

YMCA BASIC LIFE SUPPORT (BLS) TRAINING PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://ymca-basiclifesupport.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

SAMPLE

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

SAMPLE

- 1. What does the acronym FAST stand for in stroke recognition?**
 - A. Find, Aspirin, Slurring, Treat
 - B. Face, Arms, Speech, Time
 - C. First, Aspirin, Start, Treat
 - D. Face, Age, Syncope, Time
- 2. When dealing with a chemical burn to the face, what is the appropriate response?**
 - A. Flood the face with water for at least 5 minutes
 - B. Loosely cover the burn with a dry dressing
 - C. Flood the face and eyes with water for at least 15 minutes
 - D. Keep the person lying down and face up
- 3. After using a portable medical oxygen delivery system, what is the first step to take?**
 - A. Disassemble the system for cleaning
 - B. Check the pressure of the cylinder
 - C. Store it for future use and inspect regularly
 - D. Take it back for refilling immediately
- 4. What is the compression to ventilation ratio for adult CPR?**
 - A. 15:2
 - B. 30:2
 - C. 40:2
 - D. 10:1
- 5. What action should a first aid provider take if they encounter a person sweating and confused, suspecting diabetes?**
 - A. Encourage them to drink water.
 - B. Encourage them to swallow about 1 1/4 U.S. tablespoons (20 gm) oral glucose.
 - C. Activate EMS immediately.
 - D. Secure them in the recovery position.

- 6. To locate the femoral pulse, where should you place your fingers?**
- A. On the neck between the trachea and neck muscles
 - B. Midway between the hip and pubic bone
 - C. On the inner upper arm between elbow and shoulder
 - D. At the ankle on the inside of the foot
- 7. What is the primary goal of CPR?**
- A. To restore normal heart rhythm
 - B. To keep blood flowing to vital organs
 - C. To improve oxygen levels in the blood
 - D. To prevent airway obstruction
- 8. When providing bag-mask ventilation for a child, when should you stop ventilating?**
- A. Once you give enough breaths
 - B. After seeing the chest rise
 - C. At the end of each breath
 - D. When the child turns responsive
- 9. What does it mean if there is no response to rescue breaths?**
- A. The victim is unconscious
 - B. The airway may be obstructed, and additional maneuvers may be needed
 - C. The rescuer should stop CPR
 - D. The breaths were administered incorrectly
- 10. How often should you switch positions with another rescuer during CPR?**
- A. Every 5 minutes
 - B. After every 2 minutes of compressions
 - C. Once the victim shows signs of responsiveness
 - D. Never, unless the rescuer becomes tired

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What does the acronym FAST stand for in stroke recognition?

- A. Find, Aspirin, Slurring, Treat
- B. Face, Arms, Speech, Time**
- C. First, Aspirin, Start, Treat
- D. Face, Age, Syncope, Time

The acronym FAST is used in stroke recognition to help identify the signs of a stroke quickly, which is crucial for effective treatment. Each letter in FAST represents a key symptom or action to take: - "Face" refers to checking if one side of the person's face droops when they are asked to smile. This can indicate facial weakness, which is a common symptom of a stroke. - "Arms" encourages observing if the person can raise both arms equally or if one arm drifts downward. This highlights potential weakness or paralysis in one arm. - "Speech" involves assessing if the person has slurred or strange speech when asked to repeat a simple phrase, indicating communication difficulties often associated with stroke. - "Time" emphasizes the importance of calling emergency services immediately if any of these symptoms are present since timely medical intervention can significantly improve outcomes for stroke patients. Recognizing these symptoms quickly using the FAST acronym is vital as it can lead to prompt treatment, which is critical in cases of stroke. This understanding reinforces the importance of being aware of stroke symptoms in a BLS context, enabling timely action for someone experiencing a stroke.

