

FINAL ANSWER KEY

Paper: First Aid Personal Hygiene and General Sanitation (Paper IV)
Date of Test 08-11-2020

Question1:-The objective of first is

- A:-To preserve life
- B:-To make the victim as comfortable as possible
- C:-To put the victim under professional medical care at the earliest
- D:-All of the above

Correct Answer:- Option-D

Question2:-What are the qualifications needed for a first aider are all EXCEPT

- A:-good observation
- B:-ability to act quickly
- C:-should be highly excited
- D:-ability to reassure the apprehensive victim

Correct Answer:- Option-C

Question3:-What is the normal breathing rate of an adult human

- A:-16 - 21
- B:-25 - 35
- C:-35 - 45
- D:-45 - 60

Correct Answer:- Option-A

Question4:-How many bones are there in the forearm of an adult

- A:-zero
- B:-one
- C:-two
- D:-five

Correct Answer:- Option-C

Question5:-What is the level of consciousness of a person who appears to be sleeping, cannot be awakened

- A:-Conscious
- B:-Restless
- C:-Stuporous
- D:-Coma

Correct Answer:- Option-D

Question6:-Fracture of spine is indicated by

- A:-Severe pain in back
- B:-Loss of control over limbs
- C:-Both 1 and 2
- D:-None

Correct Answer:- Option-C

Question7:-Burns on mouth is suggestive of

- A:-Poisoning
- B:-Drowning
- C:-Hanging
- D:-Peptic ulcer

Correct Answer:- Option-A

Question8:-Which of the following is the feature of fracture of bone of nose

- A:-Bleeding from nose
- B:-Blocking of airway
- C:-Difficulty in breathing
- D:-All the above

Correct Answer:- Option-D

Question9:-Immediate and unexpected cessation of respiration and functional circulation is called

- A:-Cardio pulmonary arrest
- B:-Respiratory arrest
- C:-Shock
- D:-Heart attack

Correct Answer:- Option-A

Question10:-Who proposed the germ theory of disease?

- A:-Louis Pasteur
- B:-Hippocrates
- C:-John Snow
- D:-Ronald Ross

Correct Answer:- Option-A

Question11:-Use of artificial ventilation with external heart compression is called

- A:-Cardio pulmonary resuscitation
- B:-Ventilation
- C:-Mouth to Mouth ventilation
- D:-Respiration

Correct Answer:- Option-A

Question12:-CPR should not be interrupted for more than _____ seconds.

- A:-1
- B:-5
- C:-10
- D:-15

Correct Answer:- Option-B

Question13:-All the following are advantages of recovery position except

- A:-maintains open airway
- B:-tongue can fall back on throat
- C:-air passage is widened
- D:-body is kept in a comfortable position

Correct Answer:- Option-B

Question14:-Pressure points are

- A:-Places over a bone where arteries are closed to the skin

- B:-Places over a bone where arteries are far from skin
- C:-Places over a bone where veins are far from skin
- D:-Places over a bone where veins are close to the skin

Correct Answer:- Option-A

Question15:-Which of the following condition requires the first aider's higher priority

- A:-Cardiac arrest
- B:-Severe burns
- C:-Injury to spine
- D:-Moderate bleeding

Correct Answer:- Option-A

Question16:-Signs of fracture skull

- A:-Nose bleed
- B:-Ear bleed
- C:-Both
- D:-None

Correct Answer:- Option-C

Question17:-A closed wound with soft tissue damage beneath unbroken skin is called

- A:-Avulsion
- B:-Contusion
- C:-Laceration
- D:-Abrasion

Correct Answer:- Option-B

Question18:-All the following are characteristics of Efficient Dressing except

- A:-Sterile
- B:-Soft
- C:-Non porous to prevent oozing of discharge
- D:-extend 2.5 cm beyond the wound

Correct Answer:- Option-C

Question19:-What is the first aid for fainting attack

- A:-Allow the casualty to sit down
- B:-If standing advice him/her to flex leg muscles and toes to aid circulation
- C:-Loosen tight clothing at the neck, chest and waist
- D:-All of the above

Correct Answer:- Option-D

Question20:-The symptoms of stroke

- A:-Sudden severe headache
- B:-Confusion and Disorientation
- C:-Paralysis of mouth
- D:-All the above

Correct Answer:- Option-D

Question21:-What are the causes of very low blood sugar in persons with diabetes

- A:-Patient took too much insulin by mistake
- B:-Eating excess food
- C:-Exercise
- D:-Missing a meal

Correct Answer:- **Question Cancelled**

Question22:-A person attempted poisoning by drinking turpentine. Which of the following should not be done?

