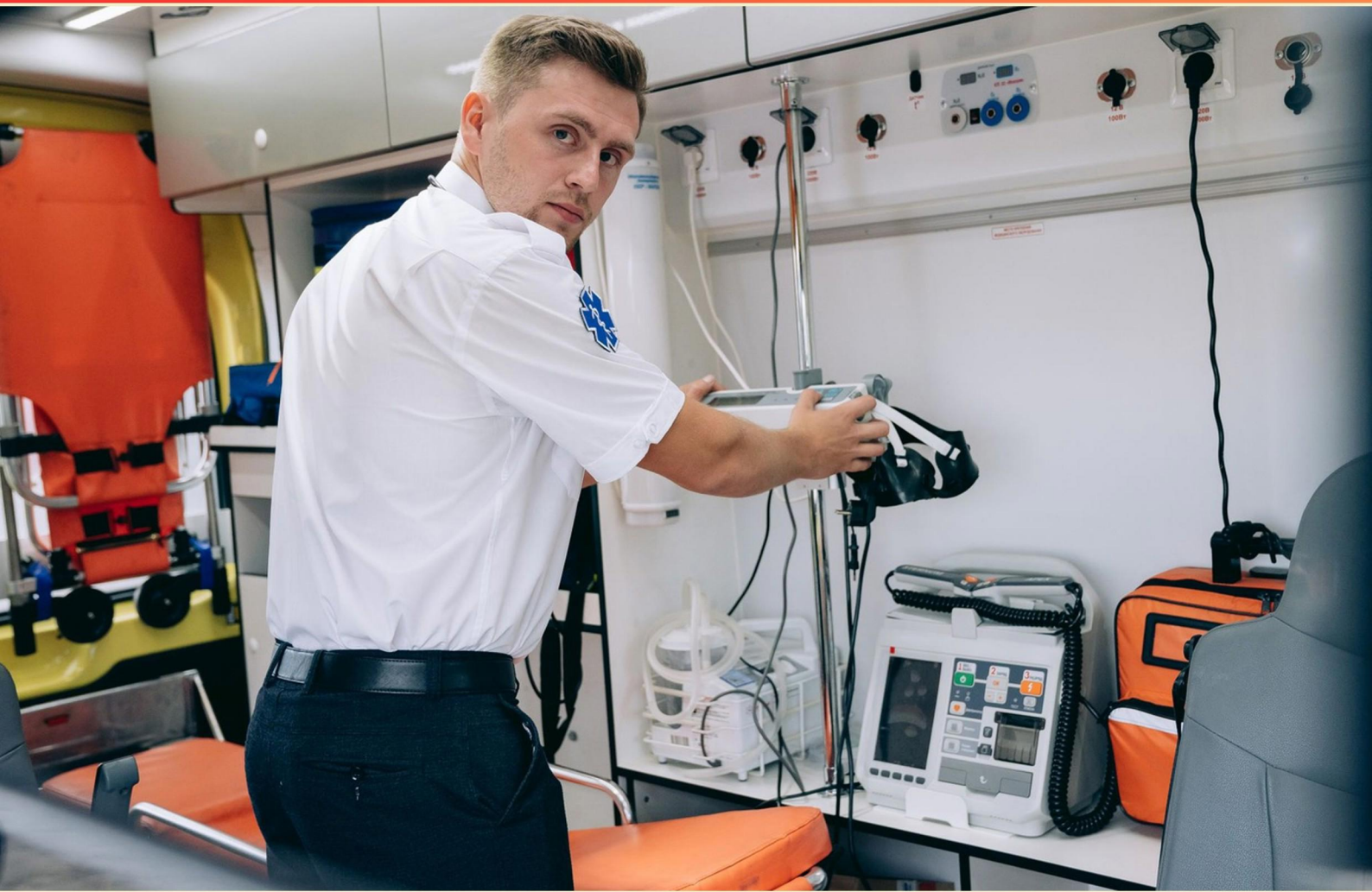


ST. JOHN AMBULANCE FIRST AID PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://stjohnambulancefirstaid.examzify.com>



