

Red Cross Adult, Child and Baby First Aid/CPR/AED Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of questions,

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

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- 1. How should you perform chest thrusts on an infant?**
 - A. With one hand only**
 - B. About 1 inch deep**
 - C. With a rapid rhythm**
 - D. About 1 ½ inches deep**

- 2. When giving care to a responsive choking pregnant person, what should be added to back blows?**
 - A. Abdominal thrusts**
 - B. Chest thrusts**
 - C. Back compressions**
 - D. Chest compressions**

- 3. What life-threatening emergency is Sarita likely experiencing?**
 - A. She is having a heart attack**
 - B. She is choking**
 - C. She has a severe allergic reaction**
 - D. She is unconscious**

- 4. A burn can be which of the following colors?**
 - A. Red**
 - B. White**
 - C. Black**
 - D. Yellow**

- 5. How long should interruptions in chest compressions be limited to during CPR?**
 - A. Less than 5 seconds**
 - B. Less than 10 seconds**
 - C. Less than 15 seconds**
 - D. Less than 20 seconds**

6. For a 14-year-old in cardiac arrest, what age group techniques and equipment should be used?

- A. Infant**
- B. Child**
- C. Adult**
- D. Senior**

7. A person has life-threatening bleeding from a wound on their head. What should you do?

- A. Apply a tourniquet**
- B. Apply direct pressure**
- C. Call for help immediately**
- D. Let the person lie still**

8. What is a common symptom of a heart attack?

- A. High fever**
- B. Persistent chest pain**
- C. Severe headache**
- D. Difficulty walking**

9. If a person is experiencing an asthma attack and has used their inhaler once, what is the recommended action if symptoms persist?

- A. Wait for EMS to arrive**
- B. Help them administer a second dose**
- C. Advise them to rest**
- D. Encourage deep breathing**

10. What should you do if a person is responsive and fully awake while waiting for EMS?

- A. Place them in a recovery position**
- B. Administer CPR**
- C. Monitor their breathing closely**
- D. Give them food or drink**

Answers

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

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Explanations

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1. How should you perform chest thrusts on an infant?

- A. With one hand only
- B. About 1 inch deep
- C. With a rapid rhythm
- D. About 1 1/2 inches deep**

Performing chest thrusts on an infant is a critical skill for responding to a choking situation. The correct method involves using a depth of approximately 1 1/2 inches. This depth is essential to create effective intrathoracic pressure, which helps expel the object that's obstructing the airway. Administering thrusts with this depth ensures that enough force is applied to move the object without risking injury to the infant's fragile anatomy. The technique requires careful attention to avoid causing harm, and using the appropriate force ensures that the thrusts are impactful enough to clear the airway while also being mindful of the infant's smaller size and sensitivity. This consideration of depth makes the process both effective and safe for the infant. Being aware of the specific depth and method of performing chest thrusts is crucial for anyone trained in infant first aid, as proper technique can be the difference between successful airway clearance and potential harm.

2. When giving care to a responsive choking pregnant person, what should be added to back blows?

- A. Abdominal thrusts
- B. Chest thrusts**
- C. Back compressions
- D. Chest compressions

For a responsive choking pregnant person, the appropriate technique to use in addition to back blows is chest thrusts. This is crucial because the anatomy of a pregnant person alters the standard procedures typically used for choking relief. While abdominal thrusts are the typical method for someone who is not pregnant, performing them on a pregnant individual can increase the risk of harm to both the mother and the fetus due to the position and size of the uterus. Chest thrusts, on the other hand, are safer and effective in this scenario. They involve thrusting inwards and upwards on the chest, which helps dislodge the obstruction while minimizing risk to the abdomen and the baby. The back blows serve as an initial response to create some disruption of the airway blockage, and adding chest thrusts allows for a combination of techniques that promotes a higher chance of removing the obstruction while ensuring the safety of both the mother and her child.

