

National Safety Council (NSC) CPR Certification Practice Exam (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. How does a person become certified in CPR through NSC?**
 - A. By watching instructional videos online**
 - B. By completing a training course and passing the final assessment**
 - C. By attending a workshop without assessments**
 - D. By reading manuals on CPR techniques**

- 2. What does being prepared for an emergency entail?**
 - A. Knowing what to do**
 - B. Being ready to act anytime, anywhere**
 - C. Knowing how to get medical care for a victim**
 - D. All of the above**

- 3. What is the appropriate technique for performing abdominal thrusts (Heimlich maneuver) on an adult?**
 - A. Stand in front of the person and push down on their abdomen**
 - B. Stand behind the person, place arms around the waist, make a fist with one hand and thrust inward and upward**
 - C. Have the person bend over a chair while you apply pressure to their back**
 - D. Ask the person to cough forcefully while you support their back**

- 4. What is the recommended compression depth for adult CPR?**
 - A. 1 inch**
 - B. 2 inches**
 - C. 3 inches**
 - D. 4 inches**

- 5. When performing CPR on an infant or child, compress to a depth of at least what fraction of the chest depth?**
 - A. 1/4**
 - B. 1/3**
 - C. 1/2**
 - D. 2/3**

- 6. What is the recommended rate of chest compressions during CPR?**
- A. 80-100**
 - B. 100-120**
 - C. 120-140**
 - D. 140-160**
- 7. After witnessing a low-speed car crash, what should you do if the driver appears pale and shaky?**
- A. Call 911 and let the dispatcher decide what help may be needed**
 - B. Call 911 only if the driver gives consent for you to call**
 - C. Ask the driver to get into your vehicle to drive him to the nearest hospital**
 - D. Wait for a police car to stop as the officer will decide whether help is needed**
- 8. What is the primary goal of first aid?**
- A. To make a diagnosis of the injury**
 - B. To stabilize the victim's condition until professional help arrives**
 - C. To alleviate pain as much as possible**
 - D. To provide advanced medical treatment**
- 9. If an infant is breathing normally but is coughing forcefully, what action should be taken?**
- A. Encourage them to keep coughing**
 - B. Perform back blows immediately**
 - C. Give them water to drink**
 - D. Administer CPR**
- 10. What should you do if a person is experiencing chest pain?**
- A. Encourage them to walk around**
 - B. Call 911 and encourage the person to remain calm**
 - C. Give them food and drink**
 - D. Check their pulse and monitor their breathing**

Answers

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

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Explanations

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1. How does a person become certified in CPR through NSC?

- A. By watching instructional videos online
- B. By completing a training course and passing the final assessment**
- C. By attending a workshop without assessments
- D. By reading manuals on CPR techniques

To become certified in CPR through the National Safety Council (NSC), an individual must complete a training course and pass a final assessment. This process is designed to ensure that participants not only learn the theoretical aspects of CPR but also gain practical skills that are essential for effectively performing CPR in real-life situations. The training provided in these courses is comprehensive, often involving hands-on practice with manikins and scenarios that mimic potential emergencies. The certification assessment typically includes both practical demonstrations of CPR techniques and a written evaluation to test the participant's knowledge of the material covered during the course. This rigorous approach ensures that those who are certified have the necessary skills and understanding to respond appropriately in an emergency situation. The other options, such as merely watching videos, attending workshops without assessments, or reading manuals, do not provide the structured and interactive learning experience required to ensure proficiency in CPR. Hands-on practice and formal assessments are critical components of effective CPR training and certification.

