

1. Causes of Fire & Identification of Unsafe Conditions/Acts

Q1: What is the leading cause of fire accidents in workplaces?

- a. Faulty electrical wiring
- b. Clean surroundings
- c. Proper handling of tools

Answer: a) Faulty electrical wiring

Q2: Which condition increases the risk of fire?

- a. Proper ventilation
- b. Accumulation of flammable materials
- c. Adequate safety equipment

Answer: b) Accumulation of flammable materials

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Q10: Unsafe acts usually result from:

- a. Lack of awareness or negligence
- b. Following safety protocols
- c. Use of Personal Protective Equipment (PPE)

Answer: a) Lack of awareness or negligence

2. Identifying and Handling Fire Extinguishers

Q11: Which type of extinguisher is suitable for electrical fires?

- a. Water-based extinguisher
- b. Carbon dioxide (CO₂) extinguisher
- c. Foam extinguisher

Answer: b) Carbon dioxide (CO₂) extinguisher

Q12: The color coding of fire extinguishers indicates:

- a. Their manufacturing date
- b. Their usage type
- c. Their size

Answer: b) Their usage type

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Q20: Before using a fire extinguisher, what should you check?

- a. Expiry date and pressure gauge
 - b. Handle design
 - c. Weight of the extinguisher
- Answer:** a) Expiry date and pressure gauge
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3. Precautions While Extinguishing Fire

Q21: What is the first step when extinguishing a fire?

- a. Assess the fire type and size
 - b. Run away
 - c. Call a colleague
- Answer:** a) Assess the fire type and size

Q22: When using a fire extinguisher, the acronym PASS stands for:

- a. Push, Aim, Strike, Sweep
 - b. Pull, Aim, Squeeze, Sweep
 - c. Place, Activate, Spray, Stop
- Answer:** b) Pull, Aim, Squeeze, Sweep

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Q30: Which precaution is critical while extinguishing a flammable liquid fire?

- a. Spray water directly
 - b. Avoid spreading the liquid further
 - c. Use a dry powder extinguisher only
- Answer:** b) Avoid spreading the liquid further
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4. First Aid for Burn Injuries & Suffocation

Q31: For minor burns, what is the first aid step?

- a. Apply oil
 - b. Cool the area with running water
 - c. Cover it with dry cotton
- Answer:** b) Cool the area with running water

Q32: What is the first step in treating suffocation?

- a. Call for help immediately

- b. Remove the person from the source of suffocation
- c. Check the person's identification

Answer: b) Remove the person from the source of suffocation

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Q40: For severe burns, what should NOT be done?

- a. Cover the wound with a clean cloth
- b. Apply ice directly to the burn
- c. Elevate the burned area

Answer: b) Apply ice directly to the burn

5. Scope & Rules of First Aid

Q41: What is the scope of first aid?

- a. Temporary care until professional help arrives
- b. Full medical treatment
- c. Only for minor injuries

Answer: a) Temporary care until professional help arrives

Q42: Which rule is central to first aid?

- a. Ensure safety of the rescuer and the patient
- b. Ignore patient consent
- c. Move the patient immediately

Answer: a) Ensure safety of the rescuer and the patient

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Q50: In first aid, "ABC" stands for:

- a. Assess, Bandage, Cure
- b. Airway, Breathing, Circulation
- c. Assist, Blow, Check

Answer: b) Airway, Breathing, Circulation

6. Structure & Function of the Body

Q51: Which organ is responsible for pumping blood?

- a. Brain
- b. Heart
- c. Lungs

Answer: b) Heart

Q52: How many bones are in the adult human body?

- a. 306
- b. 206
- c. 106

Answer: b) 206

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Q60: The circulatory system consists of:

- a. Bones and muscles
- b. Heart, blood vessels, and blood
- c. Lungs and stomach

Answer: b) Heart, blood vessels, and blood

7. Wounds & Hemorrhages; Dressing & Bandages

Q61: What is the primary goal of dressing a wound?

- a. Prevent infection
- b. Increase circulation
- c. Reduce pain

Answer: a) Prevent infection

Q62: Hemorrhage refers to:

- a. Bone fracture
- b. Excessive bleeding
- c. Difficulty breathing

Answer: b) Excessive bleeding

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Q70: Which type of bandage is used for sprains?

- a. Adhesive bandage
- b. Elastic bandage

- c. Cloth bandage

Answer: b) Elastic bandage

8. Shock & Its Management; Asphyxia & Artificial Respiration

Q71: Shock occurs due to:

- a. Lack of sleep
- b. Reduced blood flow to vital organs
- c. Overeating

Answer: b) Reduced blood flow to vital organs

Q72: CPR stands for:

- a. Cardiopulmonary Resuscitation
- b. Circulation Pressure Recovery
- c. Controlled Patient Rescue

Answer: a) Cardiopulmonary Resuscitation

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Q80: How is artificial respiration provided?

- a. Giving water orally
- b. Using mouth-to-mouth or breathing aids
- c. Applying pressure to the chest

Answer: b) Using mouth-to-mouth or breathing aids

9. Transporting Injured Persons; Stretcher Exercises

Q81: What is the first step in transporting an injured person?

- a. Assess their condition
- b. Move them immediately
- c. Call a colleague

Answer: a) Assess their condition

Q82: A stretcher is used for:

- a. Moving heavy objects
- b. Transporting injured persons safely

- c. Loading goods
- Answer:** b) Transporting injured persons safely

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Q90: Blanketing a stretcher is essential for:

- a. Ensuring comfort during transport
 - b. Hiding the injury
 - c. Increasing efficiency
- Answer:** a) Ensuring comfort during transport

10. Use of PPE; Role of Supervisors

Q91: PPE stands for:

- a. Personal Protective Equipment
 - b. Patient Protective Essentials
 - c. Professional People Equipment
- Answer:** a) Personal Protective Equipment

Q92: What is the supervisor's role in safety?

- a. Ignore safety protocols
 - b. Ensure compliance with safety rules
 - c. Conduct personal tasks
- Answer:** b) Ensure compliance with safety rules

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Q100: Accident reporting should be:

- a. Delayed until resolved
 - b. Prompt and detailed
 - c. Ignored if minor
- Answer:** b) Prompt and detailed
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