3. What life-threatening emergency is Sarita likely experiencing?

- A. She is having a heart attack
- B. She is choking**
- C. She has a severe allergic reaction
- D. She is unconscious

In assessing the situation, a person who is choking is facing a life-threatening emergency primarily because their airway is obstructed. Choking can quickly lead to asphyxiation if not addressed promptly, as the individual cannot breathe or effectively communicate due to the blockage. Signs of choking often include inability to speak, difficulty breathing, or a universal sign of distress, which is clutching the throat. Recognizing the seriousness of choking is crucial because immediate intervention, such as performing the Heimlich maneuver, can help remove the obstruction and restore normal breathing. While a heart attack, severe allergic reaction, and unresponsiveness are also significant emergencies, each has different indicators and required responses. A heart attack often presents with chest pain, shortness of breath, or discomfort in the upper body; a severe allergic reaction may entail symptoms such as swelling or difficulty breathing alongside exposure to an allergen; and unconsciousness indicates a level of unresponsiveness that necessitates a specific protocol for care. In contrast, choking directly impedes airflow and requires immediate action to clear the airway.

4. A burn can be which of the following colors?

- A. Red
- B. White**
- C. Black
- D. Yellow

When assessing burns, the coloration of the skin can provide important information about the severity and type of burn. A burn can indeed appear white, which usually indicates a third-degree burn, where the skin has been severely damaged, destroying both the epidermis and dermis and affecting deeper tissues. The tissue often appears white due to the destruction of blood vessels and the lack of blood flow, which leaves the area without the natural color typically provided by blood circulation. While burns can also appear red (indicating a first-degree burn), black (which can signify a third-degree burn due to charred skin), or yellow (which is less common and not typically used to describe burn severity), the most definitive color that indicates a serious injury is white. This denotes extensive damage to the skin and underlying tissues, requiring immediate medical attention. Understanding these color indications helps responders assess burn severity and prioritize treatment effectively.

5. How long should interruptions in chest compressions be limited to during CPR?

- A. Less than 5 seconds**
- B. Less than 10 seconds**
- C. Less than 15 seconds**
- D. Less than 20 seconds**

During CPR, it is crucial to minimize interruptions in chest compressions to maintain blood circulation and improve the chances of survival for the victim. Limiting interruptions to less than 10 seconds helps ensure that blood continues to flow to vital organs, including the brain and heart. Keeping interruptions brief allows for more effective CPR and increases the likelihood of a successful resuscitation. While shorter interruptions are preferable, if chest compressions are interrupted for longer than 10 seconds, the effectiveness of CPR could significantly decrease, making it detrimental to the victim's outcome. This guideline is based on extensive research and recommendations from organizations such as the American Heart Association, emphasizing the importance of continuous compressions during resuscitation efforts. The other options suggest longer interruptions, which would reduce the effectiveness of CPR and potentially increase the risk of poor outcomes for the patient.

6. For a 14-year-old in cardiac arrest, what age group techniques and equipment should be used?

- A. Infant**
- B. Child**
- C. Adult**
- D. Senior**

For a 14-year-old in cardiac arrest, techniques and equipment appropriate for the adult age group should be used. This is because at the age of 14, a person is typically closer in physiological development to adults than to children or infants. The adult protocols take into account the size, strength, and anatomical differences that exist in individuals who have already reached their adolescent stage. When performing CPR or using an AED (Automated External Defibrillator) on someone who is 14, responders should follow the guidelines established for adults to ensure effective care. Using techniques designed for younger age groups, such as those intended for infants or children, may not provide sufficient force or depth for effective compressions, nor would it adequately account for the specific physiological needs of a teenager. Therefore, adult techniques are essential for performing effective lifesaving measures in a 14-year-old in cardiac arrest.

