

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

Study Guide



Everything you need from our exam experts!

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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

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

- 1. Which of the following may indicate a person is choking?
Select all that apply.**
 - A. The person is coughing**
 - B. The person looks surprised**
 - C. The person is making high-pitched squeaking noises**
 - D. The person is pointing to their throat**
- 2. What should you do if an AED prompts no shock advised?**
 - A. Continue with CPR**
 - B. Remove the pads immediately**
 - C. Wait for medical personnel**
 - D. Check for signs of life**
- 3. What is critical to remember when caring for someone with a possible head or spinal injury?**
 - A. To move the person to a more comfortable position**
 - B. To keep the person as still and calm as possible**
 - C. To take off their clothing for assessment**
 - D. To encourage the person to walk**
- 4. Which of the following is a life-threatening sign or symptom of poison exposure?**
 - A. Trouble breathing**
 - B. Skin rash**
 - C. Headache**
 - D. Nausea**
- 5. What is the recommended frequency for giving breaths during CPR?**
 - A. 8 to 10 breaths per minute**
 - B. 10 to 12 breaths per minute**
 - C. 12 to 15 breaths per minute**
 - D. 9 to 11 breaths per minute**

- 6. If a person exhibits confusion, irritability, pale moist skin, and a racing heart, what condition are they likely experiencing?**
- A. Sepsis**
 - B. Stroke**
 - C. Shock**
 - D. Hyperglycemia**
- 7. Which technique may be used for giving chest compressions to an infant?**
- A. Two-finger technique**
 - B. Encircling thumbs technique**
 - C. One-hand technique**
 - D. All of the above**
- 8. What is one of the potential dangers when performing a finger sweep on an infant?**
- A. Injury to the throat**
 - B. Injuring the gums**
 - C. Worsening the choking**
 - D. Causing panic**
- 9. How often should responders switch roles during CPR?**
- A. After every 5 cycles**
 - B. After every 10 cycles**
 - C. Every 30 seconds**
 - D. Every minute**
- 10. What indicates that Cole may have sustained a serious injury after his fall?**
- A. He is smiling and laughing**
 - B. He has a large lump on the side of his head**
 - C. He is walking around**
 - D. He is asking for his phone**

Answers

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

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Explanations

**1. Which of the following may indicate a person is choking?
Select all that apply.**

- A. The person is coughing**
- B. The person looks surprised**
- C. The person is making high-pitched squeaking noises**
- D. The person is pointing to their throat**

When a person is choking, certain signs can indicate that their airway is blocked. The presence of surprise on a person's face, as suggested in the selected choice, can reflect their sudden realization of being unable to breathe properly, which is linked to choking. However, there are other common signs that may be more indicative of a choking situation. Coughing is often a reflex action the body takes to clear the airway, and while effective in some cases, it can sometimes occur even when a person isn't choking. High-pitched squeaking noises typically signal that air is struggling to pass through a partially obstructed airway. Furthermore, pointing to their throat is a direct communication signal that someone may use to express distress due to choking. Recognizing these various signs is crucial for providing timely help and potentially saving a life in an emergency scenario.

2. What should you do if an AED prompts no shock advised?

- A. Continue with CPR**
- B. Remove the pads immediately**
- C. Wait for medical personnel**
- D. Check for signs of life**

When an AED indicates "no shock advised," the appropriate action is to continue performing CPR. This is because the AED has determined that the heart's rhythm does not require a shock, often indicating that the person may have a pulse or is not in a shockable rhythm. Continuing CPR is critical as it helps maintain blood circulation to vital organs, particularly the brain and heart, until further medical assistance arrives or the victim shows signs of recovery. High-quality chest compressions ensure that oxygenated blood continues to be delivered to the body. Other options may not provide immediate assistance to the victim. Removing the pads could interrupt the monitoring of the heart's rhythm, while waiting for medical personnel may delay necessary life-saving actions. Checking for signs of life is important but should not divert the rescuer from performing CPR consistently, especially in situations where every minute counts. Therefore, maintaining a continuous cycle of CPR is essential until an AED indicates another shock or until qualified medical help arrives.

