

Post First Responder First Aid/CPR/AED Practice Test (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. In the case of an amputation, which precaution should be taken with the separated body part?**
 - A. Transport the amputated part with the victim if possible**
 - B. Keep the amputated part submerged in water**
 - C. Wrap the amputated part in a cloth and place it in direct sunlight**
 - D. Do not attempt to find the amputated part**

- 2. In the context of CPR, what does "30:2" refer to?**
 - A. The ratio of compressions to rescue breaths**
 - B. The age of the victim**
 - C. The time interval for effective CPR**
 - D. The number of rescuers needed**

- 3. A mild airway obstruction is indicated by:**
 - A. The victim is unable to cough and is blue in the face**
 - B. The victim can speak or cough**
 - C. The victim is unconscious and not breathing**
 - D. The victim is experiencing shallow breathing**

- 4. What is the normal breathing rate for a child aged 1 year to puberty?**
 - A. 20 to 30 breaths per minute**
 - B. 15 to 25 breaths per minute**
 - C. 10 to 20 breaths per minute**
 - D. 30 to 40 breaths per minute**

- 5. What is a common sign of shock in a patient?**
 - A. Pale, clammy skin**
 - B. Excessive sweating**
 - C. High fever**
 - D. Decreased heart rate**

- 6. Which of the following is a sign of a heart attack?**
- A. Sweating excessively**
 - B. Chest pain or discomfort that may spread to the jaw, shoulders, or arms**
 - C. Nausea without chest pain**
 - D. Shortness of breath alone**
- 7. In the recovery position, how should the victim's body be positioned?**
- A. Flat on their back with arms at their sides**
 - B. On their side with the bottom arm extended**
 - C. On their stomach with head turned to the side**
 - D. On their side with knees tucked toward their chest**
- 8. What is the correct compression-to-breath ratio for adult CPR?**
- A. 15 compressions to 2 breaths**
 - B. 30 compressions to 1 breath**
 - C. 30 compressions to 2 breaths**
 - D. 10 compressions to 1 breath**
- 9. What is the benefit of placing a victim in the recovery position?**
- A. It aids in breathing assistance**
 - B. It prevents tongue blocking the airway**
 - C. It promotes better blood circulation**
 - D. It helps maintain consciousness**
- 10. If a victim has a pulse but is not breathing, which first aid measure should be taken first?**
- A. Begin chest compressions immediately**
 - B. Open the victim's airway**
 - C. Call for emergency medical services**
 - D. Perform back blows**

Answers

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

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Explanations

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1. In the case of an amputation, which precaution should be taken with the separated body part?

A. Transport the amputated part with the victim if possible

B. Keep the amputated part submerged in water

C. Wrap the amputated part in a cloth and place it in direct sunlight

D. Do not attempt to find the amputated part

Transporting the amputated part with the victim if possible is crucial for several reasons. When an amputation occurs, the successful reattachment of the severed body part is often dependent on how it is handled. By keeping the amputated part and bringing it to medical professionals, there is a higher chance that surgeons can reattach it, especially if the part is preserved correctly. The amputated part should be wrapped in a clean, dry cloth or sterile dressing, and placed in a container that is not waterlogged, ideally in a cooler, but not directly on ice or submerged in water. This helps preserve the tissue until medical aid can be obtained. Bringing the amputated part along ensures a better chance for reconstruction and recovery, emphasizing the importance of proper handling and transportation of the severed body part in emergency situations.

2. In the context of CPR, what does "30:2" refer to?

A. The ratio of compressions to rescue breaths

B. The age of the victim

C. The time interval for effective CPR

D. The number of rescuers needed

The designation "30:2" in CPR is a critical guideline that indicates the ratio of chest compressions to rescue breaths for adults and children. It specifies that for every 30 compressions administered, 2 rescue breaths should be given. This ratio is based on the understanding that high-quality chest compressions are essential for maintaining blood flow to vital organs during a cardiac arrest, while rescue breaths provide necessary oxygen to the lungs. The emphasis on this specific ratio helps ensure that CPR is performed effectively and efficiently. It is important to maintain the correct timing and sequencing of compressions and breaths in order to maximize the chances of resuscitation. This method helps unify training and practice for responders, facilitating a standardized approach to performing CPR across various situations. Other options do not relate to the specific mechanics of CPR. For instance, the age of the victim is not what "30:2" denotes, as the ratio applies to all adults and children regarding the technique used. Likewise, it does not indicate a time interval for effective CPR, nor does it represent the number of rescuers needed, both of which would be unrelated to the compression and breath ratio needed during the procedure.

