RQI BASIC LIFE SUPPORT (BLS) PROVIDER PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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.

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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!

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Questions

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1. When an advanced airway is in place during CPR, how should breaths be delivered?

A. With pauses after each breath

B. Only during chest recoil

C. With continuous chest compressions, one breath every 6 seconds

D. Every 2 seconds

2. How should you assess responsiveness in an infant?

A. Tap the heel of the infant's foot and shout, "Are you OK? Are you OK?"

B. Shake the infant by the arms

C. Tickle the infant's feet

D. Look for movement when speaking softly

3. Which statement best describes a consideration when applying AED pads related to chest hair?

A. Water around the chest has no effect on pad adhesion

B. Excessive chest hair may prevent proper pad adhesion

C. Patches must be removed after pad placement

D. Implants must be removed before using AED

4. Which statement describes a chest compression technique that is NOT appropriate for an infant?

A. Place the heel of 1 hand just below the nipple line, on the lower half of the sternum

B. Place both thumbs encircling the chest

C. Use two fingers on the center of the chest

D. Place the hands on the back between the shoulder blades

5. Where should AED pads be placed relative to an implanted defibrillator/device?

A. At least some distance away from the device

B. Directly over the device

C. On the back only

D. On the legs only

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6. What impact does minimizing pauses in compressions during CPR have on chest compression fraction (CCF)?

A. No effect

B. Decreases CCF

C. Increases CCF

D. Increases time between cycles

7. Which depth corresponds to 5 cm in chest compression guidelines?

A. 2 cm

B. 4 cm

C. 5 cm

D. 6 cm

8. When should you pause CPR to check rhythm with the AED?

A. Every 30 seconds

B. Only for rhythm analysis or pad replacements; otherwise keep chest compressions ongoing

C. After every breath

D. Never check rhythm

9. How often should rescuers rotate to maintain high-quality CPR?

A. Approximately every 2 minutes

B. Every 30 seconds

C. Every 5 minutes

D. Every 10 minutes

10. Where should you be positioned when using a pocket mask during 1-rescuer CPR?

A. At the side of the patient.

B. In front of the patient.

C. Behind the patient.

D. At the foot of the bed.

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Answers

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

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Explanations

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1. When an advanced airway is in place during CPR, how should breaths be delivered?

A. With pauses after each breath

B. Only during chest recoil

C. With continuous chest compressions, one breath every 6 seconds

D. Every 2 seconds

With an advanced airway in place, keep chest compressions continuous and ventilate at a steady rate of about one breath every 6 seconds (roughly 10 breaths per minute). Deliver each breath smoothly, usually over about a second, while compressions keep going. This rhythm preserves perfusion and avoids the drops in blood flow that occur if you pause for breaths. Breathing too often (every 2 seconds) can lead to hyperventilation and increased intrathoracic pressure, and pausing after each breath or only ventilating during chest recoil interrupts the CPR cycle and reduces efficacy.

2. How should you assess responsiveness in an infant?

A. Tap the heel of the infant's foot and shout, "Are you OK? Are you OK?"

B. Shake the infant by the arms

C. Tickle the infant's feet

D. Look for movement when speaking softly

To assess responsiveness in an infant, gently tap the infant's foot and shout, "Are you OK?" This direct combination of tactile and auditory cues quickly reveals whether the baby is awake and responsive, guiding the next steps in the BLS assessment. Shaking the infant by the arms is unsafe and not an appropriate way to gauge responsiveness. Tickling the feet or waiting for a response to soft speech alone may not reliably show alertness, especially if the infant is sleeping or unresponsive to gentler cues.

3. Which statement best describes a consideration when applying AED pads related to chest hair?

A. Water around the chest has no effect on pad adhesion

B. Excessive chest hair may prevent proper pad adhesion

C. Patches must be removed after pad placement

D. Implants must be removed before using AED

Effective defibrillation hinges on solid pad-to-skin contact. Excessive chest hair can prevent the AED pads from sticking firmly, creating gaps and higher skin impedance that reduce the current delivered to the heart. If hair blocks adhesion, quickly shave the area where the pads will go (or follow the device's guidance for pad placement) to ensure a good seal. Don't delay the shock for lengthy hair removal. Water on the chest can undermine adhesion and increase impedance, so it wouldn't help, and you don't remove implants or patches after pad placement.

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4. Which statement describes a chest compression technique that is NOT appropriate for an infant?

