

# United Airlines First Aid Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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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. How many steps are in the five-step adult breathing check sequence?**
  - A. 4**
  - B. 5**
  - C. 6**
  - D. 7**
  
- 2. What is the most appropriate first action if a passenger is in active labor and medical help is not immediately available?**
  - A. Call for emergency services**
  - B. Attempt to deliver the baby yourself**
  - C. Give the mother a large amount of fluids**
  - D. Lie the mother flat on her back**
  
- 3. Electrical burns commonly involve burns where the current entered and exited the body, such as which locations?**
  - A. Hands or feet**
  - B. Elbows and knees only**
  - C. Neck and wrists only**
  - D. Face only**
  
- 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. Which acronym is used to identify stroke signs?**
  - A. FAST**
  - B. CPR**
  - C. ABCD**
  - D. RACE**

- 6. How long should you check for breathing in an adult?**
- A. 5 seconds**
  - B. 10 seconds**
  - C. 15 seconds**
  - D. 20 seconds**
- 7. How many types of CPR masks are listed?**
- A. Two**
  - B. One**
  - C. Three**
  - D. Four**
- 8. Which of the following is NOT listed as a symptom of an Anxiety/Panic Attack?**
- A. Agitation**
  - B. Racing heart beat**
  - C. Difficulty breathing**
  - D. Loss of appetite**
- 9. Which symptom requires medical evaluation in suspected food poisoning?**
- A. Diarrhea with dehydration and fever**
  - B. Mild stomach discomfort**
  - C. Occasional burping**
  - D. Slight nausea only**
- 10. What is the first step to check if an adult is breathing?**
- A. Open airway using head tilt, chin lift**
  - B. Check for breathing**
  - C. Look for movement**
  - D. Maintain open airway (look, listen and feel for breathing)**

## Answers

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

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## **Explanations**

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**1. How many steps are in the five-step adult breathing check sequence?**

- A. 4
- B. 5**
- C. 6
- D. 7

The concept being tested is reading and applying the named protocol. If something is called the “five-step adult breathing check sequence,” that title already tells you there are five discrete steps to complete. So the correct count is five, by definition. In practice, this naming helps responders move quickly and follow a consistent order when assessing an adult’s breathing, ensuring nothing is missed. The other numbers would contradict the established label of the sequence.

**2. What is the most appropriate first action if a passenger is in active labor and medical help is not immediately available?**

- A. Call for emergency services**
- B. Attempt to deliver the baby yourself
- C. Give the mother a large amount of fluids
- D. Lie the mother flat on her back

The first priority is to get professional help on the way. When someone is in active labor and no trained medical help is immediately available, calling emergency services ensures a dispatcher can guide you and responders can be sent to assist. Delivering the baby without training carries real risks for both mother and baby, so it’s not a safe action to take on your own. Giving large amounts of fluids isn’t helpful in this moment, and lying flat on the back isn’t the best position for labor comfort or progress. Stay with the mother, keep her calm and comfortable, and follow the dispatcher’s instructions while help is on the way.

**3. Electrical burns commonly involve burns where the current entered and exited the body, such as which locations?**

- A. Hands or feet**
- B. Elbows and knees only
- C. Neck and wrists only
- D. Face only

Electrical burns happen where the current enters and exits the body as it travels through tissues. The most common pattern is entry at the hands and exit at the feet, because a person often touches a live conductor with a hand and completes the circuit by standing or stepping away, contacting the ground with a foot. This two-point burn pattern reflects the path the current takes through the body. Other options describe single sites or less typical pairings that don’t match the usual entry-exit path as clearly. Thus, burns commonly involve the hands and feet.

