SkillsUSA First Aid & CPR Practice Test (Sample)

Study Guide

BY EXAMZIFY

Everything you need from our exam experts!

Table of Contents

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 is a sign of a diabetic emergency?

A. Fruity breath

B. Dizziness

C. Shakiness

D. Cool skin

2. What is the second step in CPR?

A. Check responsiveness, breathing, and pulse

B. Scene safety

C. Activate EMS

D. Begin chest compressions

3. What is a recommended asthma first aid action?

A. Call emergency services and restrain the victim.

B. Help administer meds the victim has such as an inhaler, and monitor quickly.

C. Give them a sugary drink.

D. Apply a cold pack to the chest.

4. How long should you continue abdominal thrusts?

A. Stop after five thrusts.

B. Stop when the person begins to cough.

C. Repeat thrusts until the object is expelled or the victim becomes unresponsive.

D. Repeat only twice.

5. In a witnessed child or infant collapse with two rescuers, what should you do?

A. Activate EMS and call for AED

B. Begin CPR for two minutes

C. Call EMS first, then begin CPR

D. Send someone to call and get AED

6. Under the heart attack first aid protocol, when is chewing aspirin appropriate?

A. Chewable aspirin if prescribed for chest pain.

B. Ice.

C. Water.

D. Antibiotics.

7. What are common symptoms of an insect sting?

A. Dull ache with numbness only

B. Itching with a small rash only

C. Pain with burning sensation but no swelling

D. Quick, sharp pain, itching, swelling, redness

8. Which of the following is NOT a symptom of anaphylaxis?

A. Troubling breathing

B. Swelling of face/neck/tongue/lips

C. Runny nose

D. Stomach cramps

9. Which action is correct when managing heat stroke?

A. Call 911 and immerse body in cold water

B. Sit in sun and drink tea

C. Exercise to increase core temperature

D. Apply heating blanket

10. Compression depth for Child CPR?

A. At least one third AP diameter of chest; about 2in/5cm

B. At least 1 in

C. At least 2 in

D. At least 3 in

Answers

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

Explanations

1. Which of the following is a sign of a diabetic emergency?

A. Fruity breath

B. Dizziness

C. Shakiness

D. Cool skin

Fruity breath shows up when the body is breaking down fat for energy because insulin isn't effectively used or available. This process produces ketones, including acetone, which can be exhaled and give the breath a distinctive fruity smell. That ketone buildup is a hallmark of diabetic ketoacidosis, a serious emergency in people with diabetes that requires prompt medical attention. Dizziness and shakiness can occur with low blood sugar, which is a different kind of emergency, and cool skin is a nonspecific sign that isn't unique to diabetes. So the fruity breath cue specifically points to a diabetes-related emergency caused by high glucose and ketosis, signaling the need to seek urgent care.

2. What is the second step in CPR?

A. Check responsiveness, breathing, and pulse

B. Scene safety

C. Activate EMS

D. Begin chest compressions

After ensuring the scene is safe, the next move is to quickly check responsiveness, breathing, and pulse. This quick check tells you whether CPR is needed and what form it should take: if the person is unresponsive and not breathing normally and has no pulse, Begin chest compressions and activate EMS; if they are unresponsive but have a pulse and aren't breathing normally, provide rescue breaths; if they are responsive, monitor the situation and call for help as needed. Checking for both breathing and pulse is important because breathing alone doesn't prove there's a pulse, and a pulse guide determines whether compressions are required. The goal is to make a fast, informed decision in order to start the appropriate life-saving care without delay.

3. What is a recommended asthma first aid action?

A. Call emergency services and restrain the victim.

B. Help administer meds the victim has such as an inhaler, and monitor quickly.

C. Give them a sugary drink.

D. Apply a cold pack to the chest.

During an asthma attack, the best first-aid action is to help the person use their fast-acting inhaler and monitor their breathing. The inhaler delivers a quick-acting medicine that relaxes the airway muscles and opens the airways, providing rapid relief. If a spacer is available, attach it to the inhaler to help more medicine reach the lungs. Have the person sit upright and stay with them, giving the prescribed number of puffs (commonly two) now and repeating after a few minutes as directed by their asthma action plan or a clinician. Keep assessing whether breathing improves and be ready to call for emergency help if there is no improvement, if they can't speak in full sentences, if they're struggling to breathe, or if lips or face turn blue. Avoid giving sugary drinks or cold packs to the chest, and do not restrain the person.

4. How long should you continue abdominal thrusts?

A. Stop after five thrusts.

B. Stop when the person begins to cough.

C. Repeat thrusts until the object is expelled or the victim becomes unresponsive.

D. Repeat only twice.

When someone is conscious and choking, abdominal thrusts are used to generate enough force to expel the object. You continue giving thrusts until the blockage is cleared (the object is expelled) or the person becomes unresponsive. If they start coughing forcefully or can speak, that means the airway is opening, so you should stop thrusts and allow them to continue coughing while you monitor and call for help if needed. If they become unresponsive, stop the thrusts and start CPR, calling for help, and check the mouth for the object if visible and easily removable.

