BASIC LIFE SUPPORT (BLS) RENEWAL PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://basiclifesupportrenewal.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 16

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. **What should you do if you check the child's pulse after 2 minutes of providing rescue breaths and cannot feel a pulse?**
   - A. Continue rescue breaths
   - B. Start CPR immediately
   - C. Check for an AED
   - D. Wait for emergency services

2. **What is the significance of early defibrillation in cases of cardiac arrest?**
   - A. It allows for immediate recovery of the victim
   - B. It increases the chances of survival significantly if used within minutes
   - C. It is essential for proper CPR technique
   - D. It helps to lower the heart rate

3. **How far below the nipple line should chest compressions be performed on an infant?**
   - A. Above the shoulder line
   - B. At the nipple line
   - C. Below the nipple line
   - D. At the sternum's base

4. **What is the correct way to position your hands for abdominal thrusts on an adult?**
   - A. Make a fist with both hands and place it above the navel
   - B. Make a fist with one hand and place it above the navel, grasp it with the other hand
   - C. Place both hands flat on the abdomen
   - D. Make a fist with one hand and place it below the navel

5. **How should team members communicate changes during a resuscitation attempt?**
   - A. With vague instructions
   - B. Through shouting commands
   - C. In a clear and respectful manner
   - D. Only when necessary to maintain focus

SAMPLE

6. What is the main purpose of the Pediatric Out-of-Hospital Chain of Survival?

A. To provide first aid measures

B. To ensure high-quality care

C. To promote prevention strategies

D. To define resuscitation methods

7. What is the appropriate depth for adult chest compressions?

A. 1 to 2 inches

B. 2 to 2.4 inches

C. 3 to 4 inches

D. 1.5 to 1.8 inches

8. In the case of a choking infant, what is the purpose of delivering back slaps and chest thrusts?

A. To provide comfort

B. To clear the airway

C. To maintain warmth

D. To stimulate breathing

9. A bag-mask device is primarily used to provide what to a victim who is not breathing?

A. Oxygen therapy

B. Positive-pressure ventilation

C. Chest compressions

D. Assisted breathing

10. How should you react if the AED pads overlap?

A. It does not matter, they can overlap

B. Place them so they do not overlap; one on the upper right chest and the other on the lower left

C. Remove the first pad and reposition it

D. Use only one pad if they overlap

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What should you do if you check the child's pulse after 2 minutes of providing rescue breaths and cannot feel a pulse?

A. Continue rescue breaths

B. Start CPR immediately

C. Check for an AED

D. Wait for emergency services

If you check a child's pulse after providing rescue breaths for 2 minutes and cannot feel a pulse, the correct course of action is to start CPR immediately. In the case of a child who is unresponsive and not breathing normally, giving rescue breaths alone will not be sufficient if there is no pulse. The absence of a pulse indicates that the child's heart is not effectively pumping blood, which requires immediate intervention to restore circulation. CPR involves both chest compressions and rescue breaths, and it is crucial to begin this process quickly to maintain blood flow to vital organs, particularly the brain. By starting CPR immediately, you are providing the best chance of survival. This approach allows for improved chances of re-establishing a pulse and restoring normal heart function, as timely intervention is critical in cardiac arrest situations. Additionally, if an AED becomes available, it should be used as soon as possible to analyze the heart rhythm and potentially deliver a shock, but CPR should take priority when no pulse is detected.

2. What is the significance of early defibrillation in cases of cardiac arrest?

A. It allows for immediate recovery of the victim

B. It increases the chances of survival significantly if used within minutes

C. It is essential for proper CPR technique

D. It helps to lower the heart rate

The significance of early defibrillation in cases of cardiac arrest lies in its ability to significantly increase the chances of survival when it is administered within minutes of the event. Cardiac arrest often results from arrhythmias, such as ventricular fibrillation or pulseless ventricular tachycardia, which disrupt the heart's normal rhythm, preventing it from effectively pumping blood. Early defibrillation, delivered as soon as possible, can restore a normal heart rhythm, allowing the heart to resume its role in circulating blood and delivering oxygen to vital organs. Research has shown that the likelihood of survival decreases rapidly with each passing minute after a cardiac arrest occurs. Therefore, prompt action, including the use of an Automated External Defibrillator (AED) and administration of CPR, is crucial. Quick defibrillation increases the likelihood of a favorable outcome, making it a critical component of an effective response to cardiac arrest situations. In contrast, immediate recovery is not always guaranteed; while defibrillation is vitally important, the outcome can depend on a variety of other factors. Furthermore, early defibrillation is distinct from proper CPR technique, though both are essential in a comprehensive resuscitation strategy. Lowering the heart rate is also not the primary goal of defibr

