United Airlines First Aid Practice Test (Sample)

Study Guide

Everything you need from our exam experts!

Table of Contents

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

1. Which question is used to determine whether a person is conscious?

A. Are you okay?

B. What is your name?

C. Where are you injured?

D. Do you need water?

2. What is the purpose of chest compressions?

A. Create blood flow to the vital organs

B. Restore breathing

C. Stop bleeding

D. Reduce swelling

3. Which step in the five-step check involves looking for movement?

A. Step 1: Open airway

B. Step 2: Check for breathing

C. Step 3: Look for movement

D. Step 4: Maintain open airway

4. What is the first aid action for a suspected fracture?

A. Splint the limb and immobilize

B. Move the limb to relieve pain

C. Massage around the injury

D. Apply heat immediately

5. What is the CPR ratio for both adult and infant/child?

A. 30 compressions : 2 breaths

B. 15 compressions : 2 breaths

C. 30 compressions : 1 breath

D. 20 compressions : 2 breaths

6. Which step involves maintaining open airway and look, listen, and feel for breathing?

A. Step 1

B. Step 2

C. Step 3

D. Step 4

7. Which of the following is not among the listed conditions in the material?

A. Allergic reaction

B. Heart Attack

C. Heat Exhaustion

D. Heat Stroke

8. Which symptom is listed as a potential sign of stroke?

A. Weakness/paralysis of muscles

B. Fever

C. Cough

D. Rash

9. What is the depth of infant chest compressions?

A. 1 inch

B. 1.5 inches

C. 2 inches

D. 2.5 inches

10. For an unconscious adult 13 years and over who is choking, what is the recommended CPR cycle?

A. 30 compressions, check for a foreign object, and give two rescue breaths; repeat until the object is cleared and breaths go in.

B. 15 compressions followed by two breaths; repeat for two cycles.

C. Two rescue breaths only until the object is expelled.

D. Give five breaths, then five chest compressions; repeat.

Answers

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

Explanations

1. Which question is used to determine whether a person is conscious?

A. Are you okay?

B. What is your name?

C. Where are you injured?

D. Do you need water?

Consciousness means being awake and able to respond to your surroundings. The quickest way to check is to pose a simple, direct question and see if the person can respond. Asking "Are you okay?" prompts a straightforward reply, which shows they heard you, understood you, and can speak, indicating at least a basic level of consciousness. If there is no response, you treat the situation as urgent and proceed with further assessment. Other questions can be less reliable: asking for their name, where they are, or whether they need water depends on memory, pain, or comfort and may not accurately reflect wakefulness in a crisis.

2. What is the purpose of chest compressions?

A. Create blood flow to the vital organs

B. Restore breathing

C. Stop bleeding

D. Reduce swelling

Chest compressions are used to keep blood circulating when the heart isn't effectively pumping. By pressing on the chest, you squeeze the heart between the sternum and spine, pushing blood out to the body and delivering it to the brain and other vital organs. This artificial circulation maintains perfusion to these critical areas until a defibrillator can restore a normal rhythm or advanced care can take over. While breathing support may accompany CPR, the primary purpose of compressions is to create blood flow to vital organs, not to restore breathing. Stopping bleeding or reducing swelling aren't achieved by chest compressions.

3. Which step in the five-step check involves looking for movement?

A. Step 1: Open airway

B. Step 2: Check for breathing

C. Step 3: Look for movement

D. Step 4: Maintain open airway

In a rapid five-step check, the first goal is to quickly gauge whether the person is responsive and showing signs of life. Looking for movement is the step that answers that question by giving you a quick read on consciousness and activity. If you observe movement, it indicates the person is awake enough to respond to stimuli, so you can proceed to assess breathing and ensure the airway remains clear without jumping straight to aggressive life-saving actions. If there is no movement, that suggests a potential absence of life signs, and you immediately follow with airway management and breathing assessment, and start CPR if the person isn't breathing. The act of maintaining an open airway is essential, but it follows once you've determined the presence or absence of movement and responsiveness to guide the appropriate next steps.

4. What is the first aid action for a suspected fracture?

A. Splint the limb and immobilize

B. Move the limb to relieve pain

C. Massage around the injury

D. Apply heat immediately

When a fracture is suspected, the priority is to stop movement of the injured limb. immobilizing the limb with a splint helps prevent further bone and tissue damage and reduces pain. If possible, apply a rigid splint that extends beyond the joints above and below the fracture, secure it so it won't move, and check circulation and sensation before and after splinting. If there's an open wound, cover it with a clean dressing while you immobilize. Do not try to straighten the limb, massage the area, or apply heat, as these actions can worsen injury and pain. Seek medical help as soon as possible.

