NSC First Aid, CPR and AED Practice Test (Sample)

Study Guide

Everything you need from our exam experts!

Questions

1. What is the appropriate response to a person showing signs of a stroke?

A. Encourage them to walk around

B. Call for immediate medical assistance

C. Offer them water to drink

D. Ask them to perform a physical activity

2. What should you do after monitoring a choking victim's signs?

A. Provide water

B. Ask about their medical history

C. Check their airway for obstructions

D. Administer CPR immediately

3. If a friend has a muscle strain, what is the best first aid response?

A. Apply a heat pack

B. Apply the RICE method

C. Encourage them to walk it off

D. Immediately seek surgery

4. What is an important action to take if the unresponsive victim was choking?

A. Immediately begin chest compressions

B. Check the mouth for an object each time you give breaths

C. Wait for emergency assistance

D. Position them on their side

5. How can you assist someone experiencing anxiety during a medical emergency?

A. Ignore their feelings and proceed with treatment

B. Speak calmly and reassure them

C. Encourage them to not think about it

D. Tell them to be quiet and let you handle it

6. What should you do if someone is having a seizure?

- **A. Hold them down to prevent injury**
- **B. Move objects away and call for medical assistance**
- **C. Pour cold water on their face**
- **D. Shake them to wake them up**

7. When performing CPR on an adult who has collapsed, what signs do you look for?

- **A. Is responsive and breathing**
- **B. Is not breathing and is not responsive**
- **C. Is breathing but responsive**
- **D. Is alert but not breathing**

8. Which of the following is a precaution to prevent exposure to a victim's body fluids?

- **A. Use personal protective equipment**
- **B. Apply first aid without gloves**
- **C. Use bare hands to check wounds**
- **D. Share the tools with others**

9. How should you treat someone who has fainted?

- **A. Lay the person down and elevate their legs**
- **B. Encourage them to drink water immediately**
- **C. Leave them sitting up until they recover**
- **D. Apply a cold cloth to their forehead**

10. What is the compression-to-breath ratio for adult CPR?

- **A. 15:2**
- **B. 30:2**
- **C. 20:2**
- **D. 40:2**

Answers

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

Explanations

1. What is the appropriate response to a person showing signs of a stroke?

A. Encourage them to walk around

B. Call for immediate medical assistance

C. Offer them water to drink

D. Ask them to perform a physical activity

The appropriate response to a person showing signs of a stroke is to call for immediate medical assistance. This is crucial because a stroke is a medical emergency that requires timely intervention. Prompt treatment can make a significant difference in the outcome for the affected individual, as it can minimize brain damage and improve the chances of recovery. When someone exhibits signs of a stroke, such as difficulty speaking, weakness on one side of the body, or sudden confusion, acting quickly by seeking emergency help is vital. The "FAST" method is often recommended to recognize a stroke: Face drooping, Arm weakness, Speech difficulties, and Time to call emergency services. Encouraging the person to walk around, offering them water to drink, or asking them to perform a physical activity are all potentially harmful actions. These responses could exacerbate the situation and delay the necessary medical intervention, which is why it's imperative to focus on obtaining professional help immediately.

2. What should you do after monitoring a choking victim's signs?

A. Provide water

B. Ask about their medical history

C. Check their airway for obstructions

D. Administer CPR immediately

Monitoring a choking victim's signs is essential to assess their condition and determine the appropriate response. After observing for signs of choking, the next logical step is to check their airway for obstructions. This action is crucial because it allows you to identify if the person is still choking or if their airway has become clear. Recognizing whether there is still a blockage is vital to deciding the subsequent steps, such as whether to continue administering first aid, such as the Heimlich maneuver or back blows, or to proceed to other measures like CPR if the victim becomes unresponsive. Providing water could potentially worsen the situation, as it may lead to further choking. Asking the victim about their medical history is not immediately relevant in this urgent context, as it does not address the life-threatening situation they are in. Administering CPR is an appropriate response only if the choking has led to unresponsiveness and has no pulse, but it is not the immediate next step after monitoring their signs. Therefore, verifying whether the airway is obstructed provides the necessary clarity to act effectively in a situation that can quickly become critical.

