

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

Study Guide



Everything you need from our exam experts!

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

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

SAMPLE

- 1. Should you watch for signs and symptoms of shock?**
 - A. Yes**
 - B. No**
 - C. Only if the victim appears unwell**
 - D. Only in severe injuries**

- 2. What position should you place a victim who is breathing but unresponsive?**
 - A. Sitting upright**
 - B. On their back**
 - C. In the recovery position**
 - D. Face down**

- 3. What is the preferred method for cooling a heat stroke victim?**
 - A. Wrap them in warm towels**
 - B. Immerse the victim in cold water up to the neck**
 - C. Use ice packs on the head only**
 - D. Provide them with a cool drink**

- 4. Before calling 9-1-1, what should you do with the victim?**
 - A. Check their breathing**
 - B. Check the scene for safety**
 - C. Give them water**
 - D. Apply a bandage**

- 5. How do you create a first aid kit?**
 - A. Include items such as band-aids, antiseptic wipes, and scissors**
 - B. Only include medications and nothing else**
 - C. Use only natural remedies without supplies**
 - D. Fill it with spare clothes and personal items**

- 6. What is the purpose of giving breaths during CPR?**
- A. To provide nutrients to the body**
 - B. To provide oxygen to the lungs**
 - C. To assist with circulation**
 - D. To stimulate the heart**
- 7. If you are alone with an adult who collapses suddenly, what should you do first?**
- A. Start CPR immediately**
 - B. Call 9-1-1 before starting CPR**
 - C. Check for responsiveness**
 - D. Look for signs of breathing**
- 8. What should you do during an asthma attack if the victim has prescribed medication?**
- A. Ignore the medication**
 - B. Help them use it as directed**
 - C. Advise them to check with a doctor**
 - D. Withhold medication until they feel worse**
- 9. What are common signs of a heart attack?**
- A. Headache, Fever, Chest pain or discomfort, Nausea**
 - B. Chest pain or discomfort, Shortness of breath, Nausea, Lightheadedness**
 - C. Sore throat, Cough, Sweating, Back pain**
 - D. Stomach ache, Increased heart rate, Fatigue, Blurred vision**
- 10. What is the primary purpose of a primary assessment?**
- A. To determine the cause of an injury**
 - B. To identify life-threatening conditions**
 - C. To provide emotional support**
 - D. To decide on the correct medical treatment**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Should you watch for signs and symptoms of shock?

- A. Yes**
- B. No**
- C. Only if the victim appears unwell**
- D. Only in severe injuries**

Monitoring for signs and symptoms of shock is crucial in emergency situations. Shock is a life-threatening condition that occurs when the body is not getting enough blood flow, which means that vital organs may not receive the oxygen and nutrients they need. The body's response to shock can vary, but common signs include rapid heart rate, weakness, confusion, shallow breathing, and pale or clammy skin. Recognizing these symptoms early allows for prompt treatment, which can be vital for the victim's survival and recovery. Being vigilant about the signs of shock is important regardless of whether the victim appears obviously unwell, as shock can develop even in cases that initially seem minor. By being proactive in observing for these signs, you can ensure timely intervention, which can greatly improve the chances of a positive outcome in an emergency situation. Consciousness about potential unseen injuries is essential; hence one should always watch for signs of shock in any emergency scenario, not just in severe injuries or when the victim appears distressed.

2. What position should you place a victim who is breathing but unresponsive?

- A. Sitting upright**
- B. On their back**
- C. In the recovery position**
- D. Face down**

The correct position for a victim who is breathing but unresponsive is to place them in the recovery position. This specific position helps maintain an open airway for the individual while reducing the risk of aspiration, which can occur if they vomit. By positioning the person on their side, the tongue is kept from blocking the airway, and any fluids can easily drain out of the mouth rather than being inhaled into the lungs. If the person were sitting upright, it could lead to airway obstruction or the risk of choking if they lose consciousness further. Laying someone flat on their back could also obstruct their airway; while they may breathe, it doesn't provide the necessary safety measures to protect against aspiration. Placing a person face down is inappropriate as it can inhibit breathing and pose significant risks to the individual's safety.

