

**FINAL ANSWER KEY**

Paper: First Aid Personal Hygiene and General Sanitation (Paper IV)  
Date of Test 04-11-2022

Question1:-Which of the following disease is NOT transmitted through contaminated water?

- A:-Cholera
- B:-Hepatitis B
- C:-Typhoid
- D:-Hepatitis A

Correct Answer:- Option-B

Question2:-Swachh Bharat Abhiyan, or Clean India Mission was launched on

- A:-26 January 2014
- B:-2 October 2015
- C:-26 January 2015
- D:-2 October 2014

Correct Answer:- Option-D

Question3:-How many chest compressions and breaths should you do for each cycle of Cardiopulmonary Resuscitation (CPR)?

- A:-30 compressions, 2 breaths
- B:-15 compressions, 2 breaths
- C:-15 compressions, 1 breath
- D:-30 compressions, 1 breath

Correct Answer:- Option-A

Question4:-Arrange the first aid steps in correct sequence

1. Stop bleeding
2. Restore breathing
3. Clear airway
4. Call for medical help

- A:-1, 2, 3, 4
- B:-3, 4, 2, 1
- C:-4, 3, 2, 1
- D:-1, 3, 2, 4

Correct Answer:- Option-C

Question5:-Which of the following bacteria is used as an indicator for water contamination?

- A:-Bacillus thuringiensis
- B:-Escherichia coli
- C:-Toxoplasma
- D:-Chlamydia

Correct Answer:- Option-B

Question6:-Who coined the term 'First Aid'?

- A:-Louis Pasteur
- B:-Alexander Fleming
- C:-Friedrich Von Esmarch
- D:-Susumu Tonegawa

Correct Answer:- Option-C

Question7:-Which of the following is used for purification of water?

- A:-Chlorine
- B:-Hydrogen
- C:-Oxygen
- D:-Helium

Correct Answer:- Option-A

Question8:-Which of the following is NOT an example for 'Sullage'?

- A:-Wastewater from kitchen sink
- B:-Wastewater from laundries
- C:-Wastewater from toilets
- D:-Wastewater from bathrooms

Correct Answer:- Option-C

Question9:-A better personal health includes

- A:-Regular exercise
- B:-Balanced Diet
- C:-Consuming clean food and water
- D:-Use of habit-forming substances

Correct Answer:- Option-D

Question10:-What is the minimum distance in meters of a well from a septic tank?

- A:-15m
- B:-20m
- C:-10m
- D:-5m

Correct Answer:- Option-A

Question11:-When performing CPR on an adult, how deep should the chest compressions be?

- A:-1 inch
- B:-2 inch
- C:-3 inch
- D:-4 inch

Correct Answer:- Option-B

Question12:-Which is the first 'Open Defecation Free' (ODF) State/Union territory in India?

- A:-Sikkim
- B:-Andaman and Nicobar Islands
- C:-Tripura
- D:-Goa

Correct Answer:- Option-A

Question13:-World Health Day is celebrated on

- A:-7th February
- B:-7th March
- C:-7th April

D:-7th May

Correct Answer:- Option-C

Question14:-Which one of the following is NOT a viral disease?

A:-COVID-19

B:-Dengue

C:-Hepatitis E

D:-Typhoid

Correct Answer:- Option-D

Question15:-Which of the following is/are TRUE about Septic Tank?

1. The depth of septic tank is from 1.5m-2m

2. The septic tank is left uncovered

3. The length is usually twice the breadth

4. Septic tanks are recommended for larger communities

A:-1 and 2

B:-1 and 3

C:-1, 3 and 4

D:-3 and 4

Correct Answer:- Option-B

Question16:-Which of the following is known as the Universal antidote for Ingested poisoning?

A:-Milk

B:-Activated Charcoal

C:-Water

D:-Alcohol

Correct Answer:- Option-B

Question17:-Which of the following vitamin is NOT fat soluble?

A:-Vitamin A

B:-Vitamin E

C:-Vitamin C

D:-Vitamin K

Correct Answer:- Option-C

Question18:-Which of the following poisonous gas has got least density?

A:-Carbon monoxide

B:-Carbon dioxide

C:-Phosgene

D:-Hydrogen Sulphide

Correct Answer:- Option-A

Question19:-The main cause of contagious disease is/are

1. Contaminated food

2. Poor hygienic conditions

3. Use of Habit-forming substances

4. Contact with infected blood and body fluids

A:-1, 2, 3 and 4

B:-2, 3, and 4

C:-1 and 4

D:-1, 2 and 4

Correct Answer:- Option-D

Question20:-The depth of water seal in RCA latrine is

A:-2 cm

B:-4 cm

C:-6 cm

D:-8 cm

Correct Answer:- Option-A

Question21:-Which one of the following is NOT an example of inhalational poison?

