

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



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://americanredcross-cpr.examzify.com>



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. During a CPR response, what is the compression-to-breath ratio for adults?**
 - A. 15:1
 - B. 30:2
 - C. 20:2
 - D. 10:1

- 2. How do you perform abdominal thrusts on a choking adult?**
 - A. Stand in front and thrust downward
 - B. Stand behind, place arms around waist, make fist, and thrust inward and upward
 - C. Squat beside and squeeze the abdomen
 - D. Lie them down and push on the abdomen

- 3. When should you use rescue breaths during CPR?**
 - A. When the victim is breathing normally
 - B. When the victim is unresponsive and not breathing normally
 - C. When the victim is conscious
 - D. When the victim is coughing

- 4. Which method of positioning is recommended for a person recovering from sudden illness?**
 - A. Flat on their back
 - B. In a sitting position
 - C. Recovery position
 - D. With feet elevated

- 5. Where should a tourniquet be placed on an arm or a leg?**
 - A. At the site of the wound
 - B. Directly over the wound
 - C. 2 to 3 inches above the wound
 - D. On the foot or hand

- 6. Which statement is true regarding pressure application on a wound?**
- A. Light pressure is sufficient
 - B. Pressure should be removed quickly to check bleeding
 - C. Firm pressure is important
 - D. Pressure is only needed on the edge of the wound
- 7. What should be the first action taken in case of a severe allergic reaction?**
- A. Administer CPR
 - B. Call 9-1-1
 - C. Use the person's epinephrine auto-injector if available
 - D. Provide oral antihistamines
- 8. Which of these statements is true regarding sudden illness care?**
- A. Always give the person food immediately
 - B. Monitor the person's condition continuously
 - C. Leave the person alone to rest
 - D. Instruct them to walk around
- 9. What is the primary reason to keep a person with a life-threatening injury in their current position?**
- A. To ensure they are comfortable
 - B. To prevent further injury
 - C. To monitor their vitals
 - D. To prepare them for transport
- 10. What should be done immediately after an AED shock is delivered?**
- A. Resume CPR immediately starting with chest compressions
 - B. Check the victim for responsiveness
 - C. Wait for medical personnel to arrive
 - D. Administer rescue breaths only

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. During a CPR response, what is the compression-to-breath ratio for adults?

- A. 15:1
- B. 30:2**
- C. 20:2
- D. 10:1

The compression-to-breath ratio for adults during a CPR response is set at 30:2. This means that for every 30 chest compressions performed, the rescuer should deliver 2 rescue breaths. This ratio is designed to maximize blood flow to vital organs while providing adequate breaths to maintain oxygenation. The emphasis on a higher number of compressions compared to breaths reflects the importance of maintaining circulation during cardiac arrest, as compressions are critical for keeping blood flowing to the brain and heart. This guideline stems from studies indicating that a higher frequency of compressions improves survival rates and outcomes for individuals experiencing cardiac arrest. Maintaining a consistent and effective ratio not only supports the physiological needs of the patient but also provides a standardized approach that can be utilized effectively in emergency situations.

2. How do you perform abdominal thrusts on a choking adult?

- A. Stand in front and thrust downward
- B. Stand behind, place arms around waist, make fist, and thrust inward and upward**
- C. Squat beside and squeeze the abdomen
- D. Lie them down and push on the abdomen

The correct method for performing abdominal thrusts on a choking adult involves positioning yourself behind the individual. By placing your arms around their waist, you create a secure grip. Forming a fist and placing it just above the person's navel is crucial, as this is the optimal area to apply pressure. Then, you thrust inward and upward with a quick motion. This maneuver helps create enough pressure in the abdominal cavity to expel the object blocking the airway. This method is effective because it utilizes the diaphragm's movement to force air up through the lungs, hopefully dislodging the obstruction. The upward thrust specifically targets the increased pressure needed to push the object out of the airway, which is essential when someone is choking. Proper technique is vital not only for efficiency but also for ensuring the safety of the choking individual.

3. When should you use rescue breaths during CPR?

- A. When the victim is breathing normally
- B. When the victim is unresponsive and not breathing normally**
- C. When the victim is conscious
- D. When the victim is coughing

Using rescue breaths during CPR is appropriate when the victim is unresponsive and not breathing normally. This situation indicates that the person may be in cardiac arrest, where they require immediate assistance to restore breathing and circulation. Doing rescue breaths can provide oxygen to the lungs, which is critical for sustaining brain function and increasing the chances of survival until professional help arrives or until the heart starts beating again. In such a scenario, the rescuer assesses the victim's responsiveness and checks for normal breathing. If the person is unresponsive and not breathing or only gasping, it confirms the need for CPR, which includes both chest compressions and rescue breaths. This combination boosts oxygen flow to vital organs and is essential, particularly in cases where the heart is not functioning effectively. When a victim is breathing normally or is conscious and coughing, their airway is likely clear, and they can obtain adequate oxygen without assistance. In these cases, rescue breaths would not be necessary and could potentially compromise their airway.

4. Which method of positioning is recommended for a person recovering from sudden illness?

- A. Flat on their back
- B. In a sitting position
- C. Recovery position**
- D. With feet elevated

The recovery position is the most suitable method for positioning a person recovering from sudden illness. This position involves placing the individual on their side with their body supported by their lower arm and their upper knee bent to prevent them from rolling over. It is specifically beneficial because it helps maintain an open airway, allows any fluids to drain from the mouth, and reduces the risk of aspiration, particularly in cases where the person may vomit. Furthermore, being in the recovery position ensures that the patient can breathe more easily by relieving pressure on the chest and enabling better lung expansion. This position is particularly important for patients who are unconscious or semi-conscious but still breathing, as it provides safety, comfort, and a better chance for survival during recovery. Other position methods may not provide these essential airway protections, and each comes with specific risks that the recovery position effectively mitigates.

