

RED CROSS ADULT, CHILD AND BABY FIRST AID/CPR/AED PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED 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. 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. When you suspect a person is experiencing hypothermia, what is the first step of care after calling 9-1-1?**
 - A. Give them warm drinks
 - B. Move the person to a warmer place
 - C. Remove damp clothing
 - D. Cover them with a towel
- 2. 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
- 3. When interviewing a person using SAM, which topics should be inquired about?**
 - A. Only the symptoms they present.
 - B. Only allergies they may have.
 - C. Medications, signs and symptoms, and allergies.
 - D. General health without specifics.
- 4. Which medication should you assist with for a person experiencing anaphylaxis?**
 - A. Benadryl
 - B. Epinephrine
 - C. Tylenol
 - D. Ibuprofen
- 5. What should be ensured when performing effective CPR?**
 - A. Use of a breathing mask
 - B. Minimizing interruptions in compressions
 - C. Offering the person water
 - D. Performing compressions with one hand

- 6. After interviewing the person, where should a focused check be conducted?**
- A. On any part of the body.
 - B. On the most heavily bruised area.
 - C. Where the person indicated pain, such as the left arm.
 - D. Only the head and neck area.
- 7. What should Coach Kelly do when noticing Emily having trouble breathing?**
- A. Call 9-1-1 and get equipment
 - B. Give her water
 - C. Check if she is allergic to grass
 - D. Ignore and observe her
- 8. What should you prioritize when performing a focused check on an injured limb?**
- A. Assessing for life-threatening symptoms first.
 - B. Determining if the person is conscious.
 - C. Checking for signs of movement and circulation.
 - D. Moving the limb to observe for pain.
- 9. What is the minimum depth for compressions during adult CPR?**
- A. 1 inch
 - B. 1.5 inches
 - C. 2 inches
 - D. 2.5 inches
- 10. Which finger should be used for a finger sweep in a choking infant?**
- A. Index finger
 - B. Middle finger
 - C. Pinky finger
 - D. Thumb

Answers

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

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Explanations

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1. When you suspect a person is experiencing hypothermia, what is the first step of care after calling 9-1-1?

- A. Give them warm drinks
- B. Move the person to a warmer place**
- C. Remove damp clothing
- D. Cover them with a towel

When caring for someone suspected of experiencing hypothermia, moving the person to a warmer place is a crucial step because it addresses the core issue of their condition—exposure to cold temperatures. Hypothermia occurs when the body loses heat faster than it can produce it, leading to a dangerously low body temperature. By relocating the individual to a warmer environment, you can significantly reduce further heat loss and help stabilize their body temperature. Addressing the immediate need for warmth is essential, as other interventions, such as giving warm drinks, removing damp clothing, or covering them with a towel, may not be effective if the person remains in a cold environment. These later steps can be beneficial after moving the person to a warmer location, as they contribute to rewarming efforts, but they should not precede the critical action of relocating to a safer, warmer space.

2. 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.

3. When interviewing a person using SAM, which topics should be inquired about?

- A. Only the symptoms they present.
- B. Only allergies they may have.
- C. Medications, signs and symptoms, and allergies.**
- D. General health without specifics.

Choosing to inquire about medications, signs and symptoms, and allergies when interviewing a person using the SAM (Signs and Symptoms, Allergies, Medications) approach is essential because it allows for a comprehensive understanding of the individual's health status. Medications can provide critical context as they may affect how the person's body responds to various situations, treatments, or interventions. Knowing signs and symptoms helps to identify the specific issue the person is experiencing and directs appropriate care. Additionally, understanding any allergies is vital to avoid administering substances that could provoke a severe allergic reaction, which could complicate the situation further. By integrating all three areas—medications, signs and symptoms, and allergies—this approach ensures a thorough assessment that enhances the safety and effectiveness of the response to the person's needs. This method supports informed decision-making in emergency situations and underpins effective first aid care.

4. Which medication should you assist with for a person experiencing anaphylaxis?

- A. Benadryl
- B. Epinephrine**
- C. Tylenol
- D. Ibuprofen

For a person experiencing anaphylaxis, the appropriate medication to assist with is epinephrine. Anaphylaxis is a severe, potentially life-threatening allergic reaction that requires immediate treatment. Epinephrine works by constricting blood vessels, relaxing the muscles in the airways, and helping to reduce swelling and hives. Its quick action is crucial in countering the symptoms of anaphylaxis, such as difficulty breathing, swelling of the throat or tongue, and a drop in blood pressure. While Benadryl (diphenhydramine) can help alleviate mild allergic symptoms, it is not fast-acting enough to treat anaphylaxis effectively. Medications like Tylenol (acetaminophen) and ibuprofen are pain relievers and do not have any impact on allergic reactions or their severe manifestations. Therefore, epinephrine is the key medication required for managing anaphylaxis in an emergency situation.

