

SKILLSUSA FIRST AID & CPR PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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. Which item is not listed as a type of splint?

- A. Elastic bandage splint
- B. Commercial splint
- C. Soft splint
- D. Anatomic splint

2. Which statement describes a flail chest?

- A. A Bruising at the site of injury
- B. A single rib fracture
- C. Multiple ribs are broken and allows the lungs to not expand properly
- D. The chest collapses completely

3. In the RICE first aid protocol, what does the R stand for?

- A. Elevate, to reduce swelling
- B. Rest, limit use of the injured body part
- C. Ice
- D. Immobilize

4. Which drag should be used when moving a person who is too large to move by other methods?

- A. Blanket Drag
- B. Seated Drag
- C. Shoulder Drag
- D. Ankle Drag

5. What is the recommended maximum duration to interrupt chest compressions?

- A. Less than 20 seconds
- B. Less than 60 seconds
- C. Less than 10 seconds
- D. Less than 30 seconds

6. Which is NOT a sign of hypothermia?

- A. Shivering
- B. Indifference or confusion
- C. Disorientation
- D. Elevated body temperature

7. S in SAMPLE stands for what?

- A. Signs and Symptoms
- B. Symptoms and Signs
- C. Signs of Illness
- D. Symptoms of Injury

8. If a choking victim becomes unresponsive, what should you do first?

- A. Start CPR and check the mouth for the object before giving breaths; Do not do a blind sweep.
- B. Perform a blind finger sweep to remove the object.
- C. Call for help and wait without performing CPR.
- D. Check the mouth for the object and then call.

9. Burn evaluation considers which factors?

- A. Depth, percentage of body burned, location, age of person and cause
- B. Hair color
- C. Time of day
- D. Weather

10. An abrasion is commonly called a?

- A. Scrape or road rash.
- B. Deep puncture.
- C. Clean cut.
- D. Avulsion.

Answers

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

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Explanations

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1. Which item is not listed as a type of splint?

- A. Elastic bandage splint**
- B. Commercial splint
- C. Soft splint
- D. Anatomic splint

A splint is a device that provides immobilization to a limb or body part to prevent movement after an injury. The items listed as splints include a commercial splint (pre-made, ready-to-use), a soft splint (flexible material like a padded roll or blanket), and anatomic splint (using another body part to brace the injured area). An elastic bandage, while useful to secure a splint or apply gentle compression, is not itself a splint because it does not provide rigid or semi-rigid support to immobilize the limb. So the elastic bandage is the item that isn't a splint type; it serves to wrap and stabilize, not to immobilize with a dedicated splint.

2. Which statement describes a flail chest?

- A. A Bruising at the site of injury
- B. A single rib fracture
- C. Multiple ribs are broken and allows the lungs to not expand properly**
- D. The chest collapses completely

Flail chest happens when multiple adjacent ribs are fractured in two places, creating a free-floating segment of chest wall. That unstable section moves paradoxically with breathing—moving inward as the rest of the chest expands and outward as it recoils—which disrupts normal ventilation and leads to poor air exchange. The description that multiple ribs are broken and the chest cannot expand properly captures this loss of chest-wall stability and the resulting breathing difficulty. Bruising or a single rib fracture don't produce the unstable, paradoxical movement that defines a flail segment, and a chest that "collapses completely" describes a more extreme or different scenario than flail chest. In a real incident, treat this as a medical emergency: ensure airway and breathing, call for help, and provide oxygen if available while monitoring the person.

3. In the RICE first aid protocol, what does the R stand for?

- A. Elevate, to reduce swelling
- B. Rest, limit use of the injured body part**
- C. Ice
- D. Immobilize

R stands for Rest: right after an injury, limit the use of the injured part to prevent further tissue damage and give it a chance to begin healing. Resting reduces ongoing stress on the affected muscles or ligaments, helps control pain, and sets the stage for the next steps of the protocol. After resting, you typically apply Ice to numb pain and reduce swelling, use Compression to support the area and limit swelling, and Elevation to help drain away swelling by raising the limb. Immobilization isn't what the R represents—it's a consideration in some cases under guidance, but not the meaning of the R in this acronym.

4. Which drag should be used when moving a person who is too large to move by other methods?

- A. Blanket Drag
- B. Seated Drag
- C. Shoulder Drag
- D. Ankle Drag**

When a person is too large to move by lifting and carrying, the technique you choose should minimize how much weight you have to lift and use your legs for leverage. The ankle drag does exactly that: you grab at the ankles and pull the person along the floor, allowing you to move a heavy individual without straining your back or arms. This method keeps the body low to the ground and uses your leg muscles to generate the pull, which is safer and more efficient for moving someone who can't be moved by other methods. It's particularly useful for a quick relocation to safety when space or help is limited, and you don't need to lift the torso or shoulders.

