UTAH CNA SKILLS 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. In the supine position, the resident is lying on which body surface?

A. Back

B. Stomach

C. Side

D. Face

2. During log rolling, how should the head of the bed be positioned?

A. As flat as possible.

B. As elevated as possible.

C. In Trendelenburg.

D. Raised for comfort.

3. Before starting a simple dressing change, what is essential?

A. Don gloves

B. Document after

C. Gather supplies

D. All of the above

4. Before starting a procedure, what should you assemble?

A. Equipment

B. Meds

C. Gauze

D. Supplies

5. Which option is NOT a standard safety check before leaving a resident's room?

A. Bed in low position

B. Privacy curtain closed or door closed

C. Wheels locked

D. Room window open

6. What is correct about denture care?

A. Line the sink with a towel, and clean dentures in lukewarm water.

B. Clean dentures in hot, boiling water.

C. Soak dentures in cold water for a long time.

D. Use flavored mouthwash to clean dentures.

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7. Describe the steps to perform a safe transfer from bed to wheelchair using a transfer belt.

A. Lock brakes on bed and wheelchair, place gait belt on resident, position yourself on the resident's strongest side, pivot and transfer with knees bent, help resident to sit, ensure secure seating, remove belt and position resident comfortably

B. Do not lock brakes, move quickly, and transfer without a belt

C. Hold resident to stand while you rotate your hips

D. Use a slide board only

8. Which Fowler's position has the lowest head-of-bed elevation?

A. Low-Fowler's

B. Semi-Fowler's

C. High-Fowler's

D. Supine

9. Which technique helps prevent accidental cuts when shaving with a razor?

A. Use a dry, taut skin and press the blade firmly

B. Gently pull the skin taut

C. Shave quickly without rinsing

D. Use a dull blade to minimize nicks

10. Which item should be left within the resident's reach during ending procedures?

A. Cord

B. Phone

C. Water

D. Towel

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Answers

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

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Explanations

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1. In the supine position, the resident is lying on which body surface?

A. Back

B. Stomach

C. Side

D. Face

Supine means lying on the back with the front of the body facing upward and the back against the bed. The surface touching the bed is the back, which is why this position is described as lying on the back. This is different from lying on the stomach (prone), lying on either side (side-lying), or lying with the face down, where another surface would contact the bed.

2. During log rolling, how should the head of the bed be positioned?

A. As flat as possible.

B. As elevated as possible.

C. In Trendelenburg.

D. Raised for comfort.

During log rolling, the head of the bed should be kept flat to maintain a neutral spine and align the head, neck, and torso. This position allows the team to move the patient as a single unit with minimal twisting, making the roll smoother and safer, especially when spinal alignment or airway protection is a concern. Elevating or tilting the bed—whether higher at the head or in a Trendelenburg position—disrupts alignment, increases the risk of airway compromise, and can cause unnecessary shifting or sliding during the maneuver. Raised positioning for comfort also changes the alignment and complicates safe turning. Keeping the bed flat supports a stable, straight roll.

3. Before starting a simple dressing change, what is essential?

A. Don gloves

B. Document after

C. Gather supplies

D. All of the above

Preparing for a dressing change means being ready to perform the task safely and efficiently, with everything you need at hand and proper protection in place. Donning gloves is essential because it protects both you and the patient by preventing contamination during handling of the wound and dressings. Gathering supplies beforehand ensures you have all the necessary items—dressings, cleansing products, tape, disposal bags, and gloves—within reach, which helps you complete the change without interrupting care or risking contamination. Documentation after the procedure is equally important because it records what was done, describes the wound and dressing condition, notes any drainage or changes, and communicates information to the rest of the care team, supporting ongoing assessment and continuity of care. Taken together, these steps cover pre-procedure preparation and post-procedure follow-up, making the choice that includes all of them the best option.

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4. Before starting a procedure, what should you assemble?

A. Equipment

B. Meds

C. Gauze

D. Supplies

Before starting a procedure, you focus on having the right tools ready. This means assembling the equipment—the instruments and devices you will use—so you can perform each step without having to hunt for items mid-procedure. Verifying that each piece is clean, functional, and appropriate for the patient helps prevent delays and safety issues. Medications aren't included unless the procedure specifically involves giving a drug, and gauze is a consumable supply rather than the core set of tools. By gathering and checking the equipment first, you set up for a smooth, safe, and efficient procedure.