A:-Oxygen

B:-Carbon Monoxide

C:-Phosgene

D:-Carbon Dioxide

Correct Answer:- Option-A

Question22:-What does ABC stand for in Cardiopulmonary Resuscitation (CPR)?

A:-Airway, Balancing, Circulation

B:-Airway, Breathing, Circulation

C:-Airway, Breathing, Compression

D:-Admit, Breathing, Compression

Correct Answer:- Option-B

Question23:-Which of the following is NOT an example for minerals?

A:-Albumin

B:-Calcium

C:-Iodine

D:-Iron

Correct Answer:- Option-A

Question24:-Which vitamin is synthesized in our body when exposed to regular sunlight?

A:-Vitamin A

B:-Vitamin B12

C:-Vitamin K

D:-Vitamin D

Correct Answer:- Option-D

Question25:-Which of the following diseases is NOT transmitted through mosquito bite?

A:-Monkey pox

B:-Malaria

C:-Filariasis

D:-Chikungunya

Correct Answer:- Option-A

Question26:-'Log roll' is a first aid maneuver used in

A:-Leg Muscle cramps

B:-Chest Pain

C:-Road Traffic Accidents

D:-Incised wounds

Correct Answer:- Option-C

Question27:-Which of the following first aid is used for choking?

A:-Leopolds Maneuver

B:-Heimlich Maneuver

C:-Valsalva Maneuver

D:-Phalen's maneuver

Correct Answer:- Option-B

Question28:-Which one of the following is NOT included in the first aid for bleeding wound?

A:-Apply pressure over the wound

B:-Elevate the wounded body part

C:-Adequate rest

D:-Apply turmeric powder over the wound

Correct Answer:- Option-D

Question29:-According to WHO, what is the minimum duration to perform handwashing using soap and water?

A:-5-20 seconds

B:-10-30 seconds

C:-40-60 seconds

D:-80-120 seconds

Correct Answer:- Option-C

Question30:-What is the route of administration for Tetanus Toxoid (TT) vaccine?

A:-Intramuscular

B:-Intradermal

C:-Subcutaneous

D:-Intravenous

Correct Answer:- Option-A

Question31:-Which of the following disease occurs due to inadequate hand washing?

A:-Dengue

B:-Worm infestation

C:-Hepatitis B

D:-Scrub Typhus

Correct Answer:- Option-B

Question32:-Which of the following disease does NOT need quarantine?

A:-COVID-19

B:-Chickenpox

C:-Measles

D:-Dengue

Correct Answer:- Option-D

Question33:-Filigree burns are caused by

A:-Petrol burns

B:-Electric burns

C:-Acid burns

D:-Lightning burns

Correct Answer:- Option-D

Question34:-Sunburn is an example for

A:-First Degree burn

B:-Second Degree burn

C:-Third Degree burn

D:-Fourth Degree burn

Correct Answer:- Option-A

Question35:-Bandages are used for

A:-Applying directly to a wound to soak up blood

B:-To reduce pain

C:-To prevent the wound getting dry

D:-To hold dressing in place, apply pressure and control bleeding

Correct Answer:- Option-D

Question36:-A prisoner has a large piece of glass penetrated in his right leg. Being you are the jailer there, all the below leg mentioned first aid should be given to him EXCEPT

A:-Leave the glass in his leg and control the bleeding

B:-Remove the glass and then control the bleeding

C:-Call for emergency

D:-Allow him to rest in bed and elevate his right leg using pillow

Correct Answer:- Option-B

Question37:-Following are features of shallow well EXCEPT

A:-Moderately hard

B:-Provides clean water without contamination

C:-Taps the water from above the first impervious layer

D:-Usually goes dry in summer

Correct Answer:- Option-B

Question38:-All the following bites need Anti Rabies Vaccination EXCEPT

A:-Cat

B:-Man

C:-Parrot

D:-Bat

Correct Answer:- Option-C

Question39:-All the following are true about second degree burns EXCEPT

A:-Also known as 'Full Thickness Burns'

B:-Blisters appear occasionally

C:-Involves epidermis and part of dermis

D:-Skin appears red and painful

Correct Answer:- Option-A

Question40:-Which of the following is a poor personal hygiene?

A:-Drinking boiled water

- B:-Eating vegetables
- C:-Eating without washing hands
- D:-Bathing twice a day

Correct Answer:- Option-C

Question41:-What is sludge?