- A:-Induce vomiting
- B:-Shift the victim to hospital immediately
- C:-Give the victim water to drink
- D:-Inform the police

Correct Answer:- Option-A

Question23:-What is the first aid for a person bitten by bee

- A:-Remove the sting embedded in the skin
- B:-Squeeze the poison sac
- C:-Apply lemon juice to the area
- D:-Apply vinegar to the area

Correct Answer:- Option-A

Question24:-First aid in snake bite

- A:-Reassure the victim of the limb
- B:-Apply a tourniquet around a double boned portion
- C:-Excise the bitten area
- D:-Suck poison from the site

Correct Answer:- Option-A

Question25:-In road traffic accidents, the following should NOT be done

- A:-Pull victims from the vehicle immediately
- B:-Switch off the engine of the vehicle
- C:-Apply handbrake
- D:-Look inside the vehicle for any small children

Correct Answer:- Option-A

Question26:-First aid in sun burn is all except

- A:-Sponge with cold water
- B:-Break the blisters
- C:-Remove patient to cool place
- D:-Give sips of cold water

Correct Answer:- Option-B

Question27:-All the following are symptoms of heat stroke except

- A:-Vomiting
- B:-Sweating
- C:-Muscular cramps
- D:-Both very hot and skin dry

Correct Answer:- Option-B

Question28:-Sudden involuntary painful contraction of a muscle is called

- A:-Strain

- B:-Cramp
- C:-Dislocation
- D:-Sprain

Correct Answer:- Option-B

Question29:-What is the first aid for dog bite?

- A:-Wash the wound thoroughly with soap and water
- B:-Take vaccination for rabies
- C:-Apply turmeric to the wound
- D:-Observe the dog for 10 days

Correct Answer:- Option-A

Question30:-What will you do when you see a person falling down with seizures

- A:-Give them a key in their hand
- B:-Restrict their movement by tightly holding their hands
- C:-Put a spoon in their mouth
- D:-Turn them on their side, with their mouth pointing to the ground

Correct Answer:- Option-D

Question31:-All the following are true of Triage except

- A:-First come, First serve
- B:-Determines transportation priority
- C:-There are four colour codes
- D:-Determines priority of medical care based on seriousness of injury

Correct Answer:- Option-A

Question32:-Colour code in triage

- A:-Black for dead
- B:-Green for ambulatory patients
- C:-Red indicates high priority
- D:-Yellow indicates low priority

Correct Answer:- Question Cancelled

Question33:-All of the following measures should be taken while entering a house affected by flood except

- A:-Clean and disinfect all rooms
- B:-Wash all dishes and kitchen utensils with cold water
- C:-Discard all medicines
- D:-Discard food kept in refrigerators

Correct Answer:- Option-B

Question34:-First aid in Earthquake

- A:-People who are inside a building should move to the peripheral part of the building
- B:-Keep away from stairs
- C:-People who are outdoors should keep away from buildings
- D:-Those inside vehicles should keep away from bridges and buildings

Correct Answer:- Option-A

Question35:-Red cross was founded by

- A:-Rockefeller
- B:-Henry Dunant
- C:-Nelson Mandela
- D:-Madam Curie

Correct Answer:- Option-B

Question36:-Symbol of first aid is

- A:-Red cross
- B:-Red cross on white background
- C:-Green cross
- D:-White cross on green background

Correct Answer:- Option-D

Question37:-Which is the correct ratio of chest compressions to rescue breaths for use in CPR of an adult casualty

- A:-2 compressions : 30 rescue breaths
- B:-5 compressions : 1 rescue breaths
- C:-15 compressions : 2 rescue breaths
- D:-30 compressions : 2 rescue breaths

Correct Answer:- Option-D

Question38:-What medical condition will develop from severe blood loss

- A:-Shock
- B:-Hypoglycemia
- C:-Anaphylaxis
- D:-Hypothermia

Correct Answer:- Option-A

Question39:-Great sanitary awakening took place in

- A:-India
- B:-China
- C:-England
- D:-America

Correct Answer:- Option-C

Question40:-An infection transmissible from vertebrate animals to man is called

- A:-Epidemic
- B:-Zoonoses
- C:-Sporadic
- D:-Endemic

Correct Answer:- Option-B

Question41:-Limitation of freedom of movement of well persons exposed to communicable disease is called