5. What should be ensured when performing effective CPR?

- A. Use of a breathing mask
- B. Minimizing interruptions in compressions**
- C. Offering the person water
- D. Performing compressions with one hand

Minimizing interruptions in compressions is crucial when performing effective CPR because continuous chest compressions help maintain blood circulation to vital organs, particularly the heart and brain. High-quality CPR involves delivering compressions at the correct depth and rate (around 100 to 120 compressions per minute) while ensuring that interruptions, such as those that may occur during rescue breaths or switching rescuers, are as brief as possible. Studies have shown that the longer the chest compressions are interrupted, the less effective CPR becomes, directly affecting the chances of survival for the person in cardiac arrest. Using a breathing mask can be helpful in providing rescue breaths but is not essential for high-quality CPR, especially if one is not trained or comfortable using it. Offering the person water is not appropriate during CPR as the individual is unconscious or unable to swallow safely. Lastly, performing compressions with one hand is not recommended for adults and children, as two hands are needed to provide sufficient force and depth for effective compressions; one-handed compressions may not generate adequate blood flow.

6. After interviewing the person, where should a focused check be conducted?

- A. On any part of the body.
- B. On the most heavily bruised area.
- C. Where the person indicated pain, such as the left arm.**
- D. Only the head and neck area.

Conducting a focused check involves examining the area of the body where the person reports experiencing pain or discomfort. This approach allows responders to home in on the specific injury or issue, which is critical for effective assessment and treatment. By concentrating on the location indicated by the person, responders can look for signs of injury, swelling, or other abnormalities that may need further attention. Focusing on the area of reported pain increases the likelihood of accurately identifying problems that might not be visible externally, such as fractures, internal injuries, or muscle strains. This method is aligned with assessing the most relevant and potentially serious conditions that may require first aid or further medical attention. In contrast, conducting a check on any random part of the body may overlook serious injuries and does not use the person's feedback to guide the assessment. Similarly, only examining the most bruised area could miss critical issues in other parts of the body or in the vicinity of the pain. Limiting the check to just the head and neck area disregards the possibility of injuries elsewhere that could be equally or more severe. Focusing on the area of reported pain ensures that responders are effectively prioritizing their assessment and care.

7. What should Coach Kelly do when noticing Emily having trouble breathing?

- A. Call 9-1-1 and get equipment
- B. Give her water
- C. Check if she is allergic to grass
- D. Ignore and observe her

When Coach Kelly notices that Emily is having trouble breathing, the appropriate action to take is to call 9-1-1 and get equipment. This response is crucial because difficulty breathing can signal a serious medical emergency that requires immediate attention. By contacting emergency services, Coach Kelly ensures that professional help is on the way to assess and treat Emily's condition. In addition to calling for help, it's important to gather any necessary equipment, such as an inhaler if Emily has a known respiratory condition like asthma, or to prepare for other first aid measures that may be required once emergency services arrive. Taking action promptly can be lifesaving in situations where breathing difficulties may escalate. Other options, such as giving her water, checking for allergies, or ignoring the situation, do not address the urgency of the problem and could potentially worsen Emily's condition. When individuals are experiencing respiratory distress, they need immediate intervention rather than casual observation or delay.

8. What should you prioritize when performing a focused check on an injured limb?

- A. Assessing for life-threatening symptoms first.
- B. Determining if the person is conscious.
- C. Checking for signs of movement and circulation.
- D. Moving the limb to observe for pain.

When performing a focused check on an injured limb, prioritizing the assessment for signs of movement and circulation is crucial. This step helps determine whether the limb is functioning properly and if it has adequate blood flow. Assessing movement will indicate the integrity of the muscles and nerves, while checking circulation involves looking for indicators such as warmth, color, and pulse. Identifying these factors is essential in evaluating the severity of the injury and guiding the subsequent first aid interventions. Determining if the person is conscious is important, but it is generally a more holistic assessment that can occur concurrently with the focused check. Evaluating for life-threatening symptoms could be pertinent in an overall assessment but focuses on more critical issues that may not directly relate to the limb injury. Moving the limb to observe for pain isn't advisable because it can exacerbate the injury or cause additional harm if not done carefully. Prioritizing movement and circulation ensures a safer and more effective approach to handling limb injuries.

9. What is the minimum depth for compressions during adult CPR?

- A. 1 inch
- B. 1.5 inches
- C. 2 inches
- D. 2.5 inches

The minimum depth for compressions during adult CPR is 2 inches. This depth is critical because it helps ensure that the compressions effectively circulate blood and maintain perfusion to vital organs, especially the heart and brain. Compressing the chest to this depth provides sufficient pressure to overcome the resistance of the chest wall, allowing for adequate blood flow during each compression. Studies and guidelines from organizations like the American Heart Association emphasize the importance of this depth to optimize outcomes in cardiac arrest situations. Compressions that are shallower than 2 inches may not generate enough pressure to be effective in restoring blood flow, which is why guidelines specify this minimum depth. At the same time, excessive compression depth can lead to injuries or complications, highlighting the importance of adhering to this guideline for effective CPR.

10. Which finger should be used for a finger sweep in a choking infant?

- A. Index finger
- B. Middle finger
- C. Pinky finger
- D. Thumb

The recommended finger for performing a finger sweep in a choking infant is the index finger. This choice is appropriate because the index finger is long enough to reach into the infant's mouth while still allowing the rescuer to maintain control and visibility. The index finger also fits comfortably in smaller mouths, which helps in safely sweeping out any obstructive material without causing injury to the delicate tissues inside an infant's mouth. Using the middle finger or pinky finger may not provide the same level of effectiveness or control. The middle finger is generally bulkier and could also be less precise, while the pinky finger is not ideally shaped to effectively remove an obstruction. The thumb, while strong, is not suitable for this specific action as it does not provide the necessary reach or dexterity needed to perform a finger sweep effectively.

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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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