

NSC FIRST AID, CPR AND AED PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://nscfirstaidcpraed.examzify.com>



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. What is a major risk factor to consider when moving a victim?**
 - A. Inability to communicate
 - B. Further injury
 - C. Exposure to extreme weather
 - D. Size of the victim
- 2. What is a potential risk when using an AED?**
 - A. The device may not function correctly if not charged
 - B. It may cause burns if used improperly
 - C. Both options are correct
 - D. The AED is useless on children
- 3. What is the first action you should take in an emergency situation?**
 - A. Administer medication
 - B. Call 9-1-1
 - C. Check the person's pulse
 - D. Wait for the symptoms to improve
- 4. Should you immobilize and support the arm and shoulder in the position found?**
 - A. Yes
 - B. No
 - C. Only if the victim is in pain
 - D. Only if the injury is severe
- 5. If a victim is experiencing low blood sugar, what should be given to them?**
 - A. Water or soda
 - B. Glucose tablets or candy
 - C. Nothing until help arrives
 - D. Aspirin for relief

- 6. What should be done if someone is showing general signs of distress and confusion?**
- A. Give them some sugary food
 - B. Tell them to breathe deeply
 - C. Call for emergency help
 - D. Leave them until they recover
- 7. What action should be avoided when dealing with a victim?**
- A. Assessing the victim's condition
 - B. Moving the victim unnecessarily
 - C. Calling for medical help
 - D. Administering basic first aid
- 8. What should you do if the unconscious victim is not breathing?**
- A. Call for help immediately
 - B. Begin CPR
 - C. Check their pulse
 - D. Wait for them to regain consciousness
- 9. What direction should abdominal thrusts be given?**
- A. Inward and downward
 - B. Outward and upward
 - C. Inward and upward
 - D. Downward and outward
- 10. In the event of an emergency, what should be done if multiple people are available?**
- A. Everyone should try to help
 - B. One person should call for help
 - C. Only medical professionals should intervene
 - D. People should panic

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is a major risk factor to consider when moving a victim?

- A. Inability to communicate
- B. Further injury**
- C. Exposure to extreme weather
- D. Size of the victim

When moving a victim, one of the most significant risks to be aware of is the potential for further injury. This concern arises because moving an injured person, especially if they have sustained spinal or neurological injuries, can exacerbate their condition or worsen existing injuries. For instance, improper handling can lead to additional trauma to the spinal cord, fractures, or internal bleeding. Understanding the specific nature of the victim's injuries is crucial. For example, if a person has a suspected head or neck injury, any movement may increase the risk of further damage. Additionally, moving a victim without appropriate equipment or assistance can lead to falls or additional accidents. While factors such as the victim's size, communication ability, and exposure to environmental conditions are important considerations, they do not carry the same immediate and potentially life-threatening implications as moving someone in a manner that could worsen their injuries. Therefore, the priority when considering victim movement should always be on ensuring safety and minimizing the risk of further harm.

2. What is a potential risk when using an AED?

- A. The device may not function correctly if not charged
- B. It may cause burns if used improperly
- C. Both options are correct**
- D. The AED is useless on children

A potential risk when using an AED is that the device may not function as intended if it is not adequately charged. Regular maintenance and checks ensure that the AED is ready for use in an emergency. If someone attempts to use a device that has a low battery or is malfunctioning, it could lead to a failure to deliver a shock when needed, potentially putting a patient's life at risk. Additionally, improper use of the AED can result in burns. This can occur if the pads are placed incorrectly or if the patient is in a wet environment, causing interference with the delivery of the shock or inappropriate contact with the skin. Therefore, understanding proper AED usage and ensuring the device is in good working order are critical to its effectiveness in emergencies. The assertion regarding the use of AEDs on children is misleading. AEDs are designed to be effective on patients of various ages, including children, as many modern devices come with child pads or can automatically adjust the shock delivery for pediatric patients. This aspect of AED functionality makes it crucial to emphasize the importance of proper training and understanding of these devices to mitigate risks associated with their use.