3. A mild airway obstruction is indicated by:

- A. The victim is unable to cough and is blue in the face**
- B. The victim can speak or cough**
- C. The victim is unconscious and not breathing**
- D. The victim is experiencing shallow breathing**

A mild airway obstruction occurs when a person is having difficulty breathing, but their airway is not completely blocked. In this situation, the victim is still able to speak or cough effectively. The ability to cough is important because it is a natural mechanism for clearing the airway and indicates that the obstruction is not severe. When a person can speak or cough, it suggests that there is still airflow, albeit restricted. The other conditions described in the other options indicate more serious airway obstructions. If the victim is unable to cough and is turning blue, it means they are suffering from a severe obstruction with little to no air exchange. An unconscious person who is not breathing is in a critical condition that signifies a complete airway blockage. Shallow breathing can also indicate a significant issue, as it often means that the body is struggling to get enough air, potentially pointing toward severe obstruction or respiratory distress.

4. What is the normal breathing rate for a child aged 1 year to puberty?

- A. 20 to 30 breaths per minute**
- B. 15 to 25 breaths per minute**
- C. 10 to 20 breaths per minute**
- D. 30 to 40 breaths per minute**

The normal breathing rate for a child aged 1 year to puberty falls within the range of 20 to 30 breaths per minute. This range reflects the physiological differences in respiratory rates compared to other age groups, such as infants and adults. Children have a higher metabolic rate than adults, which correlates with a faster respiratory rate. The average breathing rate for younger children is generally higher to support their increased oxygen demands as they grow and develop. In this age group, a rate of 20 to 30 breaths is considered normal, indicating that their respiratory systems are functioning properly to deliver essential oxygen to their growing bodies. The range accounts for typical variations in respiratory patterns and ensures that most healthy children fall within this standard during rest or light activity. Understanding this information is crucial for first responders when assessing a child's respiratory function, as any significant deviation from this normal range could indicate underlying health issues or distress.

5. What is a common sign of shock in a patient?

- A. Pale, clammy skin**
- B. Excessive sweating**
- C. High fever**
- D. Decreased heart rate**

A common sign of shock in a patient is pale, clammy skin. When a person is in shock, the body experiences inadequate blood flow to the tissues and organs. This can result in vasoconstriction, where blood vessels narrow to prioritize blood flow to vital organs, leading to reduced blood supply to the skin. As a result, the skin may appear pale and feel cool and clammy to the touch. Recognizing pale, clammy skin is crucial, as it can indicate that the body is undergoing significant stress, potentially due to conditions such as severe blood loss, dehydration, or other medical emergencies. This symptom underscores the urgency of assessing and treating the patient promptly to prevent further complications. Other options may indicate various conditions or responses in the body but do not specifically align with the physiological changes that occur during shock as clearly as the presence of pale, clammy skin.

6. Which of the following is a sign of a heart attack?

- A. Sweating excessively**
- B. Chest pain or discomfort that may spread to the jaw, shoulders, or arms**
- C. Nausea without chest pain**
- D. Shortness of breath alone**

Chest pain or discomfort that may spread to the jaw, shoulders, or arms is a classic and critical sign of a heart attack. This symptom is commonly associated with the condition because it reflects the heart's distress and can signal that the heart muscle is not receiving enough oxygen due to blockage in the coronary arteries. The pain may not be localized and can radiate to other areas, which helps to differentiate a heart attack from other types of discomfort. While excessive sweating, nausea, and shortness of breath can occur during a heart attack, they may not be as definitive or specific as the chest pain or discomfort. These other symptoms may also manifest in various conditions, which means they are considered less characteristic when diagnosing a heart attack. Thus, the presence of chest pain or discomfort is particularly significant and provides a clearer indication of a potential heart attack situation that requires immediate medical attention.