A. Place the heel of 1 hand just below the nipple line, on the lower half of the sternum

B. Place both thumbs encircling the chest

C. Use two fingers on the center of the chest

D. Place the hands on the back between the shoulder blades

For infant chest compressions, use two fingers on the center of the chest (just below the nipple line) or the two-thumb encircling technique when there are two rescuers. The heel of one hand placed below the nipple line on the sternum is not appropriate for an infant because a single hand with the heel is too large and can deliver too much force, risking injury to the infant's small chest and organs. The infant requires gentler, more precise compressions with two fingers or the two-thumb method. For context, the other described techniques align with standard infant CPR: two thumbs encircling the chest is recommended when two rescuers are present, and two fingers on the chest center is the common method for a single rescuer. Placing the hands on the back between the shoulder blades describes back blows, which are used for choking, not chest compressions.

5. Where should AED pads be placed relative to an implanted defibrillator/device?

A. At least some distance away from the device

B. Directly over the device

C. On the back only

D. On the legs only

The important idea is to avoid placing AED pads directly over an implanted defibrillator or pacemaker. Shocking over the device can interfere with its function, cause burns, or alter the device's sensing and therapy timing. To keep the device safe and still deliver an effective shock, place the pads so the electrical current travels through the heart without passing through the device. If the implanted device is under the left collarbone, position the pads away from that area—typically one pad on the right upper chest and the other on the left chest but away from the device, or switch to an anterior-posterior arrangement if needed. The key is maintaining a clear path for the shock while not overlapping the device.

6. What impact does minimizing pauses in compressions during CPR have on chest compression fraction (CCF)?

A. No effect

B. Decreases CCF

C. Increases CCF

D. Increases time between cycles

Minimizing pauses in chest compressions increases the chest compression fraction because CCF is the portion of total CPR time spent delivering compressions. When you shorten or remove pauses, a greater share of the CPR interval is compressions, raising CCF. A higher CCF means more continuous compressions and better perfusion during CPR; longer pauses would lower CCF.

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7. Which depth corresponds to 5 cm in chest compression guidelines?

A. 2 cm

B. 4 cm

C. 5 cm

D. 6 cm

Chest compression depth is what determines how effectively blood is moved with each push. For adults, the guideline is to compress about five centimeters deep, which is roughly one-third of the chest's front-to-back size, and to allow complete chest recoil between compressions. This depth helps generate adequate blood flow to the heart and brain while keeping the risk of injury manageable. So, five centimeters is the depth you should aim for. Shallower depths don't produce enough perfusion, while going deeper than the recommended range increases the chance of injury.

8. When should you pause CPR to check rhythm with the AED?

A. Every 30 seconds

B. Only for rhythm analysis or pad replacements; otherwise keep chest compressions ongoing

C. After every breath

D. Never check rhythm

The key idea is to minimize interruptions to chest compressions. With an AED, you pause only when the device is analyzing rhythm or when you need to replace or reposition pads. The device will perform the rhythm analysis automatically and tell you if a shock is indicated. After a shock, resume CPR immediately as directed. If you're not changing pads or awaiting an analysis, keep compressions going. Pausing every 30 seconds isn't necessary because rhythm checks aren't on a fixed schedule; they occur when the AED analyzes. Pausing after every breath isn't how rhythm checks are done with the AED. Never checking rhythm contradicts how the AED determines whether a shock is needed.

9. How often should rescuers rotate to maintain high-quality CPR?

A. Approximately every 2 minutes

B. Every 30 seconds

C. Every 5 minutes

D. Every 10 minutes

Maintaining effective CPR comes from keeping chest compressions deep, fast, and continuous without long interruptions. Fatigue quickly reduces compression depth, pace, and chest recoil, so swapping roles with another rescuer about every two minutes helps keep the quality up. Fresh rescuers can take over with the same effort, minimizing pauses and keeping perfusion more consistent. Switching more often than this would cause unnecessary interruptions, while waiting longer allows fatigue to degrade performance. So, about every two minutes is the best practice.

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10. Where should you be positioned when using a pocket mask during 1-rescuer CPR?

A. At the side of the patient.

B. In front of the patient.

C. Behind the patient.

D. At the foot of the bed.

When using a pocket mask in 1-rescuer CPR, you should position yourself at the side of the patient. This placement lets you maintain a stable seal on the mask while you deliver breaths, and still have your other hand free to perform chest compressions with good body alignment over the sternum. Being at the side also makes it easier to adjust the head to keep the airway open and to watch for chest rise with each breath. If you were at the head, feet, or in front or behind the patient, it would hinder your ability to seal the mask properly, access the chest for compressions, and manage the airway efficiently.

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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://rqiblsprovider.examzify.com

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

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