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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	15

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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. What does Ongoing Casualty Care involve?**
 - A. Giving food and drink
 - B. Re-checking ABC's
 - C. Performing CPR
 - D. Seeking additional help
- 2. Which of the following is NOT a step in the "DR ABC" assessment?**
 - A. Danger
 - B. Response
 - C. Compressions
 - D. Breathing
- 3. What is one of the key actions to take when helping a casualty?**
 - A. Providing comfort and reassurance
 - B. Performing complex medical procedures without assistance
 - C. Leaving the casualty alone until help arrives
 - D. Ignoring the incident if it seems too small
- 4. When treating a burn, how long should you cool it under running water?**
 - A. For at least 5 minutes
 - B. For at least 15 minutes
 - C. For at least 10 minutes
 - D. For as long as it takes to relieve pain
- 5. What does the 'A' in the FAST method stand for when checking for stroke?**
 - A. Awareness
 - B. Arms
 - C. Assessment
 - D. Action
- 6. When might a First Aider need to call EMS providers?**
 - A. Only in critical situations
 - B. Whenever they feel uncertain
 - C. For all serious injuries or illnesses
 - D. Only when there are multiple casualties

7. What is the first step in managing a patient who is in shock?

- A. Give them food and water
- B. Lay them down and keep them warm
- C. Administer oxygen immediately
- D. Monitor their heart rate constantly

8. What should you do for a person that has fainted?

- A. Keep them upright
- B. Lay them down and elevate their legs
- C. Give them sugary snacks
- D. Sprinkle water on their face

9. When should emergency medical help be called?

- A. When the person experiences a mild headache
- B. When the person is unresponsive or shows signs of severe bleeding
- C. When the person has sprained an ankle
- D. When the person is feeling dizzy but can still talk

10. Which immunizations should a First Aider maintain?

- A. Influenza and Measles
- B. Tetanus and Hepatitis
- C. Cholera and Tuberculosis
- D. HIV and Polio

Answers

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

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Explanations

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1. What does Ongoing Casualty Care involve?

- A. Giving food and drink
- B. Re-checking ABC's**
- C. Performing CPR
- D. Seeking additional help

Ongoing Casualty Care primarily involves the continuous assessment and monitoring of a casualty's condition, which includes re-checking the ABCs—Airway, Breathing, and Circulation. This process is crucial because the casualty's condition can change rapidly, especially in emergencies. By repeatedly checking these vital signs, a first aider can identify any deterioration in the casualty's status, allowing for timely interventions to prevent further harm or complications. In contrast, giving food and drink could pose a risk if the casualty is unconscious or semi-conscious, as it may lead to choking. Performing CPR is specific to situations where the casualty is not breathing or does not have a pulse, and seeking additional help is an important step but is not part of the continuous monitoring aspect of ongoing care. Therefore, re-checking the ABCs is central to ensuring the casualty's safety and effectively managing their care in an ongoing situation.

2. Which of the following is NOT a step in the "DR ABC" assessment?

- A. Danger
- B. Response
- C. Compressions**
- D. Breathing

The correct answer is the step "Compressions." In the "DR ABC" assessment, which is a critical process used in first aid and emergency situations to prioritize care for an unconscious victim, the steps are: - Danger: ensuring that the scene is safe for both the responder and the victim. - Response: assessing the victim's level of consciousness by trying to communicate and judge their reactions. - Airway: checking to make sure the airway is clear for any necessary interventions. - Breathing: determining whether the victim is breathing normally or at all, and taking appropriate action. While compressions are essential in the context of cardiopulmonary resuscitation (CPR) when a person is in cardiac arrest, they do not form part of the basic "DR ABC" assessment steps. The focus during the "DR ABC" assessment is on initial safety and airway management rather than the specific actions taken during CPR. Thus, "Compressions" is identified as NOT being a part of the "DR ABC" assessment protocol.

