

# YMCA Basic Life Support (BLS) Training 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 necessary between chest compressions to allow the heart to refill?**
  - A. Excessive ventilation**
  - B. Carotid pulse checks**
  - C. Complete chest recoil**
  - D. Longer and more frequent interruptions**
- 2. If a bystander refuses assistance during an emergency, what should you do?**
  - A. Call 911 for them**
  - B. Leave them alone**
  - C. Insist on giving them care**
  - D. Provide care despite their refusal**
- 3. In a two-person CPR scenario, what is the role of each rescuer?**
  - A. Both rescuers alternate between compressions and breaths**
  - B. One rescuer focuses on compressions while the other manages airway and provides breaths**
  - C. Both rescuers should focus on monitoring the victim's response**
  - D. One rescuer should take charge while the other assists**
- 4. If you assess an unresponsive adult and find a definite pulse and normal breathing, what should you do next?**
  - A. Immediately use a nearby AED**
  - B. Start CPR, beginning with compressions**
  - C. Maintain an open airway**
  - D. Provide rescue breathing**
- 5. What should you do after applying first aid for a severe bleed?**
  - A. Monitor the patient until help arrives**
  - B. Immediately leave to get more supplies**
  - C. Remove the dressing to check the wound**
  - D. Apply an ice pack on the wound**

**6. In the case of an amputation injury, what is the immediate action to control heavy bleeding?**

- A. Power on the AED**
- B. Immediately control the bleeding using a manufactured tourniquet**
- C. Apply direct manual pressure to the wound**
- D. Flush the amputated limb with water**

**7. What factor can affect the accuracy of a pulse oximeter reading?**

- A. Diet**
- B. Darker skin pigmentation**
- C. Emotions**
- D. Genetics**

**8. What is the primary purpose of first aid?**

- A. Conventional CPR**
- B. Acute illness or injury**
- C. Circulating oxygenated blood to the brain and heart**
- D. Immediate care for specific medical emergencies**

**9. When should defibrillation be used in a cardiac arrest situation?**

- A. Only after 5 minutes of CPR**
- B. As soon as an AED is available and ready to use**
- C. Only after identifying the cause of cardiac arrest**
- D. Only when trained personnel are present**

**10. What does the "CAB" sequence in BLS prioritize?**

- A. Compressions, Airway management, Breathing**
- B. Avoiding breathing, Acting quickly, Breathing**
- C. Airway management, Breathing, Compressions**
- D. Breathing, Compressions, Airway management**

## **Answers**

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

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## **Explanations**

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## 1. What is necessary between chest compressions to allow the heart to refill?

- A. Excessive ventilation**
- B. Carotid pulse checks**
- C. Complete chest recoil**
- D. Longer and more frequent interruptions**

Complete chest recoil between chest compressions is essential for allowing the heart to refill with blood. When compressions are performed on the chest during cardiopulmonary resuscitation (CPR), the chest is compressed, which increases intrathoracic pressure and helps circulate blood to vital organs. Once the compression is released, the chest should fully recoil back to its normal position. This recoil creates a negative pressure in the chest cavity, which helps draw blood back into the heart chambers, specifically the atria. If chest recoil is not complete, it can restrict the heart's ability to refill effectively, potentially reducing blood flow during the next compression cycle. This concept emphasizes the importance of allowing the heart to fully expand between compressions to maximize the effectiveness of CPR and improve the chances of survival for the individual in cardiac arrest. Thus, complete chest recoil is crucial for effective blood circulation during CPR.

## 2. If a bystander refuses assistance during an emergency, what should you do?

- A. Call 911 for them**
- B. Leave them alone**
- C. Insist on giving them care**
- D. Provide care despite their refusal**

In situations where a bystander refuses assistance during an emergency, it is important to respect their decision and leave them alone if they clearly indicate they do not want help. This approach acknowledges the individual's autonomy and right to make choices about their care. If the person understands the emergency and still chooses not to accept assistance, it is essential to recognize their ability to refuse. Assisting someone against their will can lead to complications, both legally and ethically; individuals have the right to refuse medical assistance. In this scenario, the best action would be to ensure that help is on the way, for example, by calling emergency services if the situation warrants it, while allowing the individual to maintain their decision. In instances where you might feel compelled to provide care despite their refusal, it could lead to legal ramifications or worsen their emotional state. Thus, leaving them alone is the most responsible and respectful option when faced with a refusal of assistance.