7. In the recovery position, how should the victim's body be positioned?

- A. Flat on their back with arms at their sides**
- B. On their side with the bottom arm extended**
- C. On their stomach with head turned to the side**
- D. On their side with knees tucked toward their chest**

In the recovery position, it is crucial to ensure that the victim is on their side to maintain an open airway and prevent choking, particularly if they are unconscious but breathing. Positioning the body with the knees tucked toward the chest helps to stabilize the individual and may minimize the risk of rolling while providing comfort. This position also ensures that gravity can assist in any fluids draining from the mouth, which is especially important for someone who may be at risk of vomiting or having secretions. The alignment of the body and limbs also maximizes the effectiveness of the recovery position by allowing for the head to be tilted slightly downwards, further reducing the risk of aspiration. This positioning is not only practical but is also taught widely in first aid courses for those providing care in emergency situations.

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

- A. 15 compressions to 2 breaths**
- B. 30 compressions to 1 breath**
- C. 30 compressions to 2 breaths**
- D. 10 compressions to 1 breath**

The correct compression-to-breath ratio for adult CPR is 30 compressions to 2 breaths. This ratio is part of the guidelines set forth by the American Heart Association and is used during both single-rescuer and multi-rescuer situations for adult victims of cardiac arrest. The 30:2 ratio is designed to maximize blood circulation and facilitate effective ventilation during CPR. When performing chest compressions, it's essential to do so at a rate of 100 to 120 compressions per minute, followed by two rescue breaths. This approach ensures that adequate oxygen is delivered to the victim's lungs while also maintaining blood flow to vital organs, significantly increasing the chances of survival and recovery. The focus on a 30-compression cycle followed by breaths emphasizes a more comprehensive approach to resuscitation, balancing the need for continuous circulation with the critical provision of oxygen. This method has been proven effective in emergency situations where time is of the essence, and quick, efficient actions can save lives.

9. What is the benefit of placing a victim in the recovery position?

- A. It aids in breathing assistance**
- B. It prevents tongue blocking the airway**
- C. It promotes better blood circulation**
- D. It helps maintain consciousness**

Placing a victim in the recovery position is primarily beneficial because it prevents the tongue from blocking the airway. When a person is unconscious but breathing, their body muscles, including the muscles controlling the tongue, can relax. In a supine position (lying on their back), this relaxation can lead to the tongue falling backward, which may obstruct the airway and make breathing difficult. The recovery position involves turning the victim onto their side, which helps to keep the airway clear and allows any fluids, such as vomit, to drain out rather than being inhaled. This positioning not only helps maintain an open airway but also protects the victim from potential choking hazards while ensuring that they are able to breathe adequately until further medical help can be provided. It is an essential skill for first responders that enhances the chances of survival for someone who is unconscious but still has a pulse and is breathing.

10. If a victim has a pulse but is not breathing, which first aid measure should be taken first?

- A. Begin chest compressions immediately**
- B. Open the victim's airway**
- C. Call for emergency medical services**
- D. Perform back blows**

When a victim has a pulse but is not breathing, the first action to take is to open the victim's airway. This step is crucial because it allows you to access the airway and ensure that it is clear of any obstructions that could prevent breathing. If the airway is blocked, the victim will not be able to breathe, even though a pulse is present. By positioning the head correctly—in most cases, using the head-tilt-chin-lift maneuver—you help facilitate airflow into the lungs. If the airway is open and the victim still does not breathe, rescue breaths may be administered. This step prioritizes the immediate need to provide oxygen and supports the vital function of the victim's pulse. Other options involve actions that may not be required or relevant when a pulse is present. For instance, performing chest compressions is indicated only when there is no pulse, and calling emergency medical services, while always important, does not directly address the immediate need for airway management. Therefore, opening the airway is the most critical and appropriate first step when faced with a victim who has a pulse but is not breathing.

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://postfirstresponderfirstaidcpraed.examzify.com>

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

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