
	INDIAN SCHOOL AL WADI AL KABIR	
CLASS: X	DEPARTMENT: SCIENCE 2025 – 26 SUBJECT: HEALTH CARE (SUBJECT CODE - 413)	DATE: 30/10/2025
WORKSHEET NO: 5 WITH ANSWERS	UNIT 4 BASIC FIRST AID AND EMERGENCY MEDICAL RELIEF (SESSION – I & IV)	NOTE: A4 FILE FORMAT
NAME OF THE STUDENT:	CLASS & SEC: X -A to X -I	ROLL NO:

OBJECTIVE TYPE QUESTIONS (MULTIPLE CHOICE):

Q1. The primary purpose of first aid is to:

- (a) treat the patient fully until hospital arrival
- (b) preserve life, prevent condition worsening, provide pain relief
- (c) diagnose the exact disease
- (d) perform major surgery

Q2. Which of the following is *not* one of the four basic principles of first aid?

- (a) Preserve life
- (b) Provide pain relief
- (c) Ensure protection from further harm
- (d) Diagnose the exact cause of the injury

Q3. The “Rules of First Aid” in sequence are:

- (a) Call → Check → Care
- (b) Check → Care → Call
- (c) Check → Call → Care
- (d) Care → Check → Call

Q4. In an emergency where someone is unconscious but breathing, a first aider should:

- (a) Give them water to drink
- (b) Ensure airway is open, position properly, call for help
- (c) Leave them alone until they wake up
- (d) Force feed them sugar

Q5. Which situation would not require immediate medical aid (health emergency)?

- (a) Electric shock
- (b) Minor sneeze and cough
- (c) Excessive bleeding

(d) Fracture from fall

Q6. For burns and scalds specific items should be kept in the first aid kit especially in which industry?

- (a) Office work
- (b) Casting and forging industries
- (c) Retail shop
- (d) Library

Q7. Which is the correct order of steps in first aid delivery?

- (a) Call → Care → Check
- (b) Scene safety (for rescuer & victim) → Quick assessment → Call for help → Provide first aid and early transfer
- (c) Assessment → Care → Scene safety → Call
- (d) Quick assessment → Care → Call → Transfer

Q8. A “health emergency” means:

- (a) A scheduled hospital appointment
- (b) A person feeling slightly unwell
- (c) A situation with sudden illness or accident requiring immediate help
- (d) A routine check-up

Q9. Which of these items is not typically required in a basic first aid kit?

- (a) Band-aids of various sizes
- (b) Gauze pads
- (c) Oxygen cylinder
- (d) Analgesic tablets

Q10. If a person is suspected to have a spinal injury after a road accident, you should:

- (a) Move them immediately to clear the road
- (b) Avoid moving them unless absolutely necessary
- (c) Make them walk to the ambulance
- (d) Give them food and drink

Short Answer Questions (2 Marks)

Q1. What is first aid?

Q2. Name the four basic principles of first aid.

Q3. What are the three rules of first aid?

Q4. Define a health emergency.

Q5. What is a first aid room and what basic facilities should it have?

Q6. List any four items of a basic first aid kit.

Q7. Why is it important to avoid moving a person suspected of spinal injury?

Q8. What does “scene safety” refer to in first aid delivery?

Q9. What is the difference between a first aider and a paramedical professional?

Q10. What should be the first thing a first aider does on arriving at an accident scene?

Descriptive Questions (4 Marks)

Q1. What are the facilities and equipment that should be available in a first aid room? Why are they important?

Q2. Outline the steps you would follow as a first aider when you reach a person who has sustained heavy bleeding from a wound.

Q3. Describe the sequence of steps in delivering first aid

Q4. Imagine you are designing a first aid policy for your school. Outline the key aspects you would include

Q5. Describe in detail the treatment given to the patient suffering from snake bite.

ANSWER KEY

	OBJECTIVE TYPE QUESTIONS (MULTIPLE CHOICE):
1	(b) The purpose of first aid: preserve life, protect from further harm, provide pain relief, prevent condition worsening.
2	(d) Diagnose the exact cause of the injury
3	(c) The correct order is Check (what happened), Call (for help), Care (give first aid).
4	(b) Ensure airway, monitor breathing, call for assistance. (Based on general first aid principles)
5	(b) Minor sneeze/cough is not an immediate life-threatening situation.
6	(b) Casting and forging industries, burns/scalds risk is high, so kit should include related items.
7	(b) Scene safety (for rescuer & victim) → Quick assessment → Call for help → Provide first aid & early transfer
8	(c) Health emergency: danger or risk to health due to sudden illness or accident, immediate help required.
9	(c) Oxygen cylinder
10	(b) Avoid moving them unless absolutely necessary, to avoid worsening spinal injury.
	Short Answer Questions (2 Marks)
1	First aid is the immediate assistance or treatment given to a person who is injured or suddenly becomes ill, before professional medical help arrives.
2	The four basic principles are: preserve life; protect the casualty from further harm; provide pain relief; prevent the condition from getting worse.