**3. In a two-person CPR scenario, what is the role of each rescuer?**

- A. Both rescuers alternate between compressions and breaths**
- B. One rescuer focuses on compressions while the other manages airway and provides breaths**
- C. Both rescuers should focus on monitoring the victim's response**
- D. One rescuer should take charge while the other assists**

In a two-person CPR scenario, the role of each rescuer is clearly defined to maximize the effectiveness of the resuscitation efforts. One rescuer takes the primary responsibility for chest compressions, ensuring that they are delivered at the appropriate depth and rate. This focus allows for uninterrupted and consistent compressions, which are vital for maintaining blood circulation during a cardiac arrest. The second rescuer then handles the victim's airway management and provides ventilations. This division of labor helps streamline the process since the rescuer providing breaths can concentrate on delivering effective ventilations without the distraction of performing compressions simultaneously. Effective airway management includes making sure the airway is clear and that breaths are delivered properly, which requires focus and attention. This paired approach is advantageous because it allows for a more organized and efficient resuscitation effort compared to both rescuers alternating between compressions and breaths, which can lead to delays and interruptions in compressions that are crucial for circulation. Thus, having one rescuer dedicated to compressions and another to breaths is essential for optimizing the chances of survival for the victim.

**4. If you assess an unresponsive adult and find a definite pulse and normal breathing, what should you do next?**

- A. Immediately use a nearby AED**
- B. Start CPR, beginning with compressions**
- C. Maintain an open airway**
- D. Provide rescue breathing**

When assessing an unresponsive adult who has a definite pulse and normal breathing, the most appropriate next step is to maintain an open airway. This is crucial because even though the individual has a pulse and is breathing normally, their level of consciousness indicates that they may not be able to keep their airway clear on their own. Maintaining an open airway ensures that breathing remains unobstructed, which is vital for oxygenation and preventing potential airway compromise. Immediately using an AED or starting CPR is not warranted since the individual has a pulse and is breathing adequately. Initiating rescue breathing is also unnecessary at this stage because the person is breathing normally on their own. Ensuring that the airway remains open is the priority in this situation to monitor their condition and intervene if breathing or pulse status changes. In summary, focusing on maintaining an open airway supports the individual's ability to breathe while you assess their condition further or wait for emergency help.

## 5. What should you do after applying first aid for a severe bleed?

- A. Monitor the patient until help arrives**
- B. Immediately leave to get more supplies**
- C. Remove the dressing to check the wound**
- D. Apply an ice pack on the wound**

After applying first aid for a severe bleed, the appropriate action is to monitor the patient until help arrives. This is crucial because monitoring the patient allows you to observe their condition and detect any changes or deterioration. It is essential to ensure that the bleeding does not resume or worsen and that the patient remains stable. During this monitoring period, you may be able to provide reassurance and help keep the patient calm, which can be important for their overall well-being. Staying with the person allows for timely interventions if their condition changes, such as signs of shock, decreased consciousness, or increased bleeding. The other actions mentioned are not advisable in this situation. Leaving to gather more supplies could take you away from the patient when they may need you most. Removing the dressing to check the wound can disrupt any clotting that may be taking place and increase the risk of further bleeding. Applying an ice pack might not be suitable since it could potentially exacerbate bleeding rather than help, especially in the case of severe wounds where maintaining pressure is more crucial.

## 6. In the case of an amputation injury, what is the immediate action to control heavy bleeding?

- A. Power on the AED**
- B. Immediately control the bleeding using a manufactured tourniquet**
- C. Apply direct manual pressure to the wound**
- D. Flush the amputated limb with water**

In the case of an amputation injury, controlling heavy bleeding is critical to prevent severe blood loss and the associated risks of shock or death. The best immediate action is to use a manufactured tourniquet. A tourniquet is specifically designed for this purpose; it can be applied above the site of the amputation to compress the blood vessels and inhibit blood flow to the area, effectively controlling the hemorrhage. This method is vital in situations of severe bleeding where there is a risk to life, as it can quickly stop blood loss, giving time for emergency medical services to take over. The use of a manufactured tourniquet is recommended due to its effectiveness and reliability during life-threatening situations. While other methods, such as applying direct manual pressure, may be relevant for controlling bleeding in some situations, they are not as effective in the case of heavy bleeding associated with an amputation where the use of a tourniquet is indicated for rapid and decisive action.

