

THE AMERICAN RED CROSS CARDIOPULMONARY RESUSCITATION (CPR) PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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	16

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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 is the recommended action if you suspect a heart attack?**
 - A. Give the person water
 - B. Encourage the person to relax and wait for help
 - C. Call emergency services immediately
 - D. Perform CPR without checking for responsiveness
- 2. What is essential to do after calling emergency services?**
 - A. Hang up the phone
 - B. Begin CPR as instructed
 - C. Wait for further instructions
 - D. Provide details about the scene
- 3. If you notice an obvious sign of life, what should you do during CPR?**
 - A. Continue compressions
 - B. Stop all assistance
 - C. Call for more help
 - D. Monitor breathing without additional CPR
- 4. When performing CPR, how deep should chest compressions be for an adult?**
 - A. At least 1 inch
 - B. At least 2 inches
 - C. At least 3 inches
 - D. At least 4 inches
- 5. What technique is considered most effective for applying direct pressure?**
 - A. Using a clean cloth only
 - B. Applying pressure with fingers
 - C. One hand over the other with palms on the wound
 - D. Shaking the wound to promote clotting

- 6. If a responsive choking person becomes unresponsive, what is the appropriate care to provide?**
- A. Put them in a recovery position
 - B. Call for emergency assistance and wait
 - C. Give CPR, including compressions, looking for the object, and giving breaths
 - D. Start the Heimlich maneuver again
- 7. What is an appropriate action when administering medication to someone?**
- A. Give them medication without explanation
 - B. Ask a bystander for help
 - C. Explain what will occur
 - D. Ignore their concerns about the medication
- 8. What is the first action when you find an unresponsive person?**
- A. Start CPR immediately
 - B. Check for breathing and pulse
 - C. Call for emergency help
 - D. Shake them to see if they respond
- 9. What mnemonic can help you easily recognize the common signs of stroke?**
- A. FAST
 - B. HELP
 - C. STOP
 - D. CARE
- 10. Which of the following is an important aspect of general care for someone experiencing a sudden illness?**
- A. Assisting with medications
 - B. Giving the person food
 - C. Restricting fluid intake
 - D. Leaving them alone

Answers

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

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Explanations

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1. What is the recommended action if you suspect a heart attack?

- A. Give the person water
- B. Encourage the person to relax and wait for help
- C. Call emergency services immediately**
- D. Perform CPR without checking for responsiveness

When someone is suspected of having a heart attack, the most critical action is to call emergency services immediately. This is because a heart attack is a medical emergency that requires prompt treatment from trained professionals. The sooner emergency responders arrive, the sooner they can provide life-saving interventions such as administering medications, providing oxygen, or performing advanced cardiac care if necessary. In situations involving a possible heart attack, time is of the essence. Many heart attack victims may not exhibit clear signs of distress initially, so taking swift action can be life-saving. Calling emergency services alerts them to the situation so that they can prepare to provide immediate assistance upon arrival. While encouraging the person to relax is a supportive gesture, it does not address the urgency of the situation like calling for professional help does. Offering water is not advisable, as it can pose a risk if the person is experiencing difficulty swallowing or if medical interventions are required quickly. Performing CPR without first checking for responsiveness is inappropriate; CPR is necessary only if the person is unresponsive and not breathing normally. Therefore, calling emergency services is the recommended action to ensure the individual receives the necessary care as quickly as possible.

2. What is essential to do after calling emergency services?

- A. Hang up the phone
- B. Begin CPR as instructed**
- C. Wait for further instructions
- D. Provide details about the scene

After calling emergency services, it is crucial to begin CPR as instructed, especially if the individual is unresponsive and not breathing. Initiating CPR as soon as possible can help maintain blood flow to vital organs, which increases the chances of a successful outcome. The sooner you start CPR, the better the prognosis for the person experiencing cardiac arrest. While it is important to wait for further instructions and provide details about the scene, these actions should occur alongside or immediately after starting CPR if you're trained and capable of performing it. Hanging up the phone before completing these critical actions would impede timely care, and it's essential to actively participate in the lifesaving process until professional help arrives.