3. If a friend has a muscle strain, what is the best first aid response?

A. Apply a heat pack

B. Apply the RICE method

C. Encourage them to walk it off

D. Immediately seek surgery

The best first aid response for a muscle strain is to apply the RICE method, which stands for Rest, Ice, Compression, and Elevation. This approach is designed to reduce swelling, alleviate pain, and promote healing. Resting the injured area helps prevent further damage, allowing the muscle to begin its healing process. Applying ice helps to minimize swelling and soothe pain by reducing blood flow to the area. Compression can provide additional support and help decrease swelling. Elevating the injured muscle above the level of the heart can further help with swelling by improving blood circulation. In contrast, applying a heat pack may increase blood flow to the area too soon after the injury, which could exacerbate swelling and delay recovery. Encouraging someone to walk off the pain can lead to further injury, as movement may aggravate the strain rather than promoting proper healing. Seeking immediate surgery is usually excessive for a simple muscle strain, which can typically be managed effectively with the RICE method.

4. What is an important action to take if the unresponsive victim was choking?

A. Immediately begin chest compressions

B. Check the mouth for an object each time you give breaths

C. Wait for emergency assistance

D. Position them on their side

In situations where an unresponsive victim who is suspected of choking requires assistance, it is essential to check the mouth for any visible objects before delivering breaths. This action is crucial because if the victim is indeed choking, there may be an obstructing object lodged in their airway, which could further hinder their ability to breathe. By checking the mouth, you can potentially remove any obstruction and allow for proper air flow before administering breaths. If you were to provide breaths without first checking for an object, it could lead to ineffective ventilation and worsen the choking situation. This approach emphasizes the necessity of addressing the choking hazard directly and safely prior to performing rescue breaths, which is a critical step in first aid for an unresponsive victim experiencing choking. Other options do not effectively address the immediate need to relieve choking or take actions that could compromise the airway. For instance, initiating chest compressions without first checking could be inappropriate because they may not effectively remove the obstruction. Waiting for emergency assistance also does not actively contribute to resolving the choking issue, and positioning the victim on their side may not effectively address the blockage. Thus, checking the mouth is the most direct and necessary action in this scenario.

5. How can you assist someone experiencing anxiety during a medical emergency?

A. Ignore their feelings and proceed with treatment

B. Speak calmly and reassure them

C. Encourage them to not think about it

D. Tell them to be quiet and let you handle it

Speaking calmly and reassuring someone during a medical emergency is essential for several reasons. When an individual is experiencing anxiety, they may feel overwhelmed by the situation, which can exacerbate their symptoms and make it more difficult for them to respond to treatment. By providing calm reassurance, you can help to alleviate their anxiety and create an environment that fosters cooperation and understanding. Reassuring someone communicates that you are in control of the situation and that you are there to help them. This can instill a sense of safety and trust, allowing them to focus on following your instructions. Additionally, speaking calmly helps maintain a level of composure that can prevent further escalation of their anxiety, ensuring that they remain as stable as possible during the emergency. Other responses, such as ignoring their feelings or telling them to be quiet, could contribute to increased anxiety and feelings of helplessness. Encouraging them to not think about the situation may not be practical, as anxiety often makes it difficult for individuals to control their thoughts. Therefore, the best approach is to offer calm reassurance, which directly supports their emotional well-being while moving forward with necessary treatment.

6. What should you do if someone is having a seizure?

A. Hold them down to prevent injury

B. Move objects away and call for medical assistance

C. Pour cold water on their face

D. Shake them to wake them up

When someone is having a seizure, the priority is to ensure their safety and well-being. Moving objects away from their immediate vicinity helps to create a safe space and prevent injuries from sharp or hard objects. It's also important to call for medical assistance, particularly if the person is experiencing a prolonged seizure or if it's their first seizure. This can ensure that they receive proper care and evaluation after the event. Holding someone down can actually cause more harm than good, as it may lead to injuries for both the person having the seizure and the one attempting to restrain them. Pouring cold water on their face or shaking them to wake them up are both inappropriate interventions that can be dangerous, as they can startle or injure the individual. By moving objects away and seeking medical help, you are taking the necessary and appropriate steps to manage the situation effectively and responsibly.