3. What is one of the key actions to take when helping a casualty?

- A. Providing comfort and reassurance**
- B. Performing complex medical procedures without assistance
- C. Leaving the casualty alone until help arrives
- D. Ignoring the incident if it seems too small

Providing comfort and reassurance is essential when helping a casualty because it helps to alleviate their anxiety and fear during a stressful situation. When an individual is injured or in distress, they may feel overwhelmed and uncertain about their condition. By offering support, you create a calm environment that can encourage the casualty to remain still and follow any instructions given. This reassurance also fosters trust, which can be pivotal in ensuring that the casualty provides you with necessary information about their condition and concerns. Moreover, emotional support can have a significant impact on the casualty's perception of pain and discomfort. When a person feels cared for, they may experience a reduction in anxiety, which can lead to a more favorable outcome while waiting for professional medical help. Thus, being attentive, compassionate, and communicative is vital in first aid, making this action highly effective in emergency situations.

4. When treating a burn, how long should you cool it under running water?

- A. For at least 5 minutes
- B. For at least 15 minutes
- C. For at least 10 minutes**
- D. For as long as it takes to relieve pain

Cooling a burn under running water for at least 10 minutes is important for several reasons. First, it helps to minimize the damage to the skin and underlying tissues by reducing the temperature of the burn and stopping the burning process. This duration is generally recognized as effective in preventing further injury and can significantly alleviate pain. Using cool running water allows for better heat dissipation compared to other methods, such as applying ice or using cold packs, which can cause further tissue damage and increase pain. The recommendation of 10 minutes strikes a balance; it is typically sufficient to provide relief and begins to ease the inflammatory response associated with burns. This helps in preventing complications, such as deeper tissue injury and prolonged healing times. While longer cooling times might also be beneficial, the 10-minute guideline is widely accepted and practical in emergency situations.

5. What does the 'A' in the FAST method stand for when checking for stroke?

- A. Awareness
- B. Arms**
- C. Assessment
- D. Action

In the FAST method used for identifying the signs of a stroke, the 'A' stands for "Arms." This component of the acronym prompts you to check for weakness or numbness in one arm. Specifically, individuals experiencing a stroke may have difficulty raising one arm due to weakness, which is a critical sign of a potential stroke. By asking the person to raise both arms and observing whether one drifts downwards or cannot be raised, you can assess the presence of stroke symptoms effectively. The other options do not correctly identify what the 'A' represents in this context. Awareness, while important in recognizing strokes, is not a specific component of the FAST acronym. Assessment might imply a broader evaluation but does not directly relate to the specific action of checking the arms. Action represents the urgency of seeking help but does not define the letter 'A' in the FAST method. Understanding the function of each letter in FAST is essential for recognizing strokes quickly, as timely action can significantly affect outcomes.

6. When might a First Aider need to call EMS providers?

- A. Only in critical situations
- B. Whenever they feel uncertain
- C. For all serious injuries or illnesses**
- D. Only when there are multiple casualties

When determining the appropriate time for a First Aider to call Emergency Medical Services (EMS), it is crucial to understand the implications of serious injuries or illnesses. The correct option emphasizes that EMS should be contacted for all serious injuries or illnesses because these situations often require professional medical assessment and intervention that go beyond basic first aid measures. Serious issues can involve severe bleeding, chest pain, difficulty breathing, unconsciousness, or any condition that could escalate rapidly if not treated promptly. Calling EMS ensures that individuals receive the appropriate level of care, including transportation to a medical facility when necessary. It is a critical step in prioritizing patient safety and health. The presence of trained medical personnel can make a significant difference in outcomes for serious cases, highlighting the importance of erring on the side of caution. In contexts where only critical situations or multiple casualties would warrant a call to EMS, valuable opportunities to ensure timely medical intervention may be missed. Likewise, feeling uncertain about a scenario should not solely dictate the need for EMS, as serious cases exist that may not be immediately apparent to a First Aider.