5. Where should a tourniquet be placed on an arm or a leg?

- A. At the site of the wound
- B. Directly over the wound
- C. 2 to 3 inches above the wound**
- D. On the foot or hand

A tourniquet should be placed 2 to 3 inches above the wound because this positioning is designed to effectively control bleeding. Placing the tourniquet above the injury site allows it to compress the blood vessels and cut off blood flow to the affected area without being directly over the wound, which could hinder proper application and effectiveness. Positioning it too close to the wound might not adequately occlude the artery or vein responsible for the bleeding. Additionally, applying a tourniquet within the appropriate range helps prevent further injury to the tissues surrounding the wound, allowing for better management until professional medical help can take over. This careful placement is critical in life-threatening situations where arterial bleeding is present.

6. Which statement is true regarding pressure application on a wound?

- A. Light pressure is sufficient
- B. Pressure should be removed quickly to check bleeding
- C. Firm pressure is important**
- D. Pressure is only needed on the edge of the wound

Applying firm pressure on a wound is crucial for controlling bleeding. When a person suffers a wound, especially one that is deep or bleeding heavily, firm pressure helps to compress the blood vessels at the site of the injury, which can significantly reduce or stop blood flow. This action is vital to prevent excessive blood loss, which can lead to shock or other serious complications. Light pressure may not adequately control bleeding in the case of more severe injuries, and quickly removing the pressure to check on the bleeding could disrupt any clotting that has begun. Additionally, applying pressure only to the edges of the wound is not effective, as it does not address the area actively bleeding where the blood vessels are compromised. Thus, firm and direct pressure over the wound is the most effective method for managing bleeding.

7. What should be the first action taken in case of a severe allergic reaction?

- A. Administer CPR
- B. Call 9-1-1
- C. Use the person's epinephrine auto-injector if available**
- D. Provide oral antihistamines

In the event of a severe allergic reaction, commonly known as anaphylaxis, the most critical and immediate action is to use the person's epinephrine auto-injector if one is available. Epinephrine is a life-saving medication that rapidly counteracts the severe symptoms of anaphylaxis, including swelling, difficulty breathing, and a drop in blood pressure. By administering the auto-injector as soon as possible, you help stabilize the individual's condition and prevent further progression of the allergy attack. Using the auto-injector quickly is essential, as the effects of anaphylaxis can develop rapidly and become life-threatening within minutes. While calling emergency services is also an important step that follows the administration of epinephrine, immediate treatment with an auto-injector is crucial for reversing the severe symptoms. Other options, such as providing oral antihistamines, are not effective in treating anaphylaxis and should not be the first response. CPR is not relevant unless there is no breathing or pulse after the allergic reaction has progressed, which would indicate a different emergency situation.

8. Which of these statements is true regarding sudden illness care?

- A. Always give the person food immediately
- B. Monitor the person's condition continuously**
- C. Leave the person alone to rest
- D. Instruct them to walk around

Monitoring the person's condition continuously is crucial in the care of sudden illness. This approach allows the caregiver to observe any changes in the person's state, which can provide essential information for further treatment or for emergency medical services when they arrive. Continuous monitoring helps ensure that the person is stable and can facilitate timely intervention if their condition worsens. For example, in cases of fainting, diabetic emergencies, or heart issues, the individual might show signs of improvement or deterioration that need prompt attention. By keeping careful watch, you can assess their responsiveness, check for breathing and circulation, and determine if further medical assistance is required. This continuous assessment is part of maintaining a safe and effective response to sudden illness.

9. What is the primary reason to keep a person with a life-threatening injury in their current position?

- A. To ensure they are comfortable
- B. To prevent further injury**
- C. To monitor their vitals
- D. To prepare them for transport

The primary reason to keep a person with a life-threatening injury in their current position is to prevent further injury. When dealing with life-threatening injuries, movement can exacerbate the injury, potentially leading to complications such as increased bleeding, damage to the spinal cord, or further distress to already compromised organs. Immobilizing the person in their current position helps to minimize movement, allowing any internal injuries to stabilize rather than worsen. It is crucial for rescuers to only move individuals in circumstances where there is an immediate danger to life, such as fire or explosion, or to perform necessary life-saving interventions. Maintaining their position until emergency medical services can take over is essential for their safety and to preserve the effectiveness of any treatments.

10. What should be done immediately after an AED shock is delivered?

A. Resume CPR immediately starting with chest compressions

B. Check the victim for responsiveness

C. Wait for medical personnel to arrive

D. Administer rescue breaths only

After an AED shock is delivered, it is crucial to resume CPR immediately, starting with chest compressions. This is because the shock may restore a normal heart rhythm, but the victim's heart may still need assistance in maintaining effective blood circulation. Chest compressions help to circulate oxygenated blood to critical organs such as the brain and heart, increasing the chances of survival. Waiting to check for responsiveness or for medical personnel to arrive can waste vital time and delay necessary care. Administering rescue breaths alone without resuming chest compressions would also be ineffective, as compressions are needed to provide circulation. Therefore, focusing on immediate chest compressions is the correct protocol after an AED shock is delivered.

SAMPLE

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!

SAMPLE