3	The three rules are: Check (what has happened and what is wrong), Call (arrange for professional medical help), Care (give help to the victim without moving them if possible).
4	A health emergency is a situation wherein there is a danger or risk to a person's health due to a sudden illness or accident, requiring immediate attention and first aid before formal medical help arrives.
5	A first aid room is a dedicated space in an organisation/institution where equipment and materials are arranged systematically for providing first aid services. It should have a name-plate, good lighting/ventilation, accessible toilets, space for stretcher/wheelchair, table & chairs, telephone, first aid kit, examination couch, sink/washbasin, steriliser, and cupboards for medicines & dressings.
6	Examples include: Band-aids of all sizes; 4"×4" gauze pads for cleaning wounds; adhesive tape; antiseptic wipes; sterile gloves; analgesic tablets; scissors; safety pins.
7	Because moving a person with spinal injury may worsen the damage to spinal cord or vertebrae, leading to permanent disability. First aid rule emphasises minimal movement unless necessary.
8	It refers to ensuring that the place of incident is safe for the rescuer and the casualty before any first aid is administered (removing hazards, controlling the environment).
9	A first aider is someone trained to provide immediate basic assistance until professional help arrives, while a paramedical professional is trained in advanced medical support, diagnostics, and treatment.
10	The first thing is to check the scene for safety (for themselves and the casualty), then assess what has happened and what is wrong with the person.
Descriptive Questions (4 Marks)	
1	Facilities: Nameplate with first aid symbol; ventilation and lighting; toilets accessible for differently-abled; space for stretcher/wheelchair. Equipment: Table & chairs; telephone; first aid kit; examination couch; blankets/pillows; portable screen; container for sharps; sink with hot & cold water; steriliser; stretcher; work bench/dressing trolley; oxygen cylinder; sphygmomanometer; resuscitation equipment; cupboards for medicines & dressings. Importance: These enable prompt and efficient first aid response, ensure comfort and safety of casualty, support rescuer in providing correct aid, meet legally required standards for workplaces/educational institutions.
2	<ul style="list-style-type: none"> • Ensure scene safety for yourself and casualty. • Check the casualty: identify wound and severity of bleeding. • Call for professional help/ambulance. • Apply direct pressure on the wound site to stop bleeding; use clean dressing or gauze. • If bleeding continues, elevate the limb (if no suspected fracture). • Monitor vital signs (consciousness, breathing) and comfort the person; keep them warm. • Do not move the casualty if spinal/neck injury is suspected. • Once bleeding is under control, prepare for early transfer to hospital.
3	Sequence: (i) Scene safety (for rescuer and victim) (ii) Quick assessment of casualty (iii) Call for help/ambulance (iv) Provision of first aid and early transfer to nearest hospital. Early transfer is included because first aid alone is not sufficient for serious injuries/illnesses;

	professional treatment is required for definitive care, diagnostics and rehabilitation. Prompt transfer improves outcome and reduces risk of complications.
4	Clearly designated and equipped first aid room with necessary facility and signage; first aid kits at accessible locations; trained first-aiders among staff/students; protocol for emergencies (Check → Call → Care); list of health emergencies and respective immediate actions; guideline for never moving suspected spinal injury victims; requirement for early ambulance call and transfer; schedule for kit inspection; record-keeping of first aid incidents; awareness programme for students. This aligns with the Unit 4 content on facilities, equipment, rules, principles and procedures.
5	<p>Treatment for snake bite:</p> <ul style="list-style-type: none"> • Immediately call for medical help. Get the victim to the hospital as soon as possible. • Keep the victim calm. Immobilize the bitten arms or leg. • Wash the wound gently with soap and water; wipe away from the bite site. on the unbroken skin around the bite from being wiped into the wound. • Watch for general symptoms (i.e. sharp pain, bruising, swelling around the bite, weakness, shortness of breath, blurred vision, drowsiness, or vomiting). and shift the victim at the earliest to nearest hospital. Enquire about the type / looks of the snake to identify its species. • Monitor for pulse, respiration and blood pressure till the medical aid is given to the victim.

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