2. When dealing with a chemical burn to the face, what is the appropriate response?

- A. Flood the face with water for at least 5 minutes
- B. Loosely cover the burn with a dry dressing
- C. Flood the face and eyes with water for at least 15 minutes**
- D. Keep the person lying down and face up

The appropriate response to a chemical burn to the face is to flood the face and eyes with water for at least 15 minutes. This is crucial because chemical burns can cause significant damage to tissue and may lead to further complications if not treated promptly and adequately. Water helps to dilute and wash away the chemical, minimizing tissue damage and reducing the risk of long-term harm. The recommendation to irrigate for at least 15 minutes ensures that any residual chemical is thoroughly flushed from the affected area, providing a better outcome. Immediate and prolonged irrigation is key in preventing further injury to the skin and eyes, where exposure can result in irritation, corrosion, or even blindness depending on the chemical involved. Other responses may not provide adequate care; for instance, while loosely covering the burn might be appropriate in some situations, it does not address the immediate need to remove the irritating chemical. Keeping the person lying down and face up can be part of the overall care strategy but is secondary to the primary need for flushing the burn with water.

3. After using a portable medical oxygen delivery system, what is the first step to take?

- A. Disassemble the system for cleaning
- B. Check the pressure of the cylinder
- C. Store it for future use and inspect regularly**
- D. Take it back for refilling immediately

The appropriate action to take after using a portable medical oxygen delivery system is to store it for future use and inspect it regularly. This step is essential for ensuring safety and reliability in future usage. Proper storage prevents accidental damage to the system and keeps it in optimal condition, ready for the next time it is needed. Regular inspections allow the user to identify any potential issues such as leaks or wear that might compromise the system's effectiveness during subsequent use. While other options may seem relevant, they do not emphasize the importance of safe storage and ongoing maintenance for emergency readiness. Storing the system properly is critical in ensuring that it is always accessible and functional when needed.

4. What is the compression to ventilation ratio for adult CPR?

- A. 15:2
- B. 30:2**
- C. 40:2
- D. 10:1

The compression to ventilation ratio for adult CPR is 30:2. This means that for every 30 chest compressions given, the rescuer should provide 2 rescue breaths. This ratio is designed to maintain adequate circulation while also ensuring that the victim receives necessary oxygenation. In adult CPR, maintaining this ratio is critical for maximizing the effectiveness of the rescue efforts. The focus is on delivering high-quality chest compressions, which help keep blood circulating to vital organs, particularly the brain and heart, during a cardiac arrest situation. The 30:2 ratio has been established as the most efficient way to balance the need for compressions and the need for ventilation, especially in a single-rescuer scenario. It's important for rescuers to perform chest compressions at a rate of 100 to 120 compressions per minute, with adequate depth and allowing full recoil of the chest between compressions. This ensures optimal blood flow and oxygen delivery to the body. Providing rescue breaths is essential, but the proportion of compressions to breaths ensures that the primary emphasis remains on maintaining circulation.

5. What action should a first aid provider take if they encounter a person sweating and confused, suspecting diabetes?

- A. Encourage them to drink water.
- B. Encourage them to swallow about 1 1/4 U.S. tablespoons (20 gm) oral glucose.**
- C. Activate EMS immediately.
- D. Secure them in the recovery position.

When encountering a person who is sweating and confused, and diabetes is suspected, the recommended action is to provide oral glucose. This is particularly important because the symptoms of confusion and sweating can indicate hypoglycemia, a condition where blood sugar levels drop too low for the body's needs. Administering a source of glucose can help restore their blood sugar to a safe level and alleviate symptoms. Oral glucose is rapidly absorbed, allowing for a quick improvement in the patient's condition if they are indeed hypoglycemic. The specified dosage of about 1 1/4 U.S. tablespoons (20 grams) is effective for adults as it provides a sufficient amount to raise blood sugar levels. In a situation where the individual is experiencing these symptoms, immediate action is crucial, and providing glucose directly addresses the potential underlying issue of low blood sugar, potentially preventing further complications. Always ensure that the person is conscious and able to swallow before administering glucose to avoid choking or aspiration.