- A:-Isolation
- B:-Quarantine
- C:-Notification
- D:-Investigation

Correct Answer:- Option-B

Question42:-Nipah virus spreads through

- A:-Direct contact with infected bats

- B:-Close contact with infected pigs
- C:-From other Nipah virus infected people
- D:-All of the above

Correct Answer:- Option-D

Question43:-The science and art of preventing disease, prolonging life, and promoting health and efficiency through organized community effort is called

- A:-Public Health
- B:-Community medicine
- C:-Political health
- D:-Preventive medicine

Correct Answer:- Option-A

Question44:-An infected person that harbours an infectious agent in the absence of clinical disease is called

- A:-Carrier
- B:-Case
- C:-Subclinical case
- D:-Healthy person

Correct Answer:- Option-A

Question45:-Common cold is transmitted by

- A:-Droplet infection
- B:-Direct contact
- C:-Dust
- D:-All of the above

Correct Answer:- Option-A

Question46:-Which of the following infections are acquired through walking barefoot

- A:-Hookworm
- B:-Pneumonia
- C:-Dengue
- D:-Hepatitis B

Correct Answer:- Option-A

Question47:-All the following are examples of fomites except

- A:-Towels
- B:-Door handles
- C:-Books
- D:-Water

Correct Answer:- Option-D

Question48:-The most common medium by which pathogenic agents are transferred to food from skin and nose are

- A:-Hands
- B:-Cough
- C:-Sweat
- D:-All the above

Correct Answer:- Option-A

Question49:-Lack of personal hygiene is implied by

- A:-Unclean hands
- B:-Unclean fingers
- C:-Both
- D:-None

Correct Answer:- Option-C

Question50:-Disease transmitted from person to person include

- A:-Hepatitis A
- B:-Typhoid
- C:-Both
- D:-None

Correct Answer:- Option-C

Question51:-Active immunity is developed through

- A:-Following clinical infection
- B:-Following inapparent infection
- C:-Following immunization with vaccines
- D:-All of the above

Correct Answer:- Option-D

Question52:-Vaccination can prevent all the following disease except

- A:-Tuberculosis
- B:-Measles
- C:-Polio
- D:-Hepatitis E

Correct Answer:- Option-D

Question53:-The size of wire mesh screens to prevent insect pests entering building

- A:-1.5 mm
- B:-1.75 mm
- C:-2 mm
- D:-2.5 mm

Correct Answer:- Option-A

Question54:-Handwashing should be done

- A:-After visiting the toilet for any reason
- B:-Immediately before handling food
- C:-Immediately after handling refuse
- D:-All of the above

Correct Answer:- Option-D

Question55:-All the following are true except

- A:-Ready to eat food should be served using tongs
- B:-Slow cooling of food can prevent bacterial contamination
- C:-Pick up glasses by their stems
- D:-Pick plates by their edges

Correct Answer:- Option-B

Question56:-Which of the following items has least priority for space in refrigerator

- A:-Gravy
- B:-Milk
- C:-Cream
- D:-Canned foods

Correct Answer:- Option-D

Question57:-Which of the following food items has to be stored in a refrigerator

- A:-Pastry
- B:-Cake
- C:-Flour
- D:-Butter

Correct Answer:- Option-D

Question58:-Following has to be done to avoid cross contamination of foods

- A:-Fresh fish should be stored away from butter
- B:-Food in glass container should be kept in upper part of refrigerator
- C:-Store raw foods below cooked foods
- D:-Raw food and cooked should be stored separately

Correct Answer:- Option-B

Question59:-All of the following statements are true EXCEPT

- A:-Quick, high temperature cooking is best for food safety
- B:-Slow, long cooking is best for food safety
- C:-Grilling and frying of meat is good for food safety
- D:-Meat and poultry should be cooked to an internal temperature of 70 C

Correct Answer:- Option-B

Question60:-To minimize the risk of food borne illness, meat dishes should be

- A:-Kept at or above 60C
- B:-below 20C
- C:-kept at room temperature
- D:-kept below 15 C

Correct Answer:- Option-A

Question61:-About reheating of food all are true EXCEPT

- A:-Curries should be cooked and eaten on the same day
- B:-Solid foods should not be reheated more than twice
- C:-Custard should be prepared and eaten the same day
- D:-Liquid dishes should not be reheated more than once