3. If you notice an obvious sign of life, what should you do during CPR?

- A. Continue compressions
- B. Stop all assistance
- C. Call for more help
- D. Monitor breathing without additional CPR**

When you notice an obvious sign of life during CPR, such as spontaneous breathing or movement, it's crucial to prioritize the person's safety and health. Monitoring the person's breathing without providing additional CPR allows you to assess their condition further. At this stage, if the individual is breathing normally, you should position them to maintain an open airway, often in the recovery position, to prevent choking on any fluids or aspirating. It's essential to ensure they are stable while being mindful of continuous observation in case their condition changes. Continuing compressions or stopping all assistance may not be appropriate in this scenario as they don't align with responding to an obvious sign of life. Additionally, while calling for more help is important in some contexts, the immediate focus should be on the individual who has shown signs of recovery. Monitoring their breathing ensures you can act swiftly should their condition deteriorate again.

4. When performing CPR, how deep should chest compressions be for an adult?

- A. At least 1 inch
- B. At least 2 inches**
- C. At least 3 inches
- D. At least 4 inches

Chest compressions for an adult during CPR should be at least 2 inches deep to be effective. This depth is essential because it allows the compressions to create enough pressure to circulate blood and facilitate the return of blood flow to vital organs, particularly the brain and heart. Compressions that are too shallow do not adequately compress the heart, reducing the chances of successful resuscitation. The guideline of at least 2 inches ensures that the compressions are strong enough to generate adequate blood flow while also adhering to the recommended rate of 100 to 120 compressions per minute. This depth strikes a balance between effectiveness and safety, ensuring that the rescuer can maintain the quality of compressions without risking injury to the victim.

5. What technique is considered most effective for applying direct pressure?

- A. Using a clean cloth only
- B. Applying pressure with fingers
- C. One hand over the other with palms on the wound**
- D. Shaking the wound to promote clotting

Applying direct pressure to a wound is crucial for controlling bleeding, and the most effective technique involves using one hand over the other with the palms pressed firmly on the wound. This method allows for maximum pressure to be applied directly to the source of bleeding, which is essential in encouraging clotting and minimizing blood loss. The overlapping technique ensures better stability and allows the person applying pressure to use their body weight for added force, enhancing the effectiveness of the pressure applied. It also keeps the wound covered and protected while maintaining direct contact, which can help in managing the injury more effectively. Other methods, such as using a clean cloth or applying pressure with fingers alone, may not provide sufficient compression, especially for larger wounds or when significant bleeding is present. Shaking the wound is not an effective method at all, as it can disrupt any forming clot and exacerbate bleeding instead of promoting healing. Therefore, using both hands in a stable and controlled manner is critical for effective bleeding management.

6. If a responsive choking person becomes unresponsive, what is the appropriate care to provide?

- A. Put them in a recovery position
- B. Call for emergency assistance and wait
- C. Give CPR, including compressions, looking for the object, and giving breaths**
- D. Start the Heimlich maneuver again

When a responsive choking person becomes unresponsive, the appropriate care involves initiating CPR, which includes chest compressions, looking for the object that may be obstructing their airway, and providing breaths. This approach is critical because the unresponsive individual is unable to breathe, and immediate action is required to restore airflow. During CPR, the chest compressions help maintain blood circulation and increase the chances of reviving the individual, while checking for the object allows you to potentially remove the obstruction that caused the choking. Providing breaths is also essential to ensure oxygen is delivered to the vital organs. The other options do not effectively address the immediate need for resuscitation in an unresponsive choking victim. For instance, placing the person in a recovery position would not provide the necessary support for breathing or circulation. Calling for emergency assistance is important, but waiting without administering CPR would prolong the lack of oxygen to the brain and other organs. Attempting the Heimlich maneuver again is inappropriate since the person is unresponsive, and it would not be effective without windpipe action or sufficient coordination. Therefore, commencing CPR is the most effective and lifesaving option in this scenario.

