

Standard First Aid, CPR, and AED Pre-Test Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

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

SAMPLE

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

SAMPLE

- 1. When should you stop performing CPR?**
 - A. The victim shows signs of circulation or breathing**
 - B. An AED is brought to the scene and is ready to use**
 - C. EMS personnel arrive and take over**
 - D. All of the above**

- 2. Signs of a head or brain injury may appear as late as how long after the injury?**
 - A. Immediately**
 - B. Within 24 hours**
 - C. One week after the injury**
 - D. One month after**

- 3. For a dog bite, the first step is to**
 - A. Cover with a clean bandage**
 - B. Apply disinfectant ointment**
 - C. Clean the wound with soap and water**
 - D. Ignore and monitor**

- 4. To control severe bleeding, first you should**
 - A. apply direct pressure on the wound**
 - B. apply a tourniquet to all wounds**
 - C. rinse with water**
 - D. elevate with no direct pressure**

- 5. When using an AED, you should ensure that everyone is clear of the victim before delivering a shock.**
 - A. Ensure everyone is clear of the victim before delivering a shock**
 - B. Apply the pads and immediately shock**
 - C. Touch the victim to monitor breathing during shock**
 - D. Move the victim to a different location**

- 6. Following universal precautions means you should always assume what?**
- A. blood and other bodily fluids may be infected**
 - B. all patients are immune**
 - C. only visible blood is infectious**
 - D. equipment is safe unless shown otherwise**
- 7. The correct hand position for chest compressions in CPR for an adult or child is**
- A. On the lower half of the breastbone midway between nipples**
 - B. On the left side of the chest**
 - C. On the upper sternum**
 - D. On the xiphoid process**
- 8. Which statement about wound care is true?**
- A. Covering the wound with a sterile dressing and bandage**
 - B. Clean with alcohol**
 - C. Leave the wound uncovered**
 - D. Apply ointment only**
- 9. Which situation gives you consent to perform CPR on a victim?**
- A. An unresponsive adult**
 - B. A conscious adult who asks for CPR**
 - C. A minor who is with a parent**
 - D. A victim who is deceased**
- 10. An effective way to warm a victim of hypothermia is to**
- A. Rub briskly the arms**
 - B. Cover the victim with blankets**
 - C. Soak in warm water**
 - D. Give hot coffee**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. When should you stop performing CPR?

- A. The victim shows signs of circulation or breathing
- B. An AED is brought to the scene and is ready to use
- C. EMS personnel arrive and take over
- D. All of the above**

The main idea is that you stop CPR when there is a clear shift in who is providing care or when the patient shows signs of life. If the person starts circulating or breathing on their own, you stop to reassess and ensure they don't need ongoing chest compressions. If an AED arrives and is ready to use, you pause compressions to attach the pads and let the device analyze or deliver a shock, then follow its instructions and resume CPR as needed. When EMS or another trained responder arrives and takes over, you hand off and stop performing CPR. These moments are what guide you to stop, because they indicate that more definitive care is now available or the patient is showing signs that CPR is no longer required.

2. Signs of a head or brain injury may appear as late as how long after the injury?

- A. Immediately
- B. Within 24 hours
- C. One week after the injury**
- D. One month after

Delays in signs after a head or brain injury can happen because swelling or bleeding in the brain may evolve over time, and neurological symptoms might not appear right away. Because of this, signs can develop hours to several days after the injury, and in some cases up to a week later. Watch for increasing headache, vomiting, confusion or unusual drowsiness, weakness or numbness, balance or vision changes, seizures, or behavior changes, and seek medical help promptly if any of these appear or worsen.

3. For a dog bite, the first step is to

- A. Cover with a clean bandage
- B. Apply disinfectant ointment
- C. Clean the wound with soap and water**
- D. Ignore and monitor

Cleaning the wound with soap and water right away is the most important first step because it directly reduces the number of bacteria present and lowers the risk of infection. Rinse with clean running water for several minutes and use mild soap around the area, being careful not to scrub hard or irritate the tissue. After you've washed it well, you can gently pat it dry and cover it with a clean dressing to protect it. Avoid jumping straight to antiseptic ointments or other products before cleaning, because they don't remove dirt and bacteria as effectively as washing does, and some can irritate tissue. Don't ignore the bite—seek medical care if the wound is deep, bleeds heavily, looks infected, or if tetanus or rabies exposure could be a concern.

4. To control severe bleeding, first you should

- A. apply direct pressure on the wound**
- B. apply a tourniquet to all wounds**
- C. rinse with water**
- D. elevate with no direct pressure**

The first step in controlling severe bleeding is to apply direct pressure on the wound. Pressing firmly with a clean cloth or gauze directly over the injury slows the flow of blood by compressing the injured vessels and helps start the natural clotting process. Keep applying steady pressure for several minutes, and if the cloth becomes soaked, place more dressings on top without lifting the initial layer to maintain the pressure. Rinsing with water isn't a method for stopping active bleeding, and elevating the limb alone won't reliably stop blood flow. A tourniquet is a critical, life-saving tool but should be used only when direct pressure cannot control the bleeding or when you're trained to apply it properly; it's not the first step for every wound.

