

Utah CNA Skills 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. What is true about foot and toenail care?**
 - A. Inspect for cracked nails and skin between toes; do not clip toenails.**
 - B. Clip toenails short and straight.**
 - C. Soak feet in very hot water.**
 - D. Remove skin between toes.**

- 2. Which action helps protect the resident's privacy during an occupied draw sheet change?**
 - A. Lower bed rail completely**
 - B. Provide privacy throughout the procedure**
 - C. Remove resident's clothes**
 - D. Move to another room**

- 3. During peri-care, which item is used to wash the area?**
 - A. Antibiotic ointment**
 - B. Cleansing agent preferred by resident**
 - C. Sand**
 - D. Alcohol**

- 4. What is a standard measure to prevent pressure ulcers?**
 - A. Change position frequently**
 - B. Keep resident in one position**
 - C. Delay meals**
 - D. Ignore hydration**

- 5. What is the acceptable margin of error for recording intake and output measurements?**
 - A. +/- 50 mL**
 - B. +/- 25 mL**
 - C. +/- 75 mL**
 - D. +/- 100 mL**

- 6. When assisting a resident to stand using a gait belt, where should you grasp the belt?**
- A. At each side.**
 - B. From the front.**
 - C. From behind.**
 - D. At the back of the belt.**
- 7. Weight measurement accuracy?**
- A. Within +/- 0.25 Pounds**
 - B. Within +/- 5 Pounds**
 - C. Within +/- 1 Pound**
 - D. Within +/- 0.02 Pounds**
- 8. How should you measure and record intake?**
- A. Measure On A Flat, Level Surface And Record Within +/- 25 mL Of Nurse'S Reading**
 - B. Measure On An Uneven Surface**
 - C. Record Within +/- 50 mL**
 - D. Estimate By Sight**
- 9. For log-rolling a resident with hip fracture precautions, how many staff members are required?**
- A. Two**
 - B. One**
 - C. Three**
 - D. Four**
- 10. Before turning a resident to the side, which step should be completed?**
- A. Raise The Side Rail**
 - B. Place And Tuck In A Clean Draw Sheet On The Working Side**
 - C. Remove The Resident'S Clothing**
 - D. Call For Assistance**

Answers

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

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Explanations

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1. What is true about foot and toenail care?

- A. Inspect for cracked nails and skin between toes; do not clip toenails.**
- B. Clip toenails short and straight.**
- C. Soak feet in very hot water.**
- D. Remove skin between toes.**

Foot and toenail care centers on spotting problems in the skin and nails to prevent infection and injury. Inspecting for cracked nails and for skin between the toes is essential because cracks can signal dryness, trauma, or fungal issues, and the skin between the toes is a common place for moisture-related problems that can lead to infection if untreated. Not clipping the toenails in this situation reduces the risk of injuring the nail bed or surrounding skin, especially if sensation or circulation is impaired. The task at hand emphasizes careful observation first and deferment of clipping to a trained person when appropriate, rather than risking injury through improper trimming.

2. Which action helps protect the resident's privacy during an occupied draw sheet change?

- A. Lower bed rail completely**
- B. Provide privacy throughout the procedure**
- C. Remove resident's clothes**
- D. Move to another room**

Protecting privacy during an occupied draw sheet change means keeping the resident covered and the room private throughout the procedure. This involves using a sheet or blanket to cover the resident and closing curtains/doors so exposure is minimized, revealing only the small area you're working on as needed. This approach respects the resident's dignity and helps them feel safe and comfortable while the task is completed. Lowering bed rails completely can create a risk of falls and doesn't by itself ensure privacy. Removing the resident's clothes violates privacy and dignity. Moving the resident to another room is unnecessary and can disrupt care and cause extra distress.

3. During peri-care, which item is used to wash the area?

- A. Antibiotic ointment**
- B. Cleansing agent preferred by resident**
- C. Sand**
- D. Alcohol**

Peri-care is done with a cleansing agent chosen by the resident, typically a mild soap and warm water. Using the resident's preferred cleansing agent promotes comfort and gentleness, helping to clean the area without causing irritation. An antibiotic ointment is a medication used after cleansing if prescribed, not the wash itself. Sand is abrasive and damaging to sensitive skin, and alcohol can dry out and irritate the delicate perineal area. So, using the cleansing agent preferred by the resident is the best approach.

4. What is a standard measure to prevent pressure ulcers?

- A. Change position frequently**
- B. Keep resident in one position**
- C. Delay meals**
- D. Ignore hydration**

Relieving pressure on the skin by repositioning the resident is the standard way to prevent pressure ulcers. When a person remains in one position, constant pressure reduces blood flow to areas like the heels, sacrum, and hips, leading to tissue breakdown. Turning and changing positions regularly (for example, every two hours for many residents) helps restore circulation, reduces prolonged pressure, and gives the skin a chance to recover. The other options don't provide this essential relief of pressure: staying in one position keeps the same areas pressed, delaying meals can deprive the skin of needed nutrients for repair, and ignoring hydration can dry and weaken skin, making ulcers more likely.

