

WRIGHT SSVA HS CPR AND FIRST AID PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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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 action should you take if someone is bleeding heavily?**
 - A. Apply pressure directly to the wound
 - B. Encourage them to walk around
 - C. Leave the area until help arrives
 - D. Clean the wound first
- 2. What is the proper compression to rescue breaths ratio for a 9-year-old child during CPR?**
 - A. 15 compressions to 2 rescue breaths
 - B. 30 compressions to 2 rescue breaths
 - C. 30 compressions to 1 rescue breath
 - D. 10 compressions to 1 rescue breath
- 3. What is the main sign of a severe allergic reaction?**
 - A. Skin rash or hives
 - B. Difficulty breathing
 - C. Minor swelling
 - D. Itching
- 4. What is a primary sign of infection in a wound?**
 - A. Redness, swelling, warmth, and discharge
 - B. Paleness and coolness
 - C. Bleeding slightly
 - D. A persistent odor only
- 5. What technique should you use to relieve choking in adults?**
 - A. Back blows
 - B. Abdominal thrusts
 - C. Chest compressions
 - D. All of the above
- 6. During CPR, what is the recommended compression rate for adults?**
 - A. 60 compressions per minute
 - B. 80 compressions per minute
 - C. 100-120 compressions per minute
 - D. 150 compressions per minute

7. When is it appropriate to stop CPR?

- A. When the victim is conscious
- B. When emergency personnel arrive
- C. After 10 minutes
- D. When you feel tired

8. Which of the following is a common sign of a possible stroke?

- A. Numbness
- B. Headache
- C. Chest pain
- D. Shortness of breath

9. When an adult is unresponsive but breathing, what action should you take?

- A. Leave them alone
- B. Check their breathing regularly and monitor for changes while waiting for help
- C. Give them food and water
- D. Tilt their head back to open their airway

10. What is the primary purpose of CPR?

- A. To restore breathing and circulation in someone who is in cardiac arrest
- B. To provide first aid for minor injuries
- C. To assist in recovering from a stroke
- D. To cure respiratory diseases

Answers

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

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Explanations

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1. What action should you take if someone is bleeding heavily?

- A. Apply pressure directly to the wound**
- B. Encourage them to walk around
- C. Leave the area until help arrives
- D. Clean the wound first

Applying pressure directly to the wound is the most effective immediate action to take when someone is experiencing heavy bleeding. This technique helps to control the blood flow and can significantly reduce the risk of excessive blood loss, which is crucial for maintaining the person's health and stability until professional medical help arrives. Direct pressure can help the body's natural clotting mechanisms to work effectively. Encouraging someone to walk around is not advisable, as this could worsen the bleeding or lead to shock due to the loss of blood. Leaving the area would not provide the necessary assistance to someone in a critical situation; they require immediate care. Cleaning the wound first is also inappropriate in the case of severe bleeding because the priority should be controlling the bleeding rather than cleaning the wound at that moment.

2. What is the proper compression to rescue breaths ratio for a 9-year-old child during CPR?

- A. 15 compressions to 2 rescue breaths
- B. 30 compressions to 2 rescue breaths**
- C. 30 compressions to 1 rescue breath
- D. 10 compressions to 1 rescue breath

The proper compression to rescue breaths ratio for a 9-year-old child during CPR is 30 compressions to 2 rescue breaths. This specific ratio is recommended to ensure that adequate blood circulation is maintained while providing effective ventilations. When performing CPR on children, the cycles of compressions and rescue breaths are structured to maximize oxygen delivery and restore perfusion. The 30:2 ratio is established to align with the findings that a higher frequency of compressions is generally more effective in maintaining circulation, while two rescue breaths can help replenish oxygen levels more efficiently after a cycle of compressions. Adhering to this ratio assists in sustaining the vital signs of the child and provides the best chance of survival until advanced medical help arrives.