**7. What factor can affect the accuracy of a pulse oximeter reading?**

- A. Diet**
- B. Darker skin pigmentation**
- C. Emotions**
- D. Genetics**

A pulse oximeter is a non-invasive device used to measure the oxygen saturation level of a patient's blood. One significant factor that can affect the accuracy of its readings is the skin pigmentation of the individual. Research has shown that darker skin pigmentation can interfere with the light absorption properties of the pulse oximeter. The device uses light wavelengths to determine oxygen levels in the blood, and varying skin tones can affect how this light penetrates and is measured, leading to potential inaccuracies. Other factors, while they might seem relevant, do not have a direct correlation with the functionality of the pulse oximeter. For instance, diet may influence overall health but does not directly impact the device's ability to measure oxygen saturation. Emotions and genetics might affect overall health and physiological responses but do not inherently affect the pulse oximeter's readings. Understanding this aspect of pulse oximetry is essential for ensuring accurate patient monitoring and assessment in clinical settings.

**8. What is the primary purpose of first aid?**

- A. Conventional CPR**
- B. Acute illness or injury**
- C. Circulating oxygenated blood to the brain and heart**
- D. Immediate care for specific medical emergencies**

The primary purpose of first aid is to provide immediate care for specific medical emergencies. First aid involves recognizing an emergency situation and acting promptly to provide initial care to an injured or ill person. This initial response can prevent the condition from worsening, reduce the risk of complications, and sometimes even save a life while waiting for professional medical assistance to arrive. In contexts such as acute illness or injury, first aid aims to stabilize the patient's condition, provide comfort, and protect the person from further harm until more advanced medical care can be administered. This can include actions like applying pressure to a bleeding wound, performing CPR, or addressing choking. While circulating oxygenated blood to the brain and heart is an important aspect of advanced medical treatment (like CPR), it is a part of the broader process of what first aid may include but does not represent the overall goal of first aid itself.

## 9. When should defibrillation be used in a cardiac arrest situation?

- A. Only after 5 minutes of CPR**
- B. As soon as an AED is available and ready to use**
- C. Only after identifying the cause of cardiac arrest**
- D. Only when trained personnel are present**

Defibrillation should be used as soon as an Automated External Defibrillator (AED) is available and ready to use during a cardiac arrest situation because early defibrillation is crucial for increasing the chances of survival. The goal in a cardiac arrest is to restore a normal heart rhythm as quickly as possible, and using an AED promptly can significantly improve outcomes for the patient. In cases of cardiac arrest, especially those caused by certain arrhythmias like ventricular fibrillation or pulseless ventricular tachycardia, the timely delivery of a shock can be life-saving. The AED is designed to analyze the heart's rhythm and determine if a shock is necessary, guiding responders in critical moments. Using the AED quickly helps to enhance the blood flow to vital organs during CPR, as it interrupts the chaotic electrical activity of the heart and may restore a normal heartbeat. The recommendation to use the AED as soon as it is available aligns with the guidelines established by organizations such as the American Heart Association, emphasizing the importance of minimizing the delay between cardiac arrest recognition and defibrillation.

## 10. What does the "CAB" sequence in BLS prioritize?

- A. Compressions, Airway management, Breathing**
- B. Avoiding breathing, Acting quickly, Breathing**
- C. Airway management, Breathing, Compressions**
- D. Breathing, Compressions, Airway management**

The "CAB" sequence in Basic Life Support (BLS) prioritizes Compressions, Airway management, and Breathing. The reason for this prioritization is rooted in emergency response protocols where immediate chest compressions are critical for restoring blood circulation when someone's heart has stopped beating effectively. Compressions help maintain blood flow to vital organs, particularly the brain and heart, during cardiac arrest. This is crucial because prolonged lack of blood flow can lead to irreversible damage. Once effective compressions are initiated, ensuring that the airway is clear becomes important, as this allows for the delivery of breaths if necessary. Finally, addressing Breathing ensures that oxygen is being provided to the victim, which may be required if the victim is not breathing adequately or at all. The sequence emphasizes the immediate need for compressions to enhance survival chances, followed by addressing the airway and breathing components, which are essential to sustain life during a cardiac emergency. This structured approach aligns with current resuscitation guidelines and underscores the importance of acting swiftly and effectively in life-threatening situations.

# 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://ymca-basiclefesupport.examzify.com>**

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

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