2. What does being prepared for an emergency entail?

- A. Knowing what to do
- B. Being ready to act anytime, anywhere
- C. Knowing how to get medical care for a victim
- D. All of the above**

Being prepared for an emergency encompasses a comprehensive understanding of various critical aspects, including knowledge, readiness, and access to appropriate resources. Having the knowledge of what to do during emergencies is essential, as it enables an individual to make quick and informed decisions. This might include recognizing the signs of a medical emergency, understanding basic first aid or CPR techniques, and being aware of emergency contact numbers. Being ready to act anytime and anywhere highlights the importance of mental preparedness and maintaining a state of readiness in diverse situations. Emergencies can happen unexpectedly, and individuals must cultivate a mindset that allows them to respond effectively, which includes remaining calm and knowing their role in the situation. Additionally, knowing how to access medical care for a victim is crucial in an emergency. This covers the ability to contact emergency services, provide necessary information about the situation, and understand how to assist the victim until professional help arrives. Collectively, these components build a robust framework for emergency preparedness, ensuring that individuals can respond confidently and effectively when the need arises. Therefore, the most complete answer reflects that all these facets are vital in preparing for an emergency.

- 3. What is the appropriate technique for performing abdominal thrusts (Heimlich maneuver) on an adult?**
- A. Stand in front of the person and push down on their abdomen**
 - B. Stand behind the person, place arms around the waist, make a fist with one hand and thrust inward and upward**
 - C. Have the person bend over a chair while you apply pressure to their back**
 - D. Ask the person to cough forcefully while you support their back**

The Heimlich maneuver, also known as abdominal thrusts, is a critical technique used to clear an obstructed airway in a conscious adult who is choking. The correct method involves standing behind the individual needing assistance. By placing your arms around their waist, you can create a secure grip to effectively perform the thrusts. When you make a fist with one hand and place the thumb side against the midpoint of the person's abdomen (just above the navel), you thrust inward and upward to forcefully push air through the lungs. This action can help dislodge the object obstructing the airway by generating significant pressure. This technique is recognized as the most effective method for adults experiencing choking emergencies as it focuses precisely on generating the necessary force to expel the foreign object from the airway. Other methods mentioned may not provide the same level of effectiveness in clearing the obstruction and could potentially place both the rescuer and the person in a less secure position during the process.

- 4. What is the recommended compression depth for adult CPR?**
- A. 1 inch**
 - B. 2 inches**
 - C. 3 inches**
 - D. 4 inches**

The recommended compression depth for adult CPR is 2 inches. This depth is critical to ensure that enough pressure is applied to the chest to effectively circulate blood to vital organs, particularly the brain and heart, during a cardiac arrest. Compressing to the proper depth helps to create a significant increase in intrathoracic pressure, which is necessary for increasing blood flow during compressions. Research and guidelines from reputable organizations, such as the American Heart Association, have reinforced this standard to optimize the chance of survival and favorable outcomes following cardiac arrest. Compressing too shallow may not provide adequate blood flow, while compressing too deeply may lead to injuries or complications, such as rib fractures. Therefore, 2 inches strikes a balance that maximizes the effectiveness of CPR without introducing unnecessary risk to the patient.

5. When performing CPR on an infant or child, compress to a depth of at least what fraction of the chest depth?

- A. 1/4
- B. 1/3**
- C. 1/2
- D. 2/3

When performing CPR on an infant or child, the recommended compression depth is at least one-third of the chest depth. For infants, this typically translates to approximately 1.5 inches, while for children, it can range from 2 inches to a little more, depending on the size of the child. Using this depth is crucial because it ensures that sufficient pressure is applied to circulate blood effectively, thus maintaining blood flow to vital organs during cardiac arrest. Compressing to a depth less than one-third may not generate adequate blood flow, reducing the effectiveness of the compressions. This understanding reinforces the importance of proper technique in CPR, especially with smaller patients, where the risk of causing injury from overly aggressive compressions must be balanced with the need for effective resuscitation.

6. What is the recommended rate of chest compressions during CPR?

- A. 80-100
- B. 100-120**
- C. 120-140
- D. 140-160

The recommended rate of chest compressions during CPR is 100-120 compressions per minute. This rate is vital for ensuring that sufficient blood flow is generated to the heart and brain during cardiac arrest. Studies have shown that compressions within this range optimize the chances of successful resuscitation while also considering the physiology involved in CPR. When chest compressions are provided at this recommended rate, it allows for effective circulation and oxygen delivery. This is crucial because effective CPR can double or even triple a victim's chance of survival after a cardiac arrest. Keeping compressions too slow may not provide adequate perfusion to vital organs, while rates that are excessively fast can lead to decreased effectiveness in each compression. Thus, maintaining a pace of 100-120 compressions per minute strikes a balance between efficiency and effectiveness during CPR.