Correct Answer:- Option-B

Question62:-All of the following are used for home based water treatment except

- A:-Boiling
- B:-Filtering
- C:-Adding chlorine
- D:-Heating

Correct Answer:- Option-D

Question63:-Water can be kept clean in home by

- A:-Storing drinking water in clean, covered container
- B:-Washing hands before handling stored water
- C:-Taking water out of the container using a clean up
- D:-All the above

Correct Answer:- Option-D

Question64:-Which of the following methods can be used to disinfect air

- A:-Mechanical ventilation
- B:-Ultraviolet radiation
- C:-Dust control
- D:-All the above

Correct Answer:- Option-D

Question65:-Which of the following has over crowding

- A:-1 room for 2 persons
- B:-2 rooms for 3 persons
- C:-3 room for 5 persons
- D:-4 rooms for 8 persons

Correct Answer:- Option-D

Question66:-Sanitation barriers is

- A:-Segregation of faeces
- B:-Control of flies
- C:-Excreta disposal
- D:-Proper water supply

Correct Answer:- Option-A

Question67:-The Science of safe guarding health is called

- A:-Hygiene
- B:-Sanitation
- C:-Preventive medicine
- D:-Public health

Correct Answer:- Option-B

Question68:-Which disease is often called the "Father of public health"?

- A:-Typhoid
- B:-Tuberculosis
- C:-Malaria
- D:-Cholera

Correct Answer:- Option-D

Question69:-The term Municipale solid waste is generally used to describe

- A:-Waste from industrial processes, construction and demolition debris
- B:-Wastes from private homes, commercial establishments and institutions
- C:-Mining wastes
- D:-Agricultural waste

Correct Answer:- Option-B

Question70:-Where does Aedas mosquito breed?

- A:-Water collected in artificial containers
 - B:-Fresh water
 - C:-Dirty water
 - D:-Aquatic plants
- Correct Answer:- Option-A

Question71:-Which award is given by the Indian Government to cities and villages for cleanliness?

- A:-Swach Puraskar
 - B:-Swachhta Puraskar
 - C:-Clean Region Award
 - D:-Nirmal Puraskar
- Correct Answer:- Option-D

Question72:-Which of the following substance can be used to disinfect fruits and vegetables

- A:-Savlon
 - B:-Alcohol
 - C:-Potassium permanganate
 - D:-Bleaching powder
- Correct Answer:- Option-C

Question73:-Which of the following is suitable for disinfecting the sputum of TB patient?

- A:-Burning
 - B:-Boiling
 - C:-5% cresol
 - D:-All of the above
- Correct Answer:- Option-D

Question74:-Poor hair hygiene could cause which of the following

- A:-dandruff
 - B:-lice
 - C:-both
 - D:-none
- Correct Answer:- Option-C

Question75:-All the following are true of head lice except

- A:-Head hair is a good harbour for head lice
 - B:-The head louse lives by sucking blood
 - C:-Adults are more prone to lice infestation than children
 - D:-Lice spread from one head to another through close contact
- Correct Answer:- Option-C

Question76:-All the following are true of clothes hygiene EXCEPT

- A:-Changing used clothes for clean ones every day is recommended
 - B:-Washed clothes should be ironed to help the destruction of body lice and nits
 - C:-Boiling water or insecticide can be used to destroy clothes infestation
 - D:-Under clothes should be changed once every two days
- Correct Answer:- Option-D

Question77:-One day at a wedding, you observe some guests lining up for handwashing, while other people have started to eat the feast without handwashing. Among those who washed hands, some used soap, while others just used running water without soap. Which is the acceptable handwashing practice?

- A:-Handwashing with soap
 - B:-Handwashing with running water without using soap
 - C:-Not washing the hands at all
 - D:-1 and 2
- Correct Answer:- Option-A

Question78:-Fecal contamination of water can be tested using

- A:-Coliform count
 - B:-Orthotoludine test
 - C:-Double pot method
 - D:-Horrock's apparatus
- Correct Answer:- Option-A

Question79:-All the following are water borne disease except

- A:-Typhoid
 - B:-Cholera
 - C:-Hepatitis A
 - D:-Hepatitis C
- Correct Answer:- Option-D

Question80:-Roll boiling for how many minutes kills bacteria

- A:-1 min
 - B:-5 min
 - C:-7 min
 - D:-20 min
- Correct Answer:- Option-D

Question81:-Inadequate water supply increases the risk of which of these disease

- A:-Skin diseases
 - B:-Eye infections
 - C:-Diarrheal diseases
 - D:-All of the above
- Correct Answer:- Option-D

Question82:-You are having lunch with your friend and he begins to choke on some food. He cant speak, breath or cough it up. How can you help?