- A:-insects that live under rocks in streams
- B:-the liquid part of wastewater
- C:-the solids that are heavier than liquid wastewater and sink to the bottom
- D:-the solids, like fats, grease, and oil, that float on top of liquid wastewater

Correct Answer:- Option-C

Question42:-Which of the following should be done for a person who got sunstroke

- A:-Keep the victim warm
- B:-Apply cool wet cloths
- C:-Force the victim to drink hot water
- D:-No immediate intervention needed

Correct Answer:- Option-B

Question43:-What should be your first concern at the scene where a person has been seriously burned?

- A:-Checking the victims breathing and pulse
- B:-Calling your local emergency phone number
- C:-Checking the scene for safety
- D:-Cooling the burned area

Correct Answer:- Option-C

Question44:-Which of the following is produced from household organic waste?

- A:-Biogas
- B:-Natural gas
- C:-LPG
- D:-CNG

Correct Answer:- Option-A

Question45:-Which of the following is not a type of wastewater?

- A:-Sullage
- B:-Sewage
- C:-Black water
- D:-Blue water

Correct Answer:- Option-D

Question46:-According to the cleanliness survey by Swachh Survekshan in 2022, which city was awarded as the cleanest city in India?

- A:-Thiruvananthapuram
- B:-Port Blair
- C:-Bhopal
- D:-Indore

Correct Answer:- Option-D

Question47:-A wound where there is damage to the soft tissue and blood vessels under the skin is called

- A:-Laceration
- B:-Bruise
- C:-Avulsion
- D:-Scrape

Correct Answer:- Option-B

Question48:-What is Trench Foot?

- A:-Foot injury due to burns
- B:-Foot injury due to high temperature
- C:-Foot injury due to moisture
- D:-Foot injury due to low temperature

Correct Answer:- Option-C

Question49:-A traumatic brain injury that affects brain function is known as

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

Correct Answer:- Option-B

Question50:-Which medical condition will develop from severe blood loss?

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

Correct Answer:- Option-C

Question51:-Identify which one is correct process

- A:-Sanitize, Disinfect and clean
- B:-Wash, Rinse and Repeat
- C:-Wash, Rinse and Sanitize
- D:-Wash, Rinse, Towel Dry

Correct Answer:- Option-C

Question52:-Most toilets are made of

- A:-Porcelain
- B:-Clay
- C:-Cement
- D:-Stainless steel

Correct Answer:- Option-A

Question53:-Which of the following is NOT a sanitation system

- A:-Storm water drainage system
- B:-Night soil sanitation system
- C:-Excreta management system
- D:-Solid waste management system

Correct Answer:- Option-B

Question54:-Which of the following can act as the main transmission element of feco-oral diseases?

- A:-Fungi

- B:-Air
- C:-Heat
- D:-Finger

Correct Answer:- Option-D

Question55:-Which of the following is used as a transport medium of waste to the treatment plant?

- A:-Fertilizers
- B:-Bleach
- C:-Water
- D:-Soil

Correct Answer:- Option-C

Question56:-What does ABC stand for in Cardiopulmonary Resuscitation (CPR)?

- A:-Airway, Breathing, Circulation
- B:-Airway, Breathing, Compression
- C:-Admit, Breathing, Compression
- D:-Airway, Balancing, Circulation

Correct Answer:- Option-A

Question57:-An injury caused by hot liquid or steam is called

- A:-Contusion injury
- B:-Lacerated Wound
- C:-Incised Wound
- D:-Scald injury

Correct Answer:- Option-D

Question58:-In the event of an emergency, what should be worn by a caregiver encountering body fluids?

- A:-Face mask
- B:-Face shield
- C:-Protective Gloves
- D:-Band aid

Correct Answer:- Option-C

Question59:-The corporation sprays kerosene on stagnated water bodies that have the eggs of mosquito. This thin film of kerosene

- A:-Cuts off oxygen from reaching the hatched eggs
- B:-Destroys the eggs before hatching
- C:-Won't allow mosquito to lay eggs
- D:-Destroy the wings of newborn mosquitoes

Correct Answer:- Option-A

Question60:-Pathogens present in water can be killed by

- A:-Condensation
- B:-Simple filtration
- C:-Decantation
- D:-Boiling

Correct Answer:- Option-D

Question61:-What is the full form of DRAB in medical first aid?