5. What is the acceptable margin of error for recording intake and output measurements?

- A. +/- 50 mL**
- B. +/- 25 mL**
- C. +/- 75 mL**
- D. +/- 100 mL**

In recording intake and output, accuracy matters because tiny errors can add up and mislead a clinician about a patient's fluid balance. The standard margin of error you should aim for is plus or minus 25 mL per measurement. This tolerance accounts for slight estimation differences when pouring, reading a mark, or rounding, while still being precise enough to reflect meaningful changes over time. Larger margins, like 50, 75, or 100 mL, could hide real shifts in hydration or overload, making it harder to respond appropriately. Use a proper measuring tool, read at eye level, and record promptly to maintain that 25 mL accuracy.

6. When assisting a resident to stand using a gait belt, where should you grasp the belt?

- A. At each side.**
- B. From the front.**
- C. From behind.**
- D. At the back of the belt.**

Grasping the gait belt at the sides with both hands provides secure, bilateral control that you can use to guide the resident and catch them if balance is lost. This side position lets you help them rise and pivot safely while keeping your own body aligned and stable. Gripping from the front can pull the resident toward you and disrupt their balance, making it harder to support them. Gripping from behind limits your ability to steer and protect them, reducing control during the stand and transfer. Grasping at the back of the belt offers even less guidance. So, holding the belt at the sides gives the best balance of control and safety for both you and the resident.

7. Weight measurement accuracy?

- A. Within +/- 0.25 Pounds**
- B. Within +/- 5 Pounds**
- C. Within +/- 1 Pound**
- D. Within +/- 0.02 Pounds**

Accuracy in weight measurement is about catching meaningful changes in a resident's condition without chasing unrealistic precision. In CNA practice, weighing to the nearest quarter of a pound provides enough detail to notice fluid shifts or weight gain/loss over time, while staying realistic given typical scales and daily variation. A tolerance as tight as 0.02 pounds isn't practical or necessary—the equipment and everyday factors won't reliably support that level of precision. On the other hand, allowing a 5-pound window would let true changes go unnoticed, which could delay needed care. Even a 1-pound tolerance is more than needed for routine tracking, making the quarter-pound standard the best balance between usefulness and feasibility.

8. How should you measure and record intake?

- A. Measure On A Flat, Level Surface And Record Within +/- 25 mL Of Nurse'S Reading**
- B. Measure On An Uneven Surface**
- C. Record Within +/- 50 mL**
- D. Estimate By Sight**

Measuring and recording intake accurately hinges on reading the liquid level precisely and documenting it with a tight tolerance. When you place the container on a flat, level surface, the liquid's surface sits evenly, so you can read the measurement correctly without tilt or parallax errors. Reading at eye level ensures the meniscus is interpreted correctly, which is essential for getting an exact amount. Then, record the amount using milliliters and keep the documentation within a small margin of error—about 25 mL—of the actual measurement. This precise tolerance matters because small differences in intake can be clinically important for hydration and nutrition monitoring. Using an uneven surface can tilt the container and distort the reading; estimating by sight is not reliable and often inaccurate; and recording with a looser tolerance (like a 50 mL range) could miss meaningful changes in a resident's intake.

9. For log-rolling a resident with hip fracture precautions, how many staff members are required?

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

Moving a resident with hip fracture precautions by log-rolling requires coordinated teamwork to keep the spine and hips aligned throughout the turn. The goal is to move as a single unit so the body stays in a straight line and the injured hip remains in proper alignment, preventing dislocation or strain. Having two staff members makes this possible: one person stabilizes and guides the head, neck, and upper spine, while the other supports the pelvis and legs and helps control the roll. They work together smoothly, often using a draw sheet or pillow to maintain alignment and reduce friction. This setup minimizes risk to both the resident and staff by avoiding twisting or misalignment of the hip and spine. When only one person is involved, they cannot manage alignment and protection of both the upper and lower body at the same time, increasing the chances of injury or improper positioning.

10. Before turning a resident to the side, which step should be completed?

- A. Raise The Side Rail**
- B. Place And Tuck In A Clean Draw Sheet On The Working Side**
- C. Remove The Resident'S Clothing**
- D. Call For Assistance**

Placing and tucking in a clean draw sheet on the working side is the essential prep before turning a resident. This creates a smooth, grip-ready surface that helps you move the resident as a unit, reduces friction and shear on the skin, and protects their dignity during the turn. Once that sheet is in place, you can safely roll the resident toward the supported side. Other steps like raising a side rail, removing clothing, or calling for assistance may be appropriate in other situations, but they aren't the key preparation step for turning.

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://utahcnaskills.examzify.com>

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

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