3. What is the main sign of a severe allergic reaction?

- A. Skin rash or hives
- B. Difficulty breathing**
- C. Minor swelling
- D. Itching

A severe allergic reaction, also known as anaphylaxis, is characterized by a range of symptoms, with difficulty breathing being one of the most critical and alarming signs. This occurs due to swelling of the airways in response to allergens, which can severely hinder a person's ability to breathe normally. In anaphylaxis, the throat may swell, and the bronchial tubes may constrict, leading to shortness of breath, wheezing, or even loss of consciousness if not promptly treated. Recognizing difficulty in breathing as a key indicator of a severe allergic reaction is crucial, as this symptom can rapidly escalate into a life-threatening situation. Effective intervention, such as administering an epinephrine auto-injector, can be vital in managing this condition. Other symptoms, such as skin rash, hives, minor swelling, or itching, while important, are generally less immediately life-threatening compared to the inability to breathe.

4. What is a primary sign of infection in a wound?

A. Redness, swelling, warmth, and discharge

B. Paleness and coolness

C. Bleeding slightly

D. A persistent odor only

A primary sign of infection in a wound is characterized by redness, swelling, warmth, and discharge. These symptoms indicate that the body is responding to an infection, which often occurs when bacteria or other pathogens enter the wound. Redness around the wound (erythema) suggests increased blood flow to the area, which is part of the immune response. Swelling (edema) can occur due to the accumulation of fluid and immune cells as the body attempts to fight off the infection. Warmth in the affected area is a result of increased blood flow and metabolic activity. The presence of discharge, which may be pus, is a clear indication of infection, reflecting the body's attempt to remove pathogens and dead tissue. In contrast, paleness and coolness could indicate poor blood circulation or a lack of blood supply rather than an infection. Slight bleeding is a normal response to injury and does not signify an infection on its own. A persistent odor can suggest an infection but is not a primary sign and may not be present in all infections. Hence, the combination of redness, swelling, warmth, and discharge provides a comprehensive indication of infection and is considered a primary sign of infection in a wound.

5. What technique should you use to relieve choking in adults?

A. Back blows

B. Abdominal thrusts

C. Chest compressions

D. All of the above

To relieve choking in adults, the recommended technique is the abdominal thrust maneuver, often referred to as the Heimlich maneuver. This technique involves standing behind the person, placing your arms around their waist, and administering thrusts in an inward and upward motion just above the navel. This creates pressure in the abdomen that can help expel the object causing the obstruction from the airway. While back blows and chest compressions are actions that may be utilized in certain emergency situations, they are not the primary methods used for relieving choking in adults. Back blows are typically more effective for infants or in certain scenarios where abdominal thrusts may not be feasible. Chest compressions are generally used in cases of cardiac arrest, rather than for choking relief. In this context, back blows and abdominal thrusts serve complementary roles; however, only abdominal thrusts are officially recognized as the most effective technique for treating choking in adults. Although it's important to know various techniques for different situations, the focus on abdominal thrusts as the primary method makes this approach the most crucial. Consequently, stating that all the methods are necessary oversimplifies the specific protocol for adult choking, where the abdominal thrust is definitive and recognized as the essential technique.

6. During CPR, what is the recommended compression rate for adults?

- A. 60 compressions per minute
- B. 80 compressions per minute
- C. 100-120 compressions per minute**
- D. 150 compressions per minute

The recommended compression rate for adults during CPR is 100-120 compressions per minute. This rate is supported by guidelines from organizations like the American Heart Association, as it's been shown to optimize blood flow to vital organs during cardiac arrest. The compression rate within this range helps to maintain adequate circulation and increases the chances of survival until professional medical help arrives. Maintaining this rate is crucial as it strikes a balance between being fast enough to pump blood effectively while allowing for sufficient recoil of the chest, which is essential for proper blood return to the heart between compressions. Other suggested rates, like 60 or 80 compressions per minute, do not provide the same level of effectiveness in sustaining circulation during cardiac emergencies, making them inadequate for optimal outcomes.