5. Which option is NOT a standard safety check before leaving a resident's room?

A. Bed in low position

B. Privacy curtain closed or door closed

C. Wheels locked

D. Room window open

The main idea is to make the resident as safe as possible before you step out. A bed kept in the lowest position helps prevent injuries if the resident tries to sit up or if they roll or move unexpectedly. Keeping the privacy curtain drawn or the door closed protects the resident's privacy and reduces disturbances, which is part of a safe, respectful environment. Locking the wheels on the bed or any movable furniture prevents it from shifting and causing a fall or injury. Leaving a room window open does not reduce risk or improve safety in this context; it can cause drafts, temperature issues, or security concerns and isn't part of the standard safety checks. So the option that isn't a standard safety check is leaving the room window open.

6. What is correct about denture care?

A. Line the sink with a towel, and clean dentures in lukewarm water.

B. Clean dentures in hot, boiling water.

C. Soak dentures in cold water for a long time.

D. Use flavored mouthwash to clean dentures.

Cleaning dentures safely hinges on using lukewarm water with a mild denture cleanser, and protecting the sink to prevent damage if they are dropped. Lining the sink with a towel creates a soft cushion, so a dropped denture is less likely to crack or break. Lukewarm water helps keep the denture material from warping, which can happen with hot or boiling water and alter the fit. Using hot water is not appropriate because it can distort the dentures. Soaking in cold water for a long time isn't the recommended cleaning approach and doesn't provide the proper care routine. Flavored mouthwash isn't suitable for cleaning dentures because it can contain alcohol or harsh ingredients that irritate the mouth or wear down the denture material.

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7. Describe the steps to perform a safe transfer from bed to wheelchair using a transfer belt.

A. Lock brakes on bed and wheelchair, place gait belt on resident, position yourself on the resident's strongest side, pivot and transfer with knees bent, help resident to sit, ensure secure seating, remove belt and position resident comfortably

B. Do not lock brakes, move quickly, and transfer without a belt

C. Hold resident to stand while you rotate your hips

D. Use a slide board only

The main idea here is performing a safe, controlled bed-to-wheelchair transfer by using a gait belt and proper body mechanics to protect both you and the resident. Locking the brakes on both the bed and the wheelchair prevents movement during the transfer, creating a stable base. Placing a gait belt around the resident gives you a secure grip to assist, without pulling directly on clothing. Positioning yourself on the resident's strongest side helps you maintain balance and control, making it easier to guide them safely. Keeping your feet shoulder-width apart with knees bent lowers your center of gravity and reduces the risk of back injury during the lift. Pivot and transfer with your knees bent rather than twisting your torso. This technique uses the legs to lift and move the resident, which is safer for your back and gives you better control as you guide them into the wheelchair. Once the resident is seated, help them settle back so they're comfortably positioned against the chair with hips back and feet properly placed. Then secure the seating by ensuring the brakes are still engaged and the resident is stable before removing the belt. Remove the gait belt only after the resident is safely seated and comfortable. This sequence minimizes fall risk, protects the spine, and provides steady guidance throughout the move. Skipping brakes, transferring without a belt, attempting to move quickly, or using a slide board alone lacks the essential control and support the belt and proper technique provide.

8. Which Fowler's position has the lowest head-of-bed elevation?

A. Low-Fowler's

B. Semi-Fowler's

C. High-Fowler's

D. Supine

Low-Fowler's is the lowest head-of-bed elevation among Fowler's positions. It usually ranges around 15 to 30 degrees, providing a slight upright posture without the greater elevation of semi-Fowler's (30–45 degrees) or high-Fowler's (60–90 degrees). This level is often used when some elevation is needed for comfort, swallowing, or breathing support, but not the more upright positioning required for feeding or certain respiratory needs. Supine is flat and not a Fowler's position, which is why the lowest Fowler's option remains Low-Fowler's.

9. Which technique helps prevent accidental cuts when shaving with a razor?

A. Use a dry, taut skin and press the blade firmly

B. Gently pull the skin taut

C. Shave quickly without rinsing

D. Use a dull blade to minimize nicks

Gently pulling the skin taut keeps the surface flat for the razor, allowing the blade to glide smoothly and reducing the chance of nicking or cutting the skin. A stretched, smooth area minimizes folds and puckers that the blade could catch on, so light pressure and small, careful strokes work best. For safety, prepare the skin with moisture and use a sharp blade, and avoid pressing hard, shaving on dry skin, rushing, or using a dull blade, all of which increase the risk of cuts.

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10. Which item should be left within the resident's reach during ending procedures?

A. Cord

B. Phone

C. Water

D. Towel

The essential idea here is ensuring the resident can quickly request help after care is finished. Leaving the call cord within reach provides a reliable, immediate way for the resident to summon assistance if they need it, which supports safety and independence. Water and towels are items used during care and can create clutter or spill hazards if left out after ending procedures. A phone might be present, but it isn't universally accessible for urgent help in all settings, whereas the call cord is specifically designed for that purpose. Therefore, the item that should be left within reach is the cord.

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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://utahcnaskills.examzify.com

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

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