3. What is critical to remember when caring for someone with a possible head or spinal injury?

- A. To move the person to a more comfortable position**
- B. To keep the person as still and calm as possible**
- C. To take off their clothing for assessment**
- D. To encourage the person to walk**

When caring for someone with a possible head or spinal injury, it is crucial to keep the person as still and calm as possible. Movement can exacerbate the injury by potentially causing further damage to the spinal cord or brain. Maintaining stillness helps prevent any additional trauma that could occur from twisting or bending the spine, which might lead to paralysis or other serious complications. Keeping the person calm is also important as anxiety can lead to movements, such as struggling or attempting to get up, which increases risk. Additionally, a calm demeanor from the rescuer can help to reassure the injured person, which is important for their psychological well-being until professional help arrives. Moving the person to a more comfortable position, removing their clothing for assessment, or encouraging them to walk could lead to significant increases in risk. Each of these actions carries the potential for worsening an existing injury, making it clear that minimizing movement and maintaining calm is paramount in such situations.

4. Which of the following is a life-threatening sign or symptom of poison exposure?

- A. Trouble breathing**
- B. Skin rash**
- C. Headache**
- D. Nausea**

Trouble breathing is identified as a life-threatening sign or symptom of poison exposure because it can indicate that the poison is affecting the respiratory system. This impairment can lead to inadequate oxygen delivery to vital organs, which can quickly result in serious complications or death. Immediate medical attention is required if a person exhibits this symptom after potential exposure to poison. In contrast, while a skin rash, headache, or nausea may be concerning symptoms and warrant medical evaluation, they do not typically pose the same immediate life-threatening risk as difficulty breathing. These symptoms may indicate a less severe reaction or a response to the toxin that does not compromise the airway or respiratory function directly. Thus, recognizing trouble breathing as a critical warning sign is essential for determining the severity of the situation and the urgency of the response required.

5. What is the recommended frequency for giving breaths during CPR?

- A. 8 to 10 breaths per minute
- B. 10 to 12 breaths per minute**
- C. 12 to 15 breaths per minute
- D. 9 to 11 breaths per minute

The recommended frequency for giving breaths during CPR is 10 to 12 breaths per minute. This rate ensures that the person receiving CPR receives adequate oxygen while not overwhelming their lungs with too many breaths in a short period of time. When performing CPR, it's crucial to maintain a balance between chest compressions and breaths to ensure effective circulation and oxygen delivery to vital organs. The established guideline suggests that giving breaths at this frequency allows for sufficient time between breaths for effective ventilation without interrupting the compressions too long, which can decrease blood flow. This strategy is particularly important in a resuscitation scenario where maintaining sufficient circulation and oxygenation is critical for survival. Therefore, focusing on achieving this specific rate during rescue breathing will help maximize the effectiveness of CPR efforts.

6. If a person exhibits confusion, irritability, pale moist skin, and a racing heart, what condition are they likely experiencing?

- A. Sepsis
- B. Stroke
- C. Shock**
- D. Hyperglycemia

The symptoms described—confusion, irritability, pale moist skin, and a racing heart—are indicative of shock. Shock occurs when the body's organs and tissues do not receive sufficient blood flow, which can lead to a lack of oxygen and nutrient delivery to vital organs. This can happen for various reasons such as severe blood loss, dehydration, or sepsis, among others. The presence of confusion and irritability highlights that the brain is not receiving adequate oxygen and nutrients, leading to altered mental status. Pale, moist skin is often associated with shock as the body redirects blood flow away from the skin to prioritize essential organs like the heart and brain. A racing heart is a typical physiological response as the body attempts to compensate for decreased blood volume or pressure by increasing heart rate. When evaluating the other conditions, while sepsis can also lead to confusion and irritability, it typically involves additional symptoms such as fever or chills. Stroke may present with confusion, but it usually also involves specific neurological deficits, such as weakness or difficulty speaking, rather than the skin changes and heart rate observed here. Hyperglycemia involves high blood sugar levels, which can lead to complications like diabetic ketoacidosis or a hyperglycemic state, but it doesn't typically present with the same