- A:-Danger, React, Airway, Breathing
- B:-Drag, React, Airway, Breathing
- C:-Danger, Response, Airway, Breathing
- D:-Drag, Response, Airway, Breathing

Correct Answer:- Option-C

Question62:-Full form of BLS is

- A:-Basic Lung Support
- B:-Basic Life Support
- C:-Basic Life System
- D:-Basic Lung System

Correct Answer:- Option-B

Question63:-All the following are the first aid practices done for a case of drowning EXCEPT

- A:-Give CPR if needed
- B:-Press his abdomen to remove excess water from stomach
- C:-Do not allow him to sit up
- D:-Cover the body with blankets

Correct Answer:- Option-B

Question64:-Out of the following, what should NOT do in kerosene poisoning?

- A:- Wait and watch if small quantity of kerosene is ingested
- B:-Seek Medical help
- C:-Induced vomiting
- D:-Give water to drink

Correct Answer:- Option-C

Question65:-Which of the following should NOT be done to keep our surroundings clean?

- A:-Throwing garbage in covered tins
- B:-Using safe water to drink
- C:-Cleaning our house daily
- D:-Spitting in open places

Correct Answer:- Option-D

Question66:-What is a faint?

- A:-A brief loss of consciousness
- B:-A sign of flu
- C:-A response to fear
- D:-A type of fever

Correct Answer:- Option-A

Question67:-ORS should not be stored for more than

- A:-12 hours
- B:-24 hours
- C:-36 hours
- D:-48 hours

Correct Answer:- Option-B

Question68:-Which of the following is CORRECT regarding first aid for snake bite?

- A:-Search for bitten snake and catch it

- B:-Cut the wound and drain out blood from wound
- C:-Apply tight toumiquet over the wound
- D:-Immobilise the affected limb

Correct Answer:- Option-D

Question69:-A Prisoner accidentally ingested FORMIC ACID while processing latex. Being you are the jailer there, all the below mentioned first aid should be given to him Except

- A:-Give him water to drink
- B:-Put the patient on floor and turn him to one side if he vomits
- C:-Give salt water to promote vomiting
- D:-Seek medical help at the earliest

Correct Answer:- Option-C

Question70:-All the following are the first aid for burns EXCEPT

- A:-Cool the burnt area under cool running water
- B:-Prick blisters
- C:-Remove all jewellery from around burn area
- D:-Cover the burn with cling wrap

Correct Answer:- Option-B

Question71:-Pad and Bandage is the first aid given for

- A:-Bee sting
- B:-Snake bite
- C:-Burns
- D:-Foreign body eye

Correct Answer:- Option-D

Question72:-House flies spread

- A:-Chicken pox
- B:-Diarrhea
- C:-Monkey pox
- D:-Swine flu

Correct Answer:- Option-B

Question73:-Which of the following diseases spread through air?

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

Correct Answer:- Option-D

Question74:-Which of the following disease is caused by bad lifestyle and food habits?

- A:-HIV
- B:-Smallpox
- C:-Diabetes
- D:-Polio

Correct Answer:- Option-C

Question75:-The solid waste produced in our house is called

- A:-Garbage
- B:-Sewage
- C:-Waste
- D:-Sullage

Correct Answer:- Option-A

Question76:-The best method of disposal of hospital waste is

- A:-Incineration
- B:-Sanitary landfilling
- C:-Dumping
- D:-Alcohol sterilization

Correct Answer:- Option-A

Question77:-Which is the best intervention for a case with foreign body inside ear?

- A:-Put hot oil into the ear
- B:-Transfer him to the nearest hospital for medical help at the earliest
- C:-Try to remove the foreign body using ear buds
- D:-Leave as such No intervention needed

Correct Answer:- Option-B

Question78:-Which of the following is the first step you should take of case for a dog bite?

- A:-Kill the dog
- B:-Wash the wound with soap and running water
- C:-Apply heated coconut husk over the wound
- D:-Cut the wound and drain out blood from wound

Correct Answer:- Option-B

Question79:-Which of the following is the first aid given for nose bleeding (Epiustaxis)?

- A:-No intervention needed
- B:-Put cotton balls into nostrils
- C:-Ask patient to sneeze and blow out the blood from nose
- D:-Pinch the nose and sit the patient in a lean forward position

Correct Answer:- Option-D

Question80:-Environmental sanitation includes all EXCEPT

- A:-Personal sanitation
- B:-Community sanitation
- C:-Tame sanitation
- D:-Domestic sanitation

Correct Answer:- Option-C

Question81:-For which of the following occasion a BUDDY STRAPPING is done?

- A:-Fracture ring finger
- B:-Cut wound over face
- C:-Contusion over chest
- D:-Burns over leg

Correct Answer:- Option-A

Question82:-Which of the following is the CORRECT sequence for the chain of survival?