5. What is the recommended maximum duration to interrupt chest compressions?

- A. Less than 20 seconds
- B. Less than 60 seconds
- C. Less than 10 seconds**
- D. Less than 30 seconds

The main idea is that chest compressions should be as continuous as possible because each compression builds and maintains blood flow to the heart and brain. When you pause, the blood pressure falls and brain and heart perfusion drop, making it harder to achieve a good outcome. That's why the recommended maximum interruption time is under 10 seconds—keep pauses very brief, especially during rhythm checks or defibrillation, and resume compressions within that short window. Longer pauses, like those implied by the other options, would allow perfusion to decline and reduce the chances of return of spontaneous circulation.

6. Which is NOT a sign of hypothermia?

- A. Shivering
- B. Indifference or confusion
- C. Disorientation
- D. Elevated body temperature**

Hypothermia happens when the body loses more heat than it can keep up with, so the core temperature drops below normal. Early on, shivering is common as the body tries to generate heat. As cooling progresses, brain function is affected, leading to indifference or confusion and, later, disorientation. Elevated body temperature does not fit hypothermia—it's a sign of overheating or fever, not cold exposure. So the option describing a high temperature is not a sign of hypothermia. If you suspect hypothermia, move the person to a warm environment, remove wet clothing, cover with dry blankets, and call for medical help while checking for normal breathing and circulation.

7. S in SAMPLE stands for what?

- A. Signs and Symptoms**
- B. Symptoms and Signs
- C. Signs of Illness
- D. Symptoms of Injury

In patient assessment using the SAMPLE mnemonic, the S stands for Signs and Symptoms. This means you gather both what you can observe about the patient (signs) and what the patient tells you they are feeling (symptoms). Signs are objective clues you can see, hear, or measure, like bleeding, swelling, difficulty breathing, or pale skin. Symptoms are the patient's descriptions, such as chest pain, nausea, or dizziness. Collecting both gives a fuller picture of the problem, helps you gauge severity, and guides the next steps in care. The other wording isn't the standard phrasing for this mnemonic. "Symptoms and Signs" uses a different order than what's traditionally taught, and phrases like "Signs of Illness" or "Symptoms of Injury" don't capture the full scope of what the S component is intended to represent.

8. If a choking victim becomes unresponsive, what should you do first?

- A. Start CPR and check the mouth for the object before giving breaths; Do not do a blind sweep.**
- B. Perform a blind finger sweep to remove the object.
- C. Call for help and wait without performing CPR.
- D. Check the mouth for the object and then call.

When a choking victim becomes unresponsive, the priority is to start CPR right away to keep blood flowing and oxygen reaching the brain. Begin chest compressions and, as you open the airway to give rescue breaths, quickly look in the mouth for the object. If you can see it, remove it only if you can do so safely; avoid a blind finger sweep because blindly digging into the airway can push the object deeper or cause injury. After attempting to clear what you can see, continue the CPR cycle and provide breaths. If you haven't already called for help, make that call while you start or continue CPR. This approach minimizes delays and reduces the risk of pushing the obstruction further while you deliver life-saving care.

9. Burn evaluation considers which factors?

- A. Depth, percentage of body burned, location, age of person and cause**
- B. Hair color
- C. Time of day
- D. Weather

Burn evaluation focuses on depth of tissue damage, the extent of the burn in terms of body surface area burned, the location on the body, the patient's age, and the burn's cause. Depth helps predict healing time and the need for procedures like grafting. Extent, usually estimated as a percentage of total body surface area, guides fluid resuscitation and overall care intensity. Location matters because burns on the face, neck, hands, feet, joints, or genitals carry higher risks for airway compromise, loss of function, and scar outcomes. Age affects how a person responds to injury and treatment; children and older adults have different fluid needs, healing capabilities, and complication risks. The cause reveals specific risks and management needs, such as a higher likelihood of inhalation injury with flames or smoke, chemical burns requiring immediate and thorough irrigation, or electrical burns needing cardiac monitoring for hidden heart damage. Factors like hair color, time of day, or weather do not influence the severity or initial management of burns.

10. An abrasion is commonly called a?

A. Scrape or road rash.

B. Deep puncture.

C. Clean cut.

D. Avulsion.

An abrasion is a superficial skin wound caused by rubbing or scraping against a rough surface. Because the skin's outer layer is worn away, it's commonly described as a scrape or road rash. This contrasts with a deep puncture, which is made by a pointed object piercing the skin; a clean cut, which is a straight-edged incision; and an avulsion, where a portion of skin and possibly underlying tissue is torn away. Abrasions typically bleed little and are treated by gentle cleaning and protection to prevent infection.

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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:

<https://skillsusafirstaidcpr.examzify.com>

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

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