3. What is the preferred method for cooling a heat stroke victim?

A. Wrap them in warm towels

B. Immerse the victim in cold water up to the neck

C. Use ice packs on the head only

D. Provide them with a cool drink

Immersing a heat stroke victim in cold water up to the neck is the preferred method for cooling because it effectively lowers the body temperature much more rapidly than other methods. This is crucial in heat stroke cases, where the body's temperature regulation fails and can lead to severe complications or even death. Immersion in cold water allows for maximum surface area exposure to a cool medium, facilitating efficient heat exchange and cooling of the core temperature. Cooling the body quickly is essential in managing heat stroke, as it can prevent damage to vital organs and restore normal physiological function. Techniques like wrapping in warm towels or using ice packs only on the head do not provide sufficient cooling for the entire body and may create a risk of localized frostbite or additional complications. Additionally, providing a cool drink might not be appropriate as the individual may be disoriented or unable to drink, and hydration alone does not adequately address the critical issue of elevated body temperature in a heat stroke scenario.

4. Before calling 9-1-1, what should you do with the victim?

A. Check their breathing

B. Check the scene for safety

C. Give them water

D. Apply a bandage

Before calling 9-1-1, checking the scene for safety is crucial to ensure that both you and the victim are in a safe environment. This step protects you from potential hazards such as traffic, fire, or unstable structures that could pose risks during an emergency. Ensuring safety gives you the ability to provide assistance to the victim without becoming another casualty. Taking this precaution allows you to assess the situation and determine if it is safe to proceed with helping the victim. Once you confirm that the environment is safe, you can effectively provide aid, call for help, or direct bystanders to assist if necessary. Other actions, such as checking the victim's breathing or applying a bandage, are important steps in the process of providing first aid but should be approached only after ensuring the area is secure. Giving water is typically not recommended as it can pose a choking hazard, especially if the victim is unconscious or semi-conscious.

5. How do you create a first aid kit?

- A. Include items such as band-aids, antiseptic wipes, and scissors**
- B. Only include medications and nothing else**
- C. Use only natural remedies without supplies**
- D. Fill it with spare clothes and personal items**

Creating a first aid kit involves including a variety of supplies that can assist in treating common injuries and ailments. The inclusion of items such as band-aids, antiseptic wipes, and scissors is essential for addressing minor cuts, scrapes, and wounds. Band-aids provide a protective covering to help prevent infection, while antiseptic wipes are useful for cleaning wounds before applying a bandage. Scissors are important for cutting tape, gauze, or clothing if necessary in an emergency situation. Options that limit the contents of the first aid kit, such as solely including medications, using only natural remedies, or filling it with clothes and personal items, would not adequately prepare someone for various first aid scenarios. It's important for a first aid kit to have a diverse selection of medical supplies that can be used immediately in case of injury or emergency, ensuring a prompt and effective response.

6. What is the purpose of giving breaths during CPR?

- A. To provide nutrients to the body**
- B. To provide oxygen to the lungs**
- C. To assist with circulation**
- D. To stimulate the heart**

The primary purpose of giving breaths during CPR is to provide oxygen to the lungs. When an individual is unresponsive and not breathing normally, their body is deprived of oxygen which can lead to brain damage and other organ dysfunctions very quickly. By delivering artificial breaths, you are ensuring that oxygen is introduced into the lungs, allowing it to enter the bloodstream and ultimately reach vital organs. While circulation and heart stimulation are also critical factors in CPR, those are primarily addressed through chest compressions, which help maintain blood flow to vital organs. The nutrient delivery and heart stimulation options do not accurately reflect the specific physiological need addressed by rescue breaths, which is about oxygenation in particular. Hence, providing breaths is crucial for maintaining adequate oxygen levels until advanced medical help arrives.