5. When using an AED, you should ensure that everyone is clear of the victim before delivering a shock.

- A. Ensure everyone is clear of the victim before delivering a shock**
- B. Apply the pads and immediately shock**
- C. Touch the victim to monitor breathing during shock**
- D. Move the victim to a different location**

During defibrillation the priority is safety for everyone nearby. Before delivering a shock, you must make sure that no one is in contact with the victim. The electric current from the AED travels through the chest and the heart, so if a bystander is touching, they can receive a dangerous shock or injury. Shout "clear," visually verify that no one is touching, and then deliver the shock when the device indicates. After the shock, continue with CPR as directed. Actions like shocking immediately without clearing, touching the victim to monitor breathing during the shock, or moving the victim during the shock would violate this safety step and could cause harm.

6. Following universal precautions means you should always assume what?

- A. blood and other bodily fluids may be infected**
- B. all patients are immune**
- C. only visible blood is infectious**
- D. equipment is safe unless shown otherwise**

Treat all blood and bodily fluids as potentially infectious. In practice this means you don't rely on how something looks or on a patient's status to judge safety—you assume that bloodborne pathogens can be present in various fluids and bodily secretions, and exposure can occur through splashes, contact with contaminated surfaces, or through sharps. That's why universal precautions emphasize using gloves and other appropriate protective equipment, practicing good hand hygiene, and properly decontaminating surfaces and handling or disposing of contaminated items. It isn't about immune status, nor about only visible blood being dangerous, nor about equipment being considered safe until shown otherwise.

7. The correct hand position for chest compressions in CPR for an adult or child is

- A. On the lower half of the breastbone midway between nipples**
- B. On the left side of the chest**
- C. On the upper sternum**
- D. On the xiphoid process**

The hands should be placed on the center of the chest, on the lower half of the sternum (breastbone), midway between the nipples. This position lines up with the heart, which sits behind the sternum, so pressing here pushes the heart straight toward the spine and generates the best blood flow during compressions. Placing the hands to the left of center or on the upper part of the sternum misses the heart, making compressions less effective. Pressing on the lower tip, or xiphoid process, can cause injury to the chest wall or internal organs. So the midline, lower-half sternum location is the safest and most effective site for both adults and children.

8. Which statement about wound care is true?

- A. Covering the wound with a sterile dressing and bandage**
- B. Clean with alcohol**
- C. Leave the wound uncovered**
- D. Apply ointment only**

Covering a wound with a sterile dressing and bandage is the best approach because it creates a clean, protective barrier that helps prevent infection and controls bleeding. A sterile dressing protects the wound from dirt and bacteria, absorbs and manages drainage, and helps keep the wound moist enough to heal without drying out the tissue. Securing it with a bandage keeps the dressing in place and adds another layer of protection. Cleaning with alcohol is not ideal for open wounds because it can irritate and damage tissue, which can slow healing. Leaving a wound uncovered increases the risk of contamination and infection. Applying ointment alone without covering leaves the wound exposed and can allow bacteria to enter or cause the ointment to spread or soil clothing; if ointment is used, it should generally be followed by a sterile dressing to protect the area. If bleeding is significant, or the wound is deep or dirty, seek appropriate medical care.

9. Which situation gives you consent to perform CPR on a victim?

- A. An unresponsive adult**
- B. A conscious adult who asks for CPR**
- C. A minor who is with a parent**
- D. A victim who is deceased**

The main idea is that in a life-threatening emergency, you act under implied consent when the person cannot give explicit permission. An unresponsive adult cannot consent, so you assume they would want life-saving help and begin CPR after ensuring the scene is safe and help is on the way. If the person is conscious and able to respond, you must obtain explicit consent before starting CPR, so asking for CPR doesn't automatically authorize you to proceed—the person can decline. For a minor, a parent or guardian can provide consent, which is a valid pathway to start CPR, but it's not the same as the implied consent that applies when someone is unresponsive. A victim who is deceased cannot consent to treatment, and CPR would not be appropriate. So, the scenario that clearly provides consent to proceed without explicit permission is an unresponsive adult.

10. An effective way to warm a victim of hypothermia is to

- A. Rub briskly the arms**
- B. Cover the victim with blankets**
- C. Soak in warm water**
- D. Give hot coffee**

Preserving the person's warmth by insulating them is the most effective first-aid step for hypothermia. Wrapping the victim in blankets (and removing any wet clothing) slows heat loss and helps maintain their body temperature while you seek further care. Rubbing the arms isn't recommended because it can injure the skin and, in someone very cold, may trigger dangerous heart rhythms. Soaking in warm water can cause the core temperature to change too quickly and lead to shock or cardiac problems. Hot beverages like coffee aren't advised either since they can irritate the stomach, may be too hot to swallow safely, and caffeine can place extra stress on the heart. The safest, simplest approach is passive rewarming with blankets and professional medical help.

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://stardardfirstaidcpraed.examzify.com>

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

SAMPLE