7. What is an appropriate action when administering medication to someone?

- A. Give them medication without explanation
- B. Ask a bystander for help
- C. Explain what will occur**
- D. Ignore their concerns about the medication

When administering medication to someone, it is critical to explain what will occur. This action ensures that the individual is informed about the medication they are about to receive, including its purpose, potential effects, and what to expect during the process. Providing this information helps build trust and can alleviate anxiety, making the person more comfortable with the treatment. Additionally, clear communication fosters a collaborative environment where the individual feels empowered to voice any questions or concerns they may have, promoting better overall care and cooperation. This approach aligns with best practices in healthcare and emergency response, emphasizing informed consent and patient autonomy. Ensuring that the individual understands the medication increases the likelihood of adherence and allows the responder to address any worries, improving the overall effectiveness of the care provided.

8. What is the first action when you find an unresponsive person?

- A. Start CPR immediately
- B. Check for breathing and pulse
- C. Call for emergency help**
- D. Shake them to see if they respond

The first action when you find an unresponsive person is to call for emergency help. This is crucial because while you assess the situation and provide care, professional assistance will be on its way, which is vital for the person's survival. By calling for help immediately, you ensure that trained medical personnel can arrive as soon as possible to provide advanced care, which could significantly improve outcomes. Starting CPR right away is important, but it should be done after ensuring that emergency services are on their way. Checking for breathing and pulse is also an important step, but it should follow the activation of emergency response. Shaking the person to see if they respond could be necessary, but it is not the most effective first step in a critical situation where someone's life may be at stake. Hence, calling for emergency help takes precedence as it sets the wheels in motion for further assistance while you remain with the unresponsive person.

9. What mnemonic can help you easily recognize the common signs of stroke?

- A. FAST**
- B. HELP
- C. STOP
- D. CARE

The mnemonic "FAST" is an effective tool for recognizing the common signs of a stroke. Each letter stands for a different symptom that is crucial for identifying a stroke quickly. - "F" stands for face drooping. This refers to the possibility that one side of the person's face may appear uneven, particularly when asked to smile. - "A" represents arm weakness. This symptom can manifest as difficulty raising one arm or having one arm drift downward when both arms are elevated. - "S" indicates speech difficulty. The person may be unable to speak clearly or may slur their words, which can be a clear indication of a stroke. - "T" signifies time to call emergency services. Acting swiftly is vital in stroke situations, as prompt medical intervention can significantly affect outcomes. The FAST mnemonic is designed to be simple and memorable, allowing individuals to act quickly in recognizing a stroke and potentially saving a life. Other mnemonics may not specifically highlight these critical symptoms or the urgency of calling for help, which can lead to delays in necessary medical treatment.

10. Which of the following is an important aspect of general care for someone experiencing a sudden illness?

A. Assisting with medications

B. Giving the person food

C. Restricting fluid intake

D. Leaving them alone

Assisting with medications is an important aspect of general care for someone experiencing a sudden illness because it can help manage their symptoms or stabilize their condition until professional medical help arrives. Administering the right medications, if pre-approved for the person (such as prescribed medications for chronic conditions), can alleviate discomfort and prevent further complications. In situations involving sudden illness, supporting the individual's medical needs through their prescribed medications is crucial. This intervention can be vital for conditions like asthma attacks, allergic reactions, or other instances where a medication can provide immediate relief or management of symptoms. In contrast, providing food may not be advisable as it could exacerbate a person's condition or lead to complications, such as choking, especially if nausea or vomiting is present. Restricting fluid intake may also not be suitable in instances where hydration is necessary, and leaving the individual alone may lead to inadequate support or monitoring of their condition, which is vital during such emergencies.

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://americanredcross-cpr.examzify.com>

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

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