SAMPLE

3. How far below the nipple line should chest compressions be performed on an infant?

A. Above the shoulder line

B. At the nipple line

C. Below the nipple line

D. At the sternum's base

Chest compressions on an infant should be performed just below the nipple line to ensure effective compressions that can create adequate blood flow during cardiopulmonary resuscitation (CPR). This placement allows for optimal compression of the heart, which is located centrally in the chest cavity. Positioning the hands just below the nipple line also helps in achieving the correct depth of compression, which is crucial since infants have relatively small chests compared to adults. The appropriate technique involves using two fingers for compressions, allowing for focused pressure on the heart without the risk of injury to the underlying organs. Other options do not provide the correct anatomical location for effective compressions. For instance, compressions performed above the shoulder line or at the sternum's base would not effectively target the heart, leading to inadequate resuscitation efforts.

4. What is the correct way to position your hands for abdominal thrusts on an adult?

A. Make a fist with both hands and place it above the navel

B. Make a fist with one hand and place it above the navel, grasp it with the other hand

C. Place both hands flat on the abdomen

D. Make a fist with one hand and place it below the navel

The correct way to position your hands for performing abdominal thrusts, also known as the Heimlich maneuver, involves making a fist with one hand and placing it just above the navel. The other hand is then used to grasp the first hand, which provides a firm grip and leverage for executing the thrusts effectively. This positioning is critical because it targets the diaphragm, which plays a vital role in creating the pressure needed to expel an object obstructing the airway. By positioning the fist above the navel, you ensure that the thrusts apply upward pressure when executed, which is essential for dislodging the foreign object from the airway. Proper hand placement maximizes the effectiveness of the maneuver while minimizing the risk of injury to the individual receiving assistance.

5. How should team members communicate changes during a resuscitation attempt?

A. With vague instructions

B. Through shouting commands

C. In a clear and respectful manner

D. Only when necessary to maintain focus

Effective communication among team members during a resuscitation attempt is vital for ensuring that every individual understands their role and responsibilities. When team members communicate in a clear and respectful manner, it promotes coordination and minimizes the potential for confusion. Clear communication helps to relay critical information concisely, such as changes in a patient's condition or modifications in the resuscitation strategy. Respectful communication also fosters a positive team environment, which can enhance performance under pressure. It is essential for team members to feel encouraged to share observations, give updates, and address any questions that may arise during the process. This kind of communication supports teamwork and enhances the likelihood of a successful resuscitation through a collaborative effort.

SAMPLE

6. What is the main purpose of the Pediatric Out-of-Hospital Chain of Survival?

A. To provide first aid measures

B. To ensure high-quality care

C. To promote prevention strategies

D. To define resuscitation methods

The main purpose of the Pediatric Out-of-Hospital Chain of Survival is to ensure high-quality care for children experiencing medical emergencies, particularly in resuscitation scenarios. This framework highlights the critical steps that need to be taken immediately to increase the chances of survival and favorable outcomes for children who suffer cardiac arrest or other life-threatening events. Each link in the chain represents an essential component of care that maximizes the effectiveness of the emergency response, encompassing early recognition and activation of the emergency medical services (EMS), immediate high-quality CPR, rapid defibrillation when needed, effective advanced life support, and integrated post-cardiac arrest care. Emphasizing high-quality care ensures that all responders, including bystanders and healthcare professionals, are equipped with the knowledge and skills to provide the best possible assistance in a crisis. This is vital for pediatric patients, as their anatomy and physiology can require different approaches compared to adults. The focus on high-quality care enhances outcomes by ensuring that interventions are timely, appropriate, and effectively delivered, ultimately reducing mortality and morbidity among pediatric patients in emergencies.