3. What is the first action you should take in an emergency situation?

- A. Administer medication
- B. Call 9-1-1**
- C. Check the person's pulse
- D. Wait for the symptoms to improve

In an emergency situation, calling 9-1-1 is the first essential action to take because it ensures that professional medical help is on the way. This step is crucial as it establishes communication with emergency services, allowing them to respond promptly to the situation. Once emergency services are alerted, you can then focus on providing care to the person in need. This may involve assessing their condition, performing first aid, or providing CPR if required. The key idea is that without notifying emergency services first, the necessary medical assistance may be delayed, possibly worsening the person's condition. Administering medication or checking the person's pulse, while important actions in certain situations, should follow the critical first step of calling for professional help. Waiting for symptoms to improve is not an appropriate response in emergencies, as timely intervention is typically necessary to prevent complications or worsening of the situation.

4. Should you immobilize and support the arm and shoulder in the position found?

- A. Yes**
- B. No
- C. Only if the victim is in pain
- D. Only if the injury is severe

Immobilizing and supporting the arm and shoulder in the position found is essential for several reasons. When an injury occurs, especially a fracture or dislocation, moving the affected area can exacerbate the injury, leading to further damage to tissues or nerves. By keeping the arm and shoulder in the position they were found, you help to stabilize the injury, preventing unnecessary movement that could cause additional pain or complications. In addition, maintaining the position of the injury allows for optimal healing and can reduce discomfort for the victim. This approach is crucial in first aid, as it prepares the person for further medical assessment and treatment, ensuring they do not suffer from more serious consequences due to improper handling of the injury. Other considerations, such as the patient's level of pain or the severity of the injury, do not change the fundamental need to immobilize the arm and shoulder properly. Even if a victim appears to be in mild pain or if the injury seems minor, it is still best practice to stabilize the area to prevent any potential worsening of the condition.

5. If a victim is experiencing low blood sugar, what should be given to them?

- A. Water or soda
- B. Glucose tablets or candy**
- C. Nothing until help arrives
- D. Aspirin for relief

When a victim is experiencing low blood sugar, they need a quick source of sugar to elevate their blood glucose levels. Glucose tablets or candy are specifically designed for this purpose, as they provide easily digestible carbohydrates that can rapidly increase blood sugar. This is crucial because low blood sugar can lead to confusion, loss of consciousness, and other serious symptoms if not addressed promptly. Other options are less effective for this scenario. Water or soda may not provide the immediate sugar release needed, especially if the soda is diet or lacks sufficient carbohydrates. Waiting until help arrives can worsen the victim's condition since they need immediate assistance to stabilize their blood sugar levels. Aspirin, while beneficial in certain medical scenarios like heart attack management, will not address low blood sugar and could complicate the situation unnecessarily. Thus, glucose tablets or candy are the most appropriate and effective interventions in cases of hypoglycemia.

6. What should be done if someone is showing general signs of distress and confusion?

- A. Give them some sugary food
- B. Tell them to breathe deeply
- C. Call for emergency help**
- D. Leave them until they recover

When someone is displaying general signs of distress and confusion, calling for emergency help is the most appropriate response. This is because distress and confusion can be symptoms of a serious medical condition or emergency, such as a stroke, heart attack, or severe anxiety. Immediate medical evaluation is crucial to determine the underlying cause and administer appropriate treatment. While providing sugary food might help if the person is experiencing low blood sugar, it is not advisable to assume that is the issue without proper assessment. Telling the individual to breathe deeply could provide temporary comfort but does not address the need for medical assistance if their condition is serious. Leaving the person alone until they recover is dangerous as it may exacerbate their condition without any oversight or support. Therefore, prompt action by calling for emergency help ensures the individual receives the necessary care.