#### 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. Which acronym is used to identify stroke signs?

**A. FAST**

**B. CPR**

**C. ABCD**

**D. RACE**

Recognizing stroke quickly hinges on a simple mnemonic that helps bystanders notice the main signs and act fast. FAST focuses on four elements that point to a potential stroke: Face drooping or an uneven smile, Arm weakness or drift when lifting both arms, Speech difficulty or slurred speech, and the critical need to Time—time to call emergency services immediately if any of these appear. Each flag signals a possible stroke, and acting within minutes can save brain tissue and improve outcomes, so the emphasis is on rapid recognition and urgent response. Other terms don't serve the same bystander purpose. CPR is a procedure for cardiac arrest, not for identifying stroke signs. ABCD is used in different medical contexts—for example, risk scoring related to TIAs or other stroke-related assessments—rather than a quick public mnemonic for symptoms. RACE is a clinical stroke severity scale used by healthcare professionals in the hospital, not a general public cue for recognizing stroke signs. FAST directly supports fast recognition and action in the field.

#### 6. How long should you check for breathing in an adult?

**A. 5 seconds**

**B. 10 seconds**

**C. 15 seconds**

**D. 20 seconds**

When assessing an unresponsive adult, you should check for breathing for no more than 10 seconds. This brief window lets you quickly determine if there is normal breathing or if breathing is absent or only gasping, in which case you should start CPR and call for help immediately. Spending more than about 10 seconds risks delaying chest compressions, which are crucial in a cardiac arrest. To perform the check, look for chest rise, listen for breath sounds, and feel for breath on your cheek during that short period.

## 7. How many types of CPR masks are listed?

- A. Two**
- B. One**
- C. Three**
- D. Four**

The question tests recall of how CPR masks are categorized in the material. There are two types listed: the pocket mask, a compact device with a one-way valve for giving breaths, and the face shield, a barrier that covers the mouth and nose to provide breaths while reducing contact. A bag-valve mask is a ventilation device that includes a bag along with a mask and is treated as a different category in many curricula, not counted as a mask type in this listing. So, the total number of mask types described is two.

## 8. Which of the following is NOT listed as a symptom of an Anxiety/Panic Attack?

- A. Agitation**
- B. Racing heart beat**
- C. Difficulty breathing**
- D. Loss of appetite**

Acute panic attacks produce a recognizable set of sudden physical sensations tied to the body's fight-or-flight response. Typical signs include agitation, a racing heartbeat, and difficulty breathing, all of which reflect that immediate, intense surge of fear. Loss of appetite, on the other hand, is not part of the immediate symptom profile of a panic attack; it can occur with longer-term anxiety or other conditions, but it isn't a listed symptom of the attack itself. So the option describing loss of appetite is the one that doesn't fit the usual acute symptom pattern.

## 9. Which symptom requires medical evaluation in suspected food poisoning?

- A. Diarrhea with dehydration and fever**
- B. Mild stomach discomfort**
- C. Occasional burping**
- D. Slight nausea only**

In suspected food poisoning, a red-flag sign to seek medical evaluation is when diarrhea comes with dehydration and fever. Dehydration shows up when you have very dry mouth, little or no urination, dizziness, or lightheadedness—these mean the body is losing too much fluid and electrolytes, which can become serious if not checked. A fever adds concern because it can indicate a bacterial infection or toxin-producing organism that may need medical treatment or testing. Together, dehydration plus fever point to a need for professional assessment to prevent complications and to determine appropriate care. Milder symptoms like simple stomach discomfort, occasional burping, or slight nausea without dehydration or systemic symptoms are usually manageable with rest and fluids and don't typically require urgent medical care. If those symptoms worsen or dehydration signs develop, seek care promptly.

**10. What is the first step to check if an adult is breathing?**

**A. Open airway using head tilt, chin lift**

**B. Check for breathing**

**C. Look for movement**

**D. Maintain open airway (look, listen and feel for breathing)**

Opening the airway with a head tilt and chin lift is the first step because an obstructed airway can hide whether someone is actually breathing. When the airway is properly opened, air can reach the lungs, and you can reliably observe chest movement, listen for breath, and feel for air. This positioning clears the path so you can make an accurate breathing check for about 5 to 10 seconds. If you suspect a neck or spine injury, use a jaw-thrust to open the airway instead of the head tilt and chin lift. After the airway is open, you then proceed to assess breathing and, if none is present, follow the rescue steps your training requires.

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## 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](mailto: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!**

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