7. What is the appropriate depth for adult chest compressions?

A. 1 to 2 inches

B. 2 to 2.4 inches

C. 3 to 4 inches

D. 1.5 to 1.8 inches

The appropriate depth for adult chest compressions during CPR is 2 to 2.4 inches. This depth is crucial because it ensures adequate circulation of blood to vital organs. Compressions that are too shallow may not generate enough pressure to effectively pump blood, which could reduce the chances of a positive outcome for the cardiac arrest patient. The 2 to 2.4 inches depth allows for optimal perfusion while minimizing the risk of injury to the chest wall. Chest compressions need to be performed at a rate of 100 to 120 compressions per minute, and the full recoil of the chest between compressions is also vital for allowing the heart to fill with blood. Together, the correct depth and rate of compressions work to maintain blood flow and increase the likelihood of survival until advanced medical help arrives.

SAMPLE

8. In the case of a choking infant, what is the purpose of delivering back slaps and chest thrusts?

A. To provide comfort

B. To clear the airway

C. To maintain warmth

D. To stimulate breathing

Delivering back slaps and chest thrusts in the case of a choking infant is primarily aimed at clearing the airway. When an infant is choking, it typically means that an object is obstructing the airway, which can lead to a lack of airflow and the inability to breathe. The technique of performing back slaps, followed by chest thrusts, is designed to create enough force to dislodge the obstruction. Back slaps help leverage gravity and the force of the caregiver's hands to generate the necessary momentum to expel the object from the infant's airway. If back slaps are not successful, chest thrusts can be employed to generate further pressure and aid in the removal of the blockage. This two-step approach is vital in restoring the infant's ability to breathe by clearing the obstruction, which can ultimately prevent serious injury or death. The other options do not align with the primary objective in this emergency situation. Providing comfort or maintaining warmth are not immediate priorities during a choking incident. Similarly, while stimulating breathing is important in other scenarios, it is not the direct goal of these maneuvers during a choking episode; the focus must be on the clearance of the airway first.

9. A bag-mask device is primarily used to provide what to a victim who is not breathing?

A. Oxygen therapy

B. Positive-pressure ventilation

C. Chest compressions

D. Assisted breathing

The primary purpose of a bag-mask device is to provide positive-pressure ventilation to a victim who is not breathing. When using this device, a healthcare provider uses a bag to deliver air (which contains oxygen) directly into the lungs of the person who is not breathing adequately or at all. This is a critical intervention because it helps to facilitate gas exchange in the lungs, ensuring that oxygen reaches the bloodstream and carbon dioxide is expelled. Positive-pressure ventilation creates a forceful influx of air into the lungs, which is essential when a person's own breathing is insufficient. The effective use of the bag-mask device can significantly improve survival rates in cases of respiratory failure or cardiac arrest, especially when combined with chest compressions and other resuscitation efforts. While other options may seem related, they either do not address the primary function of the device or represent different aspects of emergency care. For example, while assisted breathing may seem relevant, it's a broader term that does not specifically capture the action of providing positive-pressure ventilation that is characteristic of a bag-mask system.

SAMPLE

10. How should you react if the AED pads overlap?

A. It does not matter, they can overlap

B. Place them so they do not overlap; one on the upper right chest and the other on the lower left

C. Remove the first pad and reposition it

D. Use only one pad if they overlap

When using an Automated External Defibrillator (AED), proper pad placement is essential for effective defibrillation. The correct positioning of the pads ensures that the electric shock will pass through the heart effectively, maximizing the chances of restoring a normal rhythm during a cardiac arrest. The recommendation to place one pad on the upper right chest and the other on the lower left chest is based on the anatomical layout of the heart and the path the electrical current needs to take. By adhering to this placement guideline, it ensures optimal contact with the heart muscle and reduces the chance of the shock being dispersed excessively or not delivered to the heart at all. Overlapping pads can create a situation where the electric current is not delivered effectively. Correct placement not only increases the likelihood of successful defibrillation but also adheres to best practices outlined in resuscitation guidelines. This makes it vital to avoid overlapping pads and follow the recommended placement strategy for the best patient outcomes.

SAMPLE

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://basiclifesupportrenewal.examzify.com

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

SAMPLE