7. Which technique may be used for giving chest compressions to an infant?

- A. Two-finger technique**
- B. Encircling thumbs technique**
- C. One-hand technique**
- D. All of the above**

In infant CPR, the correct techniques for administering chest compressions are essential as they cater to the unique physiology and size of infants. The two-finger technique allows the rescuer to utilize the index and middle fingers to compress the chest safely, ensuring that they provide adequate depth without applying excessive pressure that could injure the infant. The encircling thumbs technique involves using both thumbs placed along the infant's sternum while the fingers encircle the back, allowing for a more effective and integrated compression method. This technique is particularly useful in offering better stabilization and can result in deeper compressions due to the use of the larger muscle groups in the thumbs. Additionally, the one-hand technique, which is less commonly used but still applicable, involves using one hand to compress the chest while stabilizing the infant. This method may be used in specific situations but is less favored compared to the two-finger and encircling thumbs methods. Understanding that all these techniques can be utilized based on the rescuer's comfort and the scenario at hand highlights the versatility required in infant CPR. Thus, recognizing that all these options are valid techniques confirms the answer as comprehensive and adaptable for different rescuers and situations. Each method has its benefits, emphasizing the importance of training in multiple techniques

8. What is one of the potential dangers when performing a finger sweep on an infant?

- A. Injury to the throat**
- B. Injuring the gums**
- C. Worsening the choking**
- D. Causing panic**

When performing a finger sweep on an infant who is choking, one of the primary concerns is that it may worsen the choking. If a foreign object is lodged in the airway, attempting to sweep it out can push the object further down the throat or deeper into the airway, leading to complete obstruction. This is particularly risky in infants, as their airways are smaller and more easily obstructed. In contrast, the actions of injury to the throat and gums, while they might be concerns in a general sense, are less likely to occur in the context of a finger sweep compared to the increased risk that the obstruction could be pushed further down. Causing panic, while a valid concern in emergency situations, does not directly relate to the physical dangers posed during the act of performing the finger sweep. Thus, the focus on worsening the choking situation highlights the need for careful consideration and proper technique when responding to choking incidents in infants.

9. How often should responders switch roles during CPR?

- A. After every 5 cycles**
- B. After every 10 cycles**
- C. Every 30 seconds**
- D. Every minute**

During CPR, it is recommended that responders switch roles after every 5 cycles of chest compressions and rescue breaths, which translates to about 2 minutes of performing CPR. This frequency is important because both the person delivering compressions and the one providing rescue breaths can become fatigued, and fatigue can lead to diminished effectiveness in performing CPR. By rotating every 5 cycles, responders ensure that high-quality compressions are maintained throughout the duration of resuscitation efforts, maximizing the chances of survival for the patient. It's crucial to recognize the need for timely changes in roles to sustain the effectiveness and resilience of the team during an emergency situation.

10. What indicates that Cole may have sustained a serious injury after his fall?

- A. He is smiling and laughing**
- B. He has a large lump on the side of his head**
- C. He is walking around**
- D. He is asking for his phone**

A large lump on the side of the head can indicate a serious injury, such as a contusion or, more severely, a possible concussion or skull fracture. This physical sign suggests that there has been trauma to the head, which can potentially affect brain function and warrants immediate attention. Although behaviors like smiling, walking around, or asking for a phone might indicate that the person is not in severe distress or pain, they do not provide essential information about possible internal injuries. Physical indicators, such as the lump on the head, are crucial in assessing the severity of an injury and determining the need for further evaluation or intervention.

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!