

C 82631

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Name.....

Reg. No.....²¹.....

SECOND YEAR B.P.E. DEGREE EXAMINATION, APRIL 2015

Paper X—FIRST AID AND SAFETY EDUCATION AND LIFE SKILL EDUCATION

(2013 Admissions)

Time : Three Hours

Maximum : 75 Marks

Answer any **three** questions Part A and **two** questions from Part B.

Question 8 is compulsory.

Part A

1. Elaborate the precautions you would take to keep your home safe. (1 × 15 = 15 marks)

2. A. Choose the correct answer :—
 - (i) How do you check for breathing ?
 - (a) Count the number of breaths.
 - (b) Check their pulse.
 - (c) Look, listen and feel for breaths.
 - (d) Check the colour of their skin.
 - (ii) When a victim vomits during rescue breathing, you should :
 - (a) Stop rescue breathing.
 - (b) Continue rescue breathing.
 - (c) Place the victim in semi-prone position and stop rescue breathing.
 - (d) Place the victim in semi-prone position, clear the airway, and re-assess ABCs.
 - (iii) You should put an unconscious victim in semi-prone position because :
 - (a) This is the best position in which to do mouth-to-mouth.
 - (b) This is the best position in which to take a pulse.
 - (c) This is the best position in which to check breathing.
 - (d) This is the best position in which to allow vomit to drain.
 - (iv) You should treat victims suffering from deep frost bite on both hands by :
 - (a) Rubbing their hands together to generate heat.
 - (b) Treating for shock.
 - (c) Immersing the affected area in lukewarm water and wrap with gauze.
 - (d) Placing their hands underneath their armpits.

Turn over

(v) What is the rhythm of CPR ?

- (a) 15 compressions and 2 breaths at the rate of 6 repeats in 2 minutes.
- (b) 30 compressions and 2 breaths at the rate of 5 repeats in 2 minutes.
- (c) 30 compressions and 1 breath at the rate of 5 repeats in 3 minutes.
- (d) 5 compressions and 1 breath every minute.

(5 × 1 = 5 marks)

(B) State whether the following statements are True or False:

- (i) The proper position for victims of a nose bleed is sitting with their head tilted back.
- (ii) Two major concerns associated with open wounds are severe bleeding and infection.
- (iii) Blisters caused from second-degree burns should be treated with butter.
- (iv) Check for danger is the first thing to do when you approach a casualty.
- (v) The type of wound is caused by blunt or ripping forces resulting in tears to the skin is known as lacerations.

(5 × 1 = 5 marks)

(C) Match the following :—

- | | |
|--------------|-------------------|
| (a) Strain | (1) Skin. |
| (b) Bandage | (2) Cyclone. |
| (c) Fracture | (3) Muscle. |
| (d) Sprain | (4) Comminuted. |
| (e) Abrasion | (5) Ligament. |
| | (6) Figure-eight. |

(5 × 1 = 5 marks)

3. Discuss briefly :

- (a) Sports for World peace and International understanding.
- (b) Role of yoga in life.
- (c) Substance Abuse among youth.

(3 × 5 = 15 marks)

4. Write notes about the following :—

- (a) Bandaging techniques.
- (b) Traffic safety.
- (c) Character building through Sports participation.

(3 × 5 = 15 marks)

5. Explain briefly:

- (a) First Aid Kit.
- (b) Definition and Aims of Safety Education.
- (c) Techniques of carrying injured persons.

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(3 × 5 = 15 marks)

Part B

6. Discuss in detail about the common natural disasters and the readiness programmes for them.

(1 × 15 = 15 marks)

7. Write about the first aid procedures for :

- (a) Drowning and Poisoning.
- (b) Electric Shock and Chocking.
- (c) Fractures and Dislocations.

(3 × 5 = 15 marks)

8. Answer shortly on any *five* of the following :—

- (a) Contusions and Abrasions.
- (b) First aid for Snake bite.
- (c) CPR.
- (d) RICE.
- (e) Principles of First Aid.
- (f) Heat Stroke and Snow