7. If you are alone with an adult who collapses suddenly, what should you do first?

- A. Start CPR immediately**
- B. Call 9-1-1 before starting CPR**
- C. Check for responsiveness**
- D. Look for signs of breathing**

In a situation where an adult collapses suddenly, the appropriate first step is to call 9-1-1 before starting CPR. This action prioritizes alerting emergency services to send help, which is crucial for the restoration of normal heart function and survival. Calling 9-1-1 effectively ensures that professional assistance is on the way while you prepare to administer CPR. If you were to delay this step and start CPR first, there could be a significant loss of valuable time before emergency services arrive, particularly if the victim requires advanced interventions. It is also important to understand that while checking for responsiveness and signs of breathing are vital components of assessing the situation, they can be done quickly. However, the immediate call to emergency services is critical and should be done as soon as possible to maximize the chance for a favorable outcome for the victim. Following the initial call, if the victim is unresponsive and not breathing normally, CPR should then be started promptly to maintain blood circulation and oxygenation until further help arrives.

8. What should you do during an asthma attack if the victim has prescribed medication?

- A. Ignore the medication**
- B. Help them use it as directed**
- C. Advise them to check with a doctor**
- D. Withhold medication until they feel worse**

During an asthma attack, if the victim has prescribed medication, the most appropriate course of action is to assist them in using it as directed. This typically involves helping them access their inhaler or nebulizer and ensuring they understand how to use it properly to relieve their symptoms. Asthma medications, such as bronchodilators, are specifically designed to alleviate the constriction of the air passages and improve breathing. By using the medication as prescribed, the victim can often regain control over their breathing, reducing the severity of the attack. It's essential to act promptly because asthma attacks can quickly escalate and lead to serious complications if not managed effectively. While it might be tempting to advise them to consult a doctor or withhold medication, during an active asthma attack, immediate intervention is crucial. Consulting a doctor is typically necessary for long-term management of asthma, but in the moment, the focus should be on using the medication at hand to provide relief. Ignoring the medication or withholding it until symptoms worsen can jeopardize the victim's safety and well-being, making it critical to prioritize the use of prescribed treatments during an emergency situation.

9. What are common signs of a heart attack?

- A. Headache, Fever, Chest pain or discomfort, Nausea
- B. Chest pain or discomfort, Shortness of breath, Nausea, Lightheadedness**
- C. Sore throat, Cough, Sweating, Back pain
- D. Stomach ache, Increased heart rate, Fatigue, Blurred vision

The presence of chest pain or discomfort, shortness of breath, nausea, and lightheadedness are all classic indicators of a heart attack. Chest pain or discomfort is often experienced as a feeling of pressure, squeezing, fullness, or pain in the center or left side of the chest. This symptom is frequently accompanied by shortness of breath, which can occur with or without chest pain. Nausea can also be a significant symptom, as the body may react to the stress of a heart attack in various ways. Lightheadedness, or feeling faint, can indicate that the heart is not pumping effectively enough to maintain adequate blood flow, prompting a re-evaluation of cardiovascular status. The other options mention symptoms that are either not typical of a heart attack or represent conditions that could be related to other medical issues. For example, headaches and fever are generally associated with infections or other non-cardiac conditions. Symptoms in the third choice, such as a sore throat and cough, are more indicative of respiratory infections and are not connected to cardiac events. Lastly, the fourth option includes symptoms that could arise from many different health issues, but they do not specifically correlate with the typical presentation of a heart attack. Understanding these key signs is crucial for recognizing a life

10. What is the primary purpose of a primary assessment?

- A. To determine the cause of an injury
- B. To identify life-threatening conditions**
- C. To provide emotional support
- D. To decide on the correct medical treatment

The primary purpose of a primary assessment is to identify life-threatening conditions. This assessment is conducted to quickly evaluate the condition of a victim and prioritize immediate needs. During this assessment, responders look for signs of any critical issues such as airway obstruction, inadequate breathing, or circulation problems. The goal is to address any threats to the patient's life that could lead to deterioration in their condition if not managed promptly. In emergency situations, quick and accurate identification of these life-threatening conditions ensures that the responder can efficiently provide the necessary interventions, such as performing CPR or calling for advanced medical help. This focus on life threats is crucial because it allows responders to act decisively and provide the most effective care in a timely manner. While determining the cause of an injury, providing emotional support, or deciding on medical treatment are important aspects of overall patient care, they are secondary to the immediate need to assess and stabilize life-threatening conditions. Addressing these threats first can significantly impact the patient's outcome.

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://nscfirstaidcpraed.examzify.com>

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

SAMPLE