7. A person has life-threatening bleeding from a wound on their head. What should you do?

- A. Apply a tourniquet**
- B. Apply direct pressure**
- C. Call for help immediately**
- D. Let the person lie still**

When addressing life-threatening bleeding, applying direct pressure is a critical first step. This method effectively controls bleeding by encouraging blood clotting at the site of the injury. Placing your hands or a sterile dressing directly onto the wound creates a barrier that helps to slow or stop the flow of blood. While calling for help is important and should be done promptly, the immediate action required to prevent further blood loss takes precedence. Tourniquets are typically used for limb injuries rather than head wounds, and they should only be applied if direct pressure fails, which is not the case here. Allowing the person to lie still may be beneficial in certain contexts, but it does little to address the urgent need to control severe bleeding. Thus, applying direct pressure is the most effective method to manage the situation immediately.

8. What is a common symptom of a heart attack?

- A. High fever**
- B. Persistent chest pain**
- C. Severe headache**
- D. Difficulty walking**

A common symptom of a heart attack is persistent chest pain. This pain can manifest as a feeling of pressure, squeezing, fullness, or pain in the center or left side of the chest. It may last for more than a few minutes, or go away and come back. Recognizing this symptom is crucial, as it is one of the key indicators that medical attention is urgently needed. While other symptoms like high fever, severe headache, or difficulty walking can indicate other health issues, they are not characteristic of a heart attack. High fever typically suggests an infection or inflammation rather than cardiac distress. A severe headache might indicate a neurological issue, and difficulty walking could result from a variety of causes, but none are specific indicators of a heart attack. Thus, understanding the significance of persistent chest pain is vital for timely and effective response to a potential heart attack.

9. If a person is experiencing an asthma attack and has used their inhaler once, what is the recommended action if symptoms persist?

- A. Wait for EMS to arrive**
- B. Help them administer a second dose**
- C. Advise them to rest**
- D. Encourage deep breathing**

The recommended action of helping a person administer a second dose of their inhaler during an asthma attack, if symptoms persist after the first dose, is essential because it can provide them with immediate relief. Asthma inhalers typically contain bronchodilators that work to relax the muscles of the airways, thereby facilitating easier breathing. If a person's symptoms do not improve after the initial dose, using a second dose may be necessary for effective management of the attack. In many cases, individuals with asthma are trained to use their inhalers and know how to administer a second dose if needed. Assisting them in this process can help ensure they receive the proper medication in a timely manner, which could prevent the situation from worsening. It's important to act quickly during an asthma attack, as delayed intervention can lead to more severe respiratory distress. While waiting for emergency medical services is an important option in a life-threatening situation, it should only be considered if the symptoms are not alleviated after using the inhaler a second time or if the individual is unable to manage their condition. Advising rest or encouraging deep breathing may provide some comfort, but it will not address the underlying issue of constricted airways. Therefore, supporting the use of a second inhaler dose is

10. What should you do if a person is responsive and fully awake while waiting for EMS?

- A. Place them in a recovery position**
- B. Administer CPR**
- C. Monitor their breathing closely**
- D. Give them food or drink**

The best course of action for a responsive and fully awake individual while waiting for EMS is to monitor their condition carefully. The most appropriate response would be to continuously check their breathing, ensuring they remain stable until professional help arrives. This option allows you to be attentive to any changes in their condition, as they may require immediate assistance if their situation worsens. Maintaining a vigilant watch over their breathing can be crucial, as it helps identify if they become less responsive or if their airway becomes compromised. Placing them in a recovery position is indeed beneficial for someone who is unconscious but breathing normally, as it aids in keeping the airway clear and prevents choking. However, if they are fully responsive and awake, it is more important to monitor their status and be prepared to act if necessary. Administering CPR is not appropriate for someone who is responsive and actively breathing, as this intervention is intended for individuals who are unresponsive and not breathing. Offering food or drink could be dangerous if there is any risk of choking, especially if the person's condition changes while you're waiting for EMS. Therefore, keeping a close watch on their breathing is a prudent choice.

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:

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

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