7. After witnessing a low-speed car crash, what should you do if the driver appears pale and shaky?

- A. Call 911 and let the dispatcher decide what help may be needed**
- B. Call 911 only if the driver gives consent for you to call**
- C. Ask the driver to get into your vehicle to drive him to the nearest hospital**
- D. Wait for a police car to stop as the officer will decide whether help is needed**

In the event of a low-speed car crash where the driver appears pale and shaky, the appropriate action is to call 911 and let the dispatcher assess the situation. This decision is critical because the driver's symptoms may indicate a serious medical condition that requires immediate attention. By contacting emergency services directly, trained personnel are mobilized to ensure the individual receives the necessary medical care as swiftly as possible. The dispatcher can provide guidance on the situation, including advising on first aid measures to take while waiting for help to arrive. This response is essential in situations where the victim may be in shock or experiencing other medical issues that require professional intervention. Promptly calling 911 ensures that appropriate emergency medical resources are on the way, increasing the chances of a positive outcome for the individual involved in the crash.

8. What is the primary goal of first aid?

- A. To make a diagnosis of the injury**
- B. To stabilize the victim's condition until professional help arrives**
- C. To alleviate pain as much as possible**
- D. To provide advanced medical treatment**

The primary goal of first aid is to stabilize the victim's condition until professional help arrives. This encompasses providing immediate care that can prevent the situation from worsening and can be crucial in preserving life and promoting recovery. First aid involves assessing the scene and the individual, managing life-threatening conditions, and providing basic emergency care, which may include CPR, controlling bleeding, or assisting with choking. First aid acts as a bridge between the moment an injury occurs and the arrival of further medical assistance, emphasizing the importance of acting quickly and effectively. By stabilizing the individual's condition, you can help ensure that they remain as safe as possible until more comprehensive care is available. Making a diagnosis of the injury is not a primary goal of first aid, as this typically requires professional training and tools. Alleviating pain is also important, but it is secondary to the critical aim of maintaining life and preventing further harm. Advanced medical treatment is beyond the scope of first aid and should only be handled by trained medical personnel. Thus, focusing on stabilization reflects the essential principles of first aid effectively.

9. If an infant is breathing normally but is coughing forcefully, what action should be taken?

- A. Encourage them to keep coughing**
- B. Perform back blows immediately**
- C. Give them water to drink**
- D. Administer CPR**

When an infant is breathing normally but experiencing a forceful cough, the recommended action is to encourage them to keep coughing. This is crucial because a forceful cough serves as an effective mechanism for clearing their airway. Coughing helps to expel the obstruction, whether it be food or another foreign object, and allows for normal breathing to continue. Encouraging the infant to maintain their cough ensures they are actively working to clear their airway without unnecessary interventions that could potentially disrupt this natural process. It is important to monitor the infant closely, and if their breathing becomes ineffective or they show signs of distress, further actions may need to be taken. However, as long as they are breathing normally and coughing forcefully, they should be allowed to use their cough as a means of clearing any obstruction.

10. What should you do if a person is experiencing chest pain?

- A. Encourage them to walk around**
- B. Call 911 and encourage the person to remain calm**
- C. Give them food and drink**
- D. Check their pulse and monitor their breathing**

When a person is experiencing chest pain, the most critical step is to call 911 and encourage them to remain calm. This is because chest pain can be a sign of a serious medical emergency, such as a heart attack. Prompt assistance from emergency medical services (EMS) is essential to provide the necessary medical care. Encouraging the person to stay calm helps reduce their stress and anxiety, which is crucial since heightened anxiety can potentially worsen their condition. Calmness can also help slow down their heart rate and may improve their overall stability while waiting for professional help. In a situation involving chest pain, immediate professional assessment and intervention are vital, as quick action significantly affects outcomes.

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://nscpr.examzify.com>

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

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