- A:-CPR, call for help, Defibrillation, Advance care
  - B:-CPR, Defibrillation, Advanced care, call for help
  - C:-Call for help, CPR, Defibrillation, Advanced care
  - D:-Call for help, Defibrillation, CPR, Advanced care
- Correct Answer:- Option-C

Question83:-Which of the following first aid will you give for a suspected case of fracture right forearm?

- A:-No intervention needed
  - B:-Immediately transfer the patient to hospital
  - C:-Put forearm splint/sling
  - D:-Take an Xray of right forearm at the earliest to confirm the fracture
- Correct Answer:- Option-C

Question84:-Following are the emergency aids for a patient with an acute seizure episode (fits) EXCEPT

- A:-Put the patient on floor and turn him to one side
  - B:-Give plenty of water to drink
  - C:-Clear mouth if he vomits/bleed
  - D:-Loosen his cloths
- Correct Answer:- Option-B

Question85:-All the following are the key factors in solid waste management EXCEPT

- A:-Reuse non-biodegradable products
  - B:-Recycle non-biodegradable products
  - C:-Reproduce non-biodegradable products
  - D:-Reduce the use of non-biodegradable products
- Correct Answer:- Option-C

Question86:-All the following are greenhouse gases EXCEPT

- A:-Nitrogen
  - B:-Methane
  - C:-Carbon Dioxide
  - D:-Nitrous Oxide
- Correct Answer:- Option-A

Question87:-Lack of which nutrient can lead to Thyroid gland disorders?

- A:-Iron
  - B:-Iodine
  - C:-Calcium
  - D:-Magnesium
- Correct Answer:- Option-B

Question88:-Which of the following is a rich source of protein?

- A:-Egg
  - B:-Potato
  - C:-Coconut
  - D:-Bread
- Correct Answer:- Option-A

Question89:-Common salt is an example for

- A:-Proteins
  - B:-Fats
  - C:-Vitamins
  - D:-Minerals
- Correct Answer:- Option-D

Question90:-Which one of the following is NOT an objective of first aid?

- A:-Early administration of medicines
  - B:-Prevent further injury
  - C:-Promote recovery
  - D:-Preserve life
- Correct Answer:- Option-A

Question91:-What is the first thing you should do for someone you suspect has an electrical burn?

- A:-Check for breathing and a pulse
  - B:-Check for shock
  - C:-Check to see if electricity is turned off
  - D:-Check for severe bleeding
- Correct Answer:- Option-C

Question92:-Elastic bandages are applied

- A:-Control swelling and support injuries such as sprain/strains
  - B:-To allow circulation to a severed limb
  - C:-To control bleeding
  - D:-When applying a splint
- Correct Answer:- Option-A

Question93:-In general, a splint should be

- A:-Loose, so that the victim can still move the injured limb
  - B:-Tight, so that it can hamper the circulation
  - C:-Tied with cravats over the injured area
  - D:-Support joints above and below the injured area
- Correct Answer:- Option-D

Question94:-Amputation means

- A:-Head injury
  - B:-Spine injury
  - C:-Fracture of spine
  - D:-Removal of limb/body part
- Correct Answer:- Option-D

Question95:-Rescue breathing is needed for which of the following cases?

- A:-Unconscious, no pulse, not breathing
  - B:-Unconscious, not breathing, but has a pulse
  - C:-Unconscious, choking victim
  - D:-Conscious choking victim
- Correct Answer:- Option-B

Question96:-Which arterial pulse is observed during an emergency?

- A:-Radial pulse
- B:-Ulnar pulse
- C:-Subclavian pulse
- D:-Carotid pulse

Correct Answer:- Option-D

Question97:-Excessive loss of water and minerals from body leads to

- A:-Hydration
- B:-Dehydration
- C:-Rehydration
- D:-Evaporation

Correct Answer:- Option-B

Question98:-Which vitamin is synthesized by the bacteria in the intestine?

- A:-Vitamin A
- B:-Vitamin D
- C:-Vitamin E
- D:-Vitamin K

Correct Answer:- Option-D

Question99:-Which process is used to remove dirt and sand from wastewater?

- A:-Aeration
- B:-Chlorination
- C:-Sedimentation
- D:-Flocculation

Correct Answer:- Option-C

Question100:-Which of these is removed during aeration of water during wastewater treatment?

- A:-Human waste
- B:-Bacteria
- C:-Virus
- D:-Mycoplasma

Correct Answer:- Option-A