5. In a witnessed child or infant collapse with two rescuers, what should you do?

A. Activate EMS and call for AED

B. Begin CPR for two minutes

C. Call EMS first, then begin CPR

D. Send someone to call and get AED

In a witnessed collapse with two rescuers, the priority is to start CPR right away while making sure EMS is on the way and an AED will be available. The best approach is for one rescuer to go and call EMS and fetch the AED, while the other begins chest compressions (and rescue breaths if trained). This division lets CPR begin immediately without waiting for a phone call or for the AED to be located, and it ensures defibrillation can happen as soon as the AED arrives and is ready to use. Delaying CPR to place a call or to search for the AED would reduce the child's chance of survival, whereas this split-second coordination keeps compressions going now and brings the AED into play quickly.

6. Under the heart attack first aid protocol, when is chewing aspirin appropriate?

A. Chewable aspirin if prescribed for chest pain.

B. Ice.

C. Water.

D. Antibiotics.

Chewing aspirin during a suspected heart attack is about quickly reducing clot formation in the coronary arteries. When you chew the tablet, it enters the bloodstream faster, so it can help limit the size of the heart attack if there are no contraindications. Give chewable aspirin if the person is not allergic and there are no reasons not to take it (such as active bleeding, a bleeding disorder, or other significant contraindications). The purpose is to support the heart by thinning the blood a bit to prevent more clotting, which is why other options like ice, water, or antibiotics don't fit this situation.

7. What are common symptoms of an insect sting?

A. Dull ache with numbness only

B. Itching with a small rash only

C. Pain with burning sensation but no swelling

D. Quick, sharp pain, itching, swelling, redness

Stings from insects typically trigger a local inflammatory reaction at the site, causing immediate sharp pain followed by itching, swelling, and redness as the body responds to the irritant. The best answer includes all four elements—quick pain, itching, swelling, and redness—which matches the common local response. The other options miss one or more of these usual signs: a dull ache with numbness isn't the full picture of the typical sting reaction, itching with a small rash without swelling or redness describes a milder or different skin response, and pain with burning but no swelling leaves out the common swelling and redness you'd expect after a sting. If someone ever develops trouble breathing, facial swelling, or widespread hives, that could indicate a dangerous allergic reaction needing urgent care, but for common stings, the combination of sharp pain, itching, swelling, and redness is most typical.

8. Which of the following is NOT a symptom of anaphylaxis?

A. Troubling breathing

B. Swelling of face/neck/tongue/lips

C. Runny nose

D. Stomach cramps

Anaphylaxis is a rapid, life-threatening allergic reaction that commonly hits multiple body systems and shows up as trouble breathing, swelling around the face or throat, and sometimes abdominal symptoms like cramps or vomiting. Those airway and swelling signs are the hallmark because they reflect the dangerous, systemic response affecting breathing and circulation. Runny nose, while it can occur with allergies or colds, does not describe the systemic, emergency nature of anaphylaxis and is not a defining symptom of it. So, runny nose isn't a symptom of anaphylaxis.

9. Which action is correct when managing heat stroke?

A. Call 911 and immerse body in cold water

B. Sit in sun and drink tea

C. Exercise to increase core temperature

D. Apply heating blanket

Heat stroke is a medical emergency where the body's ability to cool itself fails, and core temperature rises quickly. The fastest, most effective way to protect the person is to start rapid cooling right away and get professional help as soon as possible. Immersing the body in cold water lowers core temperature rapidly, which helps prevent organ damage and saves lives. While waiting for emergency responders, move the person to a cooler area, remove excess clothing, keep the skin wet, and fan them to aid cooling. Do not give anything by mouth if they are not fully alert, and avoid any actions that add heat—such as exposing them to sun or having them exercise. Do not use a heating blanket, as that would worsen the condition. If cold-water immersion isn't available, use other cooling methods like cool towels or a cool bath and continue prioritizing rapid cooling until EMS arrives.

10. Compression depth for Child CPR?

A. At least one third AP diameter of chest; about 2in/5cm

B. At least 1 in

C. At least 2 in

D. At least 3 in

In child CPR, the depth of chest compressions is guided by a proportion rather than a fixed measurement. You should compress at least one third of the chest's front-to-back (AP) diameter. This keeps the compression strong enough to move blood without being so deep that it risks injury. For a typical child, that depth translates to about 2 inches (5 cm). If you go shallower than this, blood flow may be insufficient; if you go much deeper, you're increasing the risk of injury. Using the one third of chest depth, roughly 2 inches, provides a size-appropriate target that works across different-sized children.

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://skillsusafirstaidcpr.examzify.com

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