

# CNA Cheat Sheet 2026

The night-before summary, built like the exam.

|                               |                                            |                                                     |
|-------------------------------|--------------------------------------------|-----------------------------------------------------|
| <b>70</b><br>Scored questions | <b>1h 30m</b><br>Time limit                | <b>Pass/Fail (varies by state)</b><br>Passing score |
| <b>\$0</b><br>Exam fee        | <b>NCSBN / Credentia</b><br>Governing body |                                                     |

## CNA (NNAAP) Exam — Quick Facts

- Written test: 70 multiple-choice questions.
- Time limit: 90 minutes for the written portion.
- To pass: You must pass both the written (knowledge) test AND the skills evaluation — passing one alone is not enough.

## Pacing Math (Written)

- $90 \text{ min} \div 70 \text{ questions} \sim \sim 1.3 \text{ minutes (about 77 seconds) per question.}$
- Flag-and-return: never spend more than ~90 sec on any single item on the first pass.

## Two-Part Structure — Must Remember

- The exam has two independent parts: a written/knowledge test and a hands-on skills assessment.
- Both are scored separately; a fail on either part means you retake that part.
- Study strategy: dedicate roughly equal prep to memorizing facts (for the written) and rehearsing physical skills to muscle memory (for the skills eval).

## Skills-Eval Universals (apply to nearly every skill)

- Knock, greet the resident by name, and explain the procedure before starting.
- Wash hands at the start and end of the skill.
- Provide privacy (close door/curtain) and ensure resident comfort.
- Lock bed/wheelchair wheels; raise the bed to a safe working height, lower it when finished.
- Place the call light within reach before leaving.
- These "indirect care" steps are commonly the difference between pass and fail — do them on every skill.

## Test-Day Reminders

- Bring valid ID; arrive early.
- Answer every written question — there is no penalty for guessing on multiple-choice items.
- For skills, perform steps in order and out loud where required; do not skip the safety/comfort steps.

## Official sources

- U.S. Bureau of Labor Statistics — Occupational Employment and Wage Statistics, May 2025 — Nursing Assistants (SOC 31-1131): <https://www.bls.gov/oes/current/oes311131.htm>
- U.S. Government Publishing Office (GovInfo) — 42 CFR 483.154 — Nurse Aide Competency Evaluation: <https://www.govinfo.gov/content/pkg/CFR-2011-title42-vol5/xml/CFR-2011-title42-vol5-sec483-154.xml>
- U.S. Government Publishing Office (GovInfo) — 42 CFR 483.152 — Requirements for Approval of a Nurse Aide Training and Competency Evaluation Program: <https://www.govinfo.gov/content/pkg/CFR-2011-title42-vol5/xml/CFR-2011-title42-vol5-sec483-152.xml>