7. What is the first step in managing a patient who is in shock?

- A. Give them food and water
- B. Lay them down and keep them warm**
- C. Administer oxygen immediately
- D. Monitor their heart rate constantly

Laying the patient down and keeping them warm is critical for managing shock because it helps improve blood flow to vital organs and supports the body's recovery. When a person is in shock, their body is in a state where circulation is compromised, leading to reduced oxygen delivery to the organs. By laying them down, gravity assists in maintaining blood flow to the heart and brain. Keeping them warm helps prevent hypothermia, which can worsen the condition by further reducing the efficiency of the circulatory and metabolic processes. Immediate intervention is crucial in a shock situation, and while administering oxygen can be beneficial and should follow shortly, the priority is stabilizing the patient in a comfortable position and protecting their core body temperature. Providing food and water isn't appropriate in this context because the patient may not be able to swallow or may require medical attention that makes eating or drinking impractical. Monitoring the heart rate is important as part of ongoing assessment, but the first step is to ensure the patient's position and warmth.

8. What should you do for a person that has fainted?

- A. Keep them upright
- B. Lay them down and elevate their legs**
- C. Give them sugary snacks
- D. Sprinkle water on their face

When dealing with a person who has fainted, laying them down and elevating their legs is the appropriate response. This position assists in improving blood flow to the brain, as it helps return blood from the lower extremities to the upper body. Elevating the legs promotes proper circulation and can help the person regain consciousness more quickly. In situations of fainting, the goal is to reduce any potential injury from falling and stabilize the individual's condition until they recover. This method not only aids in physical recovery but also ensures that the person is in a more comfortable position where they can be monitored effectively. In contrast, keeping someone upright can exacerbate the issue, as gravitational forces may further decrease blood flow to the brain. Feeding sugary snacks is not advisable right after fainting because the person may have difficulty swallowing or could choke. Sprinkling water on their face does not address the underlying issue of reduced blood flow and may even be counterproductive by causing discomfort.

9. When should emergency medical help be called?

- A. When the person experiences a mild headache
- B. When the person is unresponsive or shows signs of severe bleeding**
- C. When the person has sprained an ankle
- D. When the person is feeling dizzy but can still talk

Calling for emergency medical help is essential in situations where someone is unresponsive or exhibiting severe signs of bleeding. An unresponsive individual may be in a critical condition and requires immediate medical attention to prevent further harm or even loss of life. Similarly, severe bleeding can be life-threatening, as it can lead to shock or death if not addressed quickly. In contrast, a mild headache, a sprained ankle, or dizziness without loss of responsiveness typically do not warrant emergency services. Those situations can often be managed through first aid or a visit to a healthcare provider without the immediate need for emergency intervention. Understanding the severity of symptoms and recognizing when a situation is life-threatening is crucial in first aid response.

10. Which immunizations should a First Aider maintain?

- A. Influenza and Measles
- B. Tetanus and Hepatitis**
- C. Cholera and Tuberculosis
- D. HIV and Polio

Maintaining up-to-date immunizations is crucial for First Aiders, as it helps ensure their safety and the safety of those they are providing care to. Tetanus and Hepatitis B vaccinations are particularly important for anyone in a first aid role. Tetanus booster shots are recommended every ten years because tetanus spores are commonly found in the environment, particularly in soil and dust, and can enter the body through wounds. An updated tetanus vaccination protects First Aiders and those they treat from this serious and potentially fatal disease. Hepatitis B is a viral infection that affects the liver and can be transmitted through contact with infected bodily fluids. First Aiders are at increased risk of exposure, particularly when handling blood or other bodily fluids during care. The Hepatitis B vaccination provides immunity against this virus, making it essential for anyone involved in providing first aid. In comparison, while immunizations for influenza, measles, cholera, tuberculosis, HIV, and polio are important for public health, they are not specifically critical for First Aiders in the context of performing their duties. Therefore, ensuring vaccinations for Tetanus and Hepatitis is essential for First Aiders to minimize risks to themselves and those they assist.

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://stjohnambulancelfirstaid.examzify.com>

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

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