5. What is the CPR ratio for both adult and infant/child?

A. 30 compressions : 2 breaths

B. 15 compressions : 2 breaths

C. 30 compressions : 1 breath

D. 20 compressions : 2 breaths

When you're performing CPR as the single rescuer, you follow a 30:2 cycle: 30 chest compressions followed by 2 rescue breaths. This pattern is used for both adults and infants/children because the priority is to keep blood circulating while providing enough ventilation, and the best balance for a sole rescuer is to do 30 compressions before giving breaths. Maintain a rate of about 100–120 compressions per minute with full chest recoil, and deliver breaths quickly enough to avoid long interruptions. If there were two rescuers, the ratio would change for infants and children, but with one rescuer, 30:2 is standard for both age groups.

6. Which step involves maintaining open airway and look, listen, and feel for breathing?

A. Step 1

B. Step 2

C. Step 3

D. Step 4

The main idea here is airway management combined with a quick breathing check. In an unconscious or nonresponsive person, opening the airway so air can reach the lungs is the first priority. You do this by tilting the head back and lifting the chin to maintain an open airway. Then you perform the look, listen, and feel for breathing: watch for chest rise, listen for breath sounds, and feel for air on your cheek. This step tells you whether the person is breathing and guides what to do next—if breathing is present, you monitor and place the person in a safe position; if not, you proceed with rescue breaths or CPR according to your training. The emphasis here is on ensuring a clear airway and actively assessing breathing before taking further actions.

7. Which of the following is not among the listed conditions in the material?

A. Allergic reaction

B. Heart Attack

C. Heat Exhaustion

D. Heat Stroke

The material focuses on emergencies related to the heart and to heat-related illness. It includes heart attack and the two heat-related conditions, heat exhaustion and heat stroke, as items you'd expect to see in a first-aid context. An allergic reaction, while serious, isn't part of that specific list, so it doesn't appear among the conditions the material covers. If an allergic reaction occurred, it would be addressed as a separate medical issue with its own management, but that topic isn't included in this set of listed conditions.

8. Which symptom is listed as a potential sign of stroke?

A. Weakness/paralysis of muscles

B. Fever

C. Cough

D. Rash

Sudden weakness or paralysis of muscles is a key sign of a stroke because it reflects a disruption of blood flow to the brain areas that control movement. When the brain tissue that directs movement is deprived of oxygen, the affected muscles can weaken or become unable to move, often on one side of the body, which may present as a drooping face, inability to raise an arm, or slurred speech. This abrupt change is a urgent red flag requiring immediate medical attention. Fever, cough, and rash aren't typical early signs of a stroke. Fever suggests infection, cough points to respiratory issues, and a rash indicates a skin reaction or allergy. So the sudden motor weakness best matches a stroke scenario and warrants fast emergency care. If you notice this symptom, act quickly—call emergency services right away.

9. What is the depth of infant chest compressions?

A. 1 inch

B. 1.5 inches

C. 2 inches

D. 2.5 inches

In infant CPR, the goal is to compress the chest about one third of its depth. For most infants, that depth is roughly 1.5 inches (about 4 cm). This amount provides enough pressure to generate blood flow to vital organs while minimizing the risk of injury to their delicate chest structures. A compression depth of 1 inch is too shallow to effectively circulate blood. On the other hand, compressions of 2 inches or 2.5 inches exceed the recommended depth for infants and raise the chance of rib fractures or internal injury. So 1.5 inches hits the balance between adequate perfusion and safety.

10. For an unconscious adult 13 years and over who is choking, what is the recommended CPR cycle?

A. 30 compressions, check for a foreign object, and give two rescue breaths; repeat until the object is cleared and breaths go in.

B. 15 compressions followed by two breaths; repeat for two cycles.

C. Two rescue breaths only until the object is expelled.

D. Give five breaths, then five chest compressions; repeat.

When an unconscious adult who is choking, the priority is to keep blood flowing to vital organs while attempting to ventilate and clear the airway. The best sequence is 30 chest compressions followed by two rescue breaths, and between cycles quickly check for and remove any visible obstruction. You repeat this pattern until the object is cleared and breaths can go in, or until professional help arrives. This approach works because chest compressions maintain perfusion to the heart and brain, while breaths deliver oxygen to the lungs. Checking the airway after compressions helps if the object is visible, so you can remove it without delaying circulation. The other options don't follow the standard adult CPR ratio or omit essential chest compressions, which are crucial for an unconscious choking adult.

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://unitedairlinesfirstaid.examzify.com

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