7. What action should be avoided when dealing with a victim?

- A. Assessing the victim's condition
- B. Moving the victim unnecessarily**
- C. Calling for medical help
- D. Administering basic first aid

Moving the victim unnecessarily is the action that should be avoided because it can potentially exacerbate their injuries. If a person can be safely assessed and treated in their current position without moving them, it is crucial to do so to minimize the risk of further harm, especially in cases of suspected spinal or neck injuries. Movement can lead to additional injuries or complications that could have been prevented. In contrast, assessing the victim's condition, calling for medical help, and administering basic first aid are all essential steps in a first aid scenario. These actions are aimed at providing immediate care and ensuring the victim receives necessary medical attention as soon as possible. Avoiding unnecessary movement protects the victim and allows for a more accurate evaluation of their condition without putting them at further risk.

8. What should you do if the unconscious victim is not breathing?

- A. Call for help immediately
- B. Begin CPR**
- C. Check their pulse
- D. Wait for them to regain consciousness

When an unconscious victim is not breathing, the immediate and most critical action is to begin CPR. CPR, or cardiopulmonary resuscitation, is designed to help maintain blood flow to the brain and other vital organs until more advanced medical help can arrive or the person starts breathing on their own. Since the victim is unconscious and not breathing, every minute without blood flow increases the risk of brain damage and can be fatal. Starting CPR involves performing chest compressions to manually circulate blood and, if trained, can also include rescue breaths to provide oxygen. This intervention can significantly increase the victim's chances of survival. While calling for help is vital, it should typically be done before initiating CPR if you are alone or can manage both tasks simultaneously. Checking for a pulse is important, but it can take time, and if the victim is not breathing at all, immediate action is required rather than spending precious moments checking for a pulse. Waiting for the victim to regain consciousness is not an option in this life-threatening situation, as it could lead to devastating consequences. Therefore, beginning CPR is the most appropriate and life-saving response.

9. What direction should abdominal thrusts be given?

- A. Inward and downward
- B. Outward and upward
- C. Inward and upward**
- D. Downward and outward

Abdominal thrusts, often referred to as the Heimlich maneuver, should be delivered in an inward and upward direction. This technique is specifically designed to create pressure within the abdomen, which can help to expel an object that is blocking the airway. When thrusts are applied inward, the diaphragm is forced upwards, which increases pressure in the thoracic cavity. The upward motion contributes to this pressure change, helping to dislodge an obstruction from the airway. The primary goal is to generate sufficient force to expel the foreign object, allowing the person to breathe normally again. The other directions mentioned would not effectively accomplish this goal. For example, thrusting outward would not generate the necessary pressure to clear the obstruction. Similarly, thrusting downward would not provide the correct mechanics needed to create the upward force required to dislodge the item causing choking. Thus, understanding the correct direction of thrusting is crucial for the effectiveness of this lifesaving technique.

10. In the event of an emergency, what should be done if multiple people are available?

- A. Everyone should try to help
- B. One person should call for help**
- C. Only medical professionals should intervene
- D. People should panic

In an emergency situation, it is crucial to establish a clear and organized response. When multiple people are present, designating one person to call for help ensures that emergency services are alerted without delay, allowing for a more efficient overall response. This approach also prevents confusion and overlapping actions, which might compromise the effective delivery of care to the victim. When one person takes the initiative to call for help, it allows others to focus on providing assistance to the victim, whether that involves performing CPR, controlling bleeding, or providing comfort, without becoming distracted by the need to communicate with emergency services. The selected individual can relay important details to dispatch, such as the nature of the emergency, the victim's condition, and the location, enabling quicker assistance. This structured approach is more effective than having everyone attempt to help in an uncoordinated manner, where roles and responsibilities can become blurred, possibly leading to a chaotic situation. Additionally, while medical professionals are indeed best equipped to handle emergencies, their presence is not guaranteed. Thus, encouraging bystanders to assist actively, while designating one person to call for help, aligns with best practices in emergency response, maximizing the chances of a positive 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://nscfirstaidcpaed.examzify.com>

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

SAMPLE