7. When performing CPR on an adult who has collapsed, what signs do you look for?

A. Is responsive and breathing

B. Is not breathing and is not responsive

C. Is breathing but responsive

D. Is alert but not breathing

In the context of performing CPR on an adult who has collapsed, identifying the correct signs is crucial in determining the appropriate response. The correct answer emphasizes the importance of recognizing a lack of responsiveness and absence of breathing. When someone collapses, the immediate assessment involves checking for responsiveness and normal breathing. If a person is unresponsive and not breathing, it indicates a critical situation where the heart is likely not pumping effectively, and without prompt intervention, they are at high risk for serious harm or death. In this scenario, recognizing that the person is not breathing and is not responsive signifies the necessity to initiate CPR right away, as this is the appropriate emergency action to help restore breathing and circulation until professional help arrives.

8. Which of the following is a precaution to prevent exposure to a victim's body fluids?

A. Use personal protective equipment

B. Apply first aid without gloves

C. Use bare hands to check wounds

D. Share the tools with others

Using personal protective equipment (PPE) is a fundamental precaution to prevent exposure to a victim's body fluids. PPE serves as a barrier between you and potentially infectious materials, which can include blood, saliva, or other bodily fluids. By wearing gloves, masks, goggles, or gowns, you significantly reduce the risk of transmission of diseases such as HIV, hepatitis, and other infections that can be spread through contact with body fluids. The other choices do not prioritize safety. Applying first aid without gloves exposes you to direct contact with any bodily fluids, which undermines the purpose of taking protective measures. Using bare hands to check wounds also increases your risk of infection and does not offer any protection against exposure to pathogens. Sharing tools with others may lead to cross-contamination, further increasing the risk of spreading infections. Thus, using personal protective equipment is essential in ensuring both your safety and that of the victim during emergency situations.

9. How should you treat someone who has fainted?

A. Lay the person down and elevate their legs

B. Encourage them to drink water immediately

C. Leave them sitting up until they recover

D. Apply a cold cloth to their forehead

Laying the person down and elevating their legs is the appropriate treatment for someone who has fainted because this position helps improve blood flow to the brain. When a person faints, it often results from a temporary drop in blood flow, usually due to factors like lightheadedness or dehydration. By lying down and raising the legs, gravity assists in returning blood to the upper body and head, potentially accelerating recovery. Encouraging someone to drink water immediately may not be safe until they regain full consciousness, as they could choke or not be in a state to safely swallow. Leaving them sitting up could exacerbate the situation by preventing adequate blood flow to the brain, which could prolong their fainting state. Applying a cold cloth to their forehead may provide some comfort but does not address the underlying issue of blood flow and does not effectively aid in their recovery.

10. What is the compression-to-breath ratio for adult CPR?

A. 15:2

B. 30:2

C. 20:2

D. 40:2

In adult CPR, the compression-to-breath ratio is established as 30 compressions followed by 2 breaths. This ratio is based on guidelines that emphasize the importance of high-quality chest compressions, which are critical for maintaining blood circulation and delivering oxygen to vital organs during cardiac arrest. The 30:2 ratio is pivotal because it allows for a balance between providing adequate compressions to maintain circulation and delivering breaths to support oxygenation. Research shows that for adults, this particular ratio helps maximize the effectiveness of CPR. The focus on high-quality compressions—aiming for a depth of about 2-2.4 inches at a rate of 100 to 120 compressions per minute—helps to ensure that blood flow to the heart and brain is maintained during the resuscitation process. Other ratios, such as the ones presented in the other choices, do not align with the current standard practices for adult CPR as established by organizations such as the American Heart Association. Utilizing an inappropriate ratio could hinder the efficacy of the CPR being performed, which emphasizes the necessity to adhere to the recommended 30 compressions followed by 2 breaths.