7. When is it appropriate to stop CPR?

- A. When the victim is conscious
- B. When emergency personnel arrive**
- C. After 10 minutes
- D. When you feel tired

Stopping CPR is appropriate when emergency personnel arrive because they are trained professionals equipped with the tools and resources necessary to provide advanced medical care. Their arrival signifies that a higher level of medical support is now available to take over the treatment of the victim. Continuing CPR until emergency responders arrive ensures that vital support is provided for as long as possible, especially in critical situations where every second matters. An unresponsive victim requires constant attention, and the transition to trained medical personnel is crucial for improving the victim's chances of survival. The other options do not present valid criteria for stopping CPR. For example, stopping CPR when the victim is conscious is obvious, but the focus should be on when they are in a state requiring resuscitation. The idea of stopping after a fixed time like 10 minutes is not aligned with the practical application of CPR; it's about evaluating the victim's needs and not strictly adhering to a time limit. Lastly, while feeling tired may affect a rescuer's ability to continue CPR effectively, it's more crucial to hand over to trained personnel rather than stopping on personal fatigue alone.

8. Which of the following is a common sign of a possible stroke?

- A. Numbness**
- B. Headache
- C. Chest pain
- D. Shortness of breath

Numbness is a common sign of a possible stroke because it often indicates a sudden loss of blood flow to the brain, which can affect movement and sensation. This numbness may typically occur on one side of the body or face, which can signify that a specific area of the brain is not receiving adequate blood supply. Recognizing numbness, especially when it appears suddenly and without warning, is crucial for identifying stroke symptoms early, allowing for timely medical intervention that can significantly affect outcomes. Other signs, such as a headache, chest pain, and shortness of breath, while they may indicate serious medical issues, are not specifically tied to strokes in the same manner as numbness. For instance, headaches can occur due to various causes and are not exclusive to stroke; chest pain is more frequently associated with heart attacks, and shortness of breath could point to respiratory or cardiac issues. This makes numbness particularly important in the context of recognizing a stroke.

9. When an adult is unresponsive but breathing, what action should you take?

- A. Leave them alone
- B. Check their breathing regularly and monitor for changes while waiting for help**
- C. Give them food and water
- D. Tilt their head back to open their airway

When an adult is unresponsive but breathing, the appropriate action is to check their breathing regularly and monitor for changes while waiting for help. This approach is crucial because even if the individual appears stable at the moment, their condition can change rapidly. Regularly assessing their breathing allows you to determine if they need immediate medical attention, which is vital for their safety. Monitoring for changes also prepares you to act quickly if their situation worsens, such as if they stop breathing or their breathing becomes irregular. It's important to stay with the individual and ensure they remain in a safe position, typically on their side, to prevent choking in case they vomit or have any fluid in their mouth. The other options are less appropriate for various reasons. Leaving someone alone can increase the risk if their condition changes, while giving food and water could lead to choking. Tilting their head back to open the airway is a technique used when the person is not breathing, which isn't necessary if they are already breathing. Therefore, continuous monitoring is the safest and most effective course of action in this scenario.

10. What is the primary purpose of CPR?

- A. To restore breathing and circulation in someone who is in cardiac arrest**
- B. To provide first aid for minor injuries
- C. To assist in recovering from a stroke
- D. To cure respiratory diseases

The primary purpose of CPR (Cardiopulmonary Resuscitation) is to restore breathing and circulation in someone who is in cardiac arrest. When a person suffers a cardiac arrest, their heart stops beating effectively, which means blood is no longer being pumped to the brain and other vital organs. CPR is a critical emergency procedure that involves chest compressions and rescue breaths, which help maintain blood flow and oxygenation to those organs until professional medical help can arrive. This timely intervention can significantly increase the chances of survival and improve outcomes for individuals experiencing cardiac arrest. The other options focus on different medical situations or conditions that are not the primary focus of CPR. CPR is not designed for minor injuries or assisting stroke recovery, nor is it a treatment for respiratory diseases; instead, it is specifically aimed at addressing life-threatening conditions resulting from cardiac arrest.

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:

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

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