6. To locate the femoral pulse, where should you place your fingers?

- A. On the neck between the trachea and neck muscles
- B. Midway between the hip and pubic bone**
- C. On the inner upper arm between elbow and shoulder
- D. At the ankle on the inside of the foot

To locate the femoral pulse effectively, placing your fingers midway between the hip and the pubic bone is crucial. The femoral artery, which sends blood to the lower extremities, runs close to the surface of the skin in the groin area. Therefore, this positioning allows you to feel the pulse by applying gentle pressure inward. This anatomical location is important, as it provides access to a major artery and is often used in situations where assessing circulation is necessary, such as in cases of severe bleeding or cardiac arrest. Understanding where to accurately feel the femoral pulse is essential for effective assessment and intervention during emergencies.

7. What is the primary goal of CPR?

- A. To restore normal heart rhythm
- B. To keep blood flowing to vital organs**
- C. To improve oxygen levels in the blood
- D. To prevent airway obstruction

The primary goal of CPR (Cardiopulmonary Resuscitation) is to keep blood flowing to vital organs, particularly the heart and brain, during a cardiac arrest or when someone's heart has stopped beating effectively. When the heart is not pumping blood, vital organs begin to suffer from a lack of oxygen, leading to irreversible damage and potential death. During CPR, chest compressions are performed to manually pump blood through the body, maintaining circulation and ensuring that critical organs continue to receive oxygen-rich blood until advanced medical help arrives or until the person's heart can be restored to a normal rhythm. This is essential because rapid intervention can significantly improve the chances of survival and recovery. While restoring normal heart rhythm is an important part of the overall process, it is secondary to maintaining circulation through compressions. Improving oxygen levels in the blood and preventing airway obstruction are also important components of resuscitation efforts, but the primary focus during CPR is to ensure that blood continues to circulate effectively to protect vital organs.

8. When providing bag-mask ventilation for a child, when should you stop ventilating?

- A. Once you give enough breaths
- B. After seeing the chest rise**
- C. At the end of each breath
- D. When the child turns responsive

When providing bag-mask ventilation for a child, the proper moment to stop ventilating is after seeing the chest rise. This indicates that air is being effectively delivered into the lungs. The primary goal of bag-mask ventilation is to ensure that oxygen is being properly delivered to the child's airways and that ventilation is adequate. When you see the chest rise, it demonstrates that the breaths you are delivering are causing the lungs to expand appropriately, which is a sign of effective ventilation. Continuing ventilation without confirming chest rise could lead to overinflation or potential injury and may not provide sufficient breath support if it's not being delivered properly. Monitoring the rise and fall of the chest helps to ensure that the ventilation being provided is both adequate and safe, making it crucial to recognize that response as a key indicator in the ventilation process.

9. What does it mean if there is no response to rescue breaths?

- A. The victim is unconscious
- B. The airway may be obstructed, and additional maneuvers may be needed**
- C. The rescuer should stop CPR
- D. The breaths were administered incorrectly

When there is no response to rescue breaths, it indicates that the airway may be obstructed, which requires immediate attention. If the breaths do not result in a rise of the chest, it suggests that air is not reaching the lungs, possibly due to an obstruction caused by a foreign object or the tongue. In such situations, the rescuer must take further steps to clear the airway, such as performing abdominal thrusts or utilizing back blows, before resuming rescue breathing. Recognizing this possibility is crucial, as timely intervention can help restore the victim's breathing and improve their chances of survival.

10. How often should you switch positions with another rescuer during CPR?

- A. Every 5 minutes
- B. After every 2 minutes of compressions**
- C. Once the victim shows signs of responsiveness
- D. Never, unless the rescuer becomes tired

Switching positions with another rescuer during CPR is recommended after every 2 minutes of compressions. This timing aligns with the guideline of allowing for effective and uninterrupted compression cycles while also enabling rescuers to maintain their stamina and performance effectiveness. CPR can be physically demanding, and rescuers may become fatigued, which can negatively impact the quality of chest compressions. By switching every 2 minutes, both rescuers can provide high-quality CPR, ensuring a better chance of survival for the victim. The practice of changing rescuers every 2 minutes is also backed by research and supports the concept of minimizing any pauses in compressions. Maintaining a high rate of blood circulation is critical during cardiac arrest, and frequent switches help achieve that goal. It's important to avoid waiting for signs of responsiveness or switching only when tired since these actions could unintentionally prolong the duration of ineffective CPR.

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://ymca-basiclifesupport.examzify.com>

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

SAMPLE