- A:-Give upto 5 back blows between his shoulder blades
 - B:-Put your fingers down his throat to try to dislodge the obstruction
 - C:-Do the Heimlich manoeuvre on him
 - D:-Give him some water to drink
- Correct Answer:- Option-C

Question83:-Which of the following disease is describe as the "barometer of social welfare"?

- A:-Tuberculosis
 - B:-Dengue
 - C:-Polio
 - D:-Measles
- Correct Answer:- Option-A

- Question84:-The Cold and Flu virus can be spread by
A:-Cough
B:-Sneeze
C:-Contact with surfaces and objects contaminated with the virus
D:-All of the above
Correct Answer:- Option-D
- Question85:-All of following oral fluids should be avoided during diarrhea EXCEPT
A:-Sweetened tea
B:-Coffee
C:-Carbonated drinks
D:-Rice water
Correct Answer:- Option-D
- Question86:-What is the single most effective way to prevent the transmission of disease?
A:-Antibiotics
B:-Hand washing with water only
C:-Hand washing with soap and water
D:-No way
Correct Answer:- Option-C
- Question87:-Sanitary well has all the following properties except
A:-Lining of bricks
B:-Parapet wall
C:-Hand pump
D:-Top of well covered by net
Correct Answer:- Option-D
- Question88:-All of the following are true about Green protocol EXCEPT
A:-A set of measures aimed at reducing waste
B:-The primary focus is on prevention of use of disposables
C:-Aims to create and sustain an enviro cultural revolution
D:-Increase carbon food print from mega events
Correct Answer:- Option-D
- Question89:-All the following are ideal waste management practice at home except?
A:-Keep separate containers for dry and wet waste in the kitchen
B:-Keep two bags for dry waste collection-paper and plastic, for the rest of the household waste
C:-Keep plastic from the kitchen clean and dry and drop into the wet waste bin
D:-Keep glass/plastic containers rinsed of food matter
Correct Answer:- Option-C
- Question90:-Which of the following insect is called "porter of infection"?
A:-Mosquito
B:-Ants
C:-Lice
D:-Housefly
Correct Answer:- Option-D
- Question91:-All of the following are effective weapons in reducing rats except
A:-Proper storage, collection and disposal of garbage
B:-Proper storage of food stuff
C:-Rat trap
D:-Blocking rat burrows with concrete
Correct Answer:- Option-C
- Question92:-Rabies can spread through the bite of all of the following animals except
A:-Dog
B:-Cat
C:-Rat
D:-Monkey
Correct Answer:- Option-C
- Question93:-The common poisonous snakes of India are
A:-Cobra
B:-Common Krait
C:-Russell's vipers
D:-All of these
Correct Answer:- Option-D
- Question94:-All the following are projects under Navakerala Mission except
A:-Life
B:-Aardram
C:-Haritha Keralam
D:-Total sanitation campaign
Correct Answer:- Option-D
- Question95:-When is world AIDS day celebrated
A:-1st February
B:-1st June
C:-1st October
D:-1st December
Correct Answer:- Option-D
- Question96:-All the following are true regarding waste management at house hold level except
A:-Segregate bio and non-bio degradable waste
B:-Compost the bio degradable waste
C:-Keep the non-biodegradable clean and dry and hand it over to the scrap dealers or local body systems
D:-Burn non-biodegradable waste
Correct Answer:- Option-D
- Question97:-Which of the following are measures to control bed bug
A:-Cement plastering of cracks on wall
B:-Periodic white washing
C:-Spraying of malathion
D:-All the above
Correct Answer:- Option-D

Question98:-All the following can be used to disinfect rooms except

- A:-Formalin spray
- B:-Malathion
- C:-Chlorinated lime
- D:-Cresol

Correct Answer:- Option-B

Question99:-Which of the following diseases are transmitted by sneezing except

- A:-Tuberculosis
- B:-Diphtheria
- C:-H1N1
- D:-Hepatitis B

Correct Answer:- Option-D

Question100:-What is the primary goal of Swachh Bharat Mission?

- A:-Green India
- B:-Smart India
- C:-Clean India
- D:-Shining India

Correct Answer:- Option-C