part is essential to keep the bones from moving and to protect surrounding tissues. Elevation helps reduce swelling and can lessen pain, as part of the RICE approach, provided it doesn't increase pain or numbness. So saying not to elevate contradicts the usual first-aid plan. The other actions—immobilizing the limb, elevating if it doesn't worsen pain, and applying RICE—fit the standard care for closed fractures.

5. Which of the following is NOT listed as a symptom of strains and sprains?

- A. Pain
- B. Swelling
- C. Bruising
- D. Fever**

Inflammation from a strain or sprain produces local signs like pain, swelling, and often bruising as small blood vessels are damaged. Fever is not a typical symptom of these localized soft-tissue injuries; it indicates infection or a systemic issue rather than just the injury itself. So fever wouldn't be listed as a symptom of strains and sprains. If fever occurs after an injury, seek medical evaluation to rule out infection or other complications.

6. Which symptom differentiates heatstroke from heat exhaustion?

- A. Nausea
- B. Vomiting**
- C. Headache
- D. Anxiety

Heat-related illnesses differ in how they affect temperature regulation and brain function. Vomiting is more typical with heat exhaustion, due to dehydration and electrolyte imbalance upsetting the GI tract. Heat stroke centers on a dangerous rise in core temperature with impaired mental status (confusion, agitation, seizures), so vomiting isn't as defining a feature. Among the options, vomiting is the symptom that more reliably points to heat exhaustion rather than heat stroke. Nausea and headache can occur in both conditions, and anxiety isn't a typical defining sign of either.

7. Which of the following is a symptom of internal bleeding?

- A. Clear skin
- B. Frequent sneezing
- C. Short of breath**
- D. Itchy rash

Internal bleeding can lead to shock as blood volume drops, so oxygen-rich blood becomes harder to deliver to tissues. The body often responds by increasing breathing rate and effort, making you feel short of breath. That sensation signals that something serious is happening inside, such as bleeding, and needs prompt assessment and care. The other options don't fit as signs of internal bleeding or shock in the first aid context.

8. Which breathing pattern is characteristic of hyperventilation?

- A. High rate of respiration, panting, gasping**
- B. Slow, shallow breathing
- C. Apnea
- D. Cheyne-Stokes breathing

Hyperventilation means breathing faster and often more deeply than normal. The hallmark is a high rate of respiration, sometimes with panting or gasping for air. This rapid breathing can feel like air hunger and may cause dizziness or tingling as CO₂ is blown off. In contrast, slow, shallow breathing is hypoventilation, apnea is no breathing, and Cheyne-Stokes is a cyclical pattern with periods of no breathing. So the description of a high rate of respiration with panting or gasping best matches hyperventilation.

9. In an amputation situation, what is the recommended action regarding professional help?

- A. Drive the person to hospital yourself
- B. Wait until bleeding stops
- C. Contact EMS immediately**
- D. Remove clothing around wound

In an amputation, getting professional help as quickly as possible is essential because time influences both bleeding control and survival. The best action is to contact EMS immediately so responders can begin life-saving care on the way to a trauma center and ensure rapid, appropriate transport. They have the equipment and training to manage severe bleeding, monitor the patient, stabilize the airway if needed, and coordinate with the hospital for any urgent procedures, including specialists who handle limb injuries. Driving the person yourself can delay definitive care and may be unsafe in an unstable situation. While waiting for EMS, control bleeding with clean dressings and keep the amputated part protected and preserved if feasible, but the priority is to summon professional help right away.

10. What is a recommended initial treatment for suspected hypoglycemia due to diabetes?

- A. Continue with secondary assessment
- B. Give glucose pills, candy, or juice**
- C. Call EMS immediately without any treatment
- D. Give insulin

When hypoglycemia is suspected in a person with diabetes, the first priority is to raise blood glucose quickly while they can swallow. Provide a fast-acting carbohydrate—glucose tablets, a small glass of juice or regular soda, candy, or glucose gel—about 15–20 grams. This acts fast to restore the brain's glucose supply. After about 15 minutes, recheck the person's symptoms (and their blood glucose if you have a meter) and repeat a 15–20 gram dose if still low or symptoms persist. If the person cannot swallow, is unconscious, or does not improve, call EMS immediately and, if trained, administer appropriate treatment such as glucagon or IV glucose. Do not give insulin, as that would lower glucose further.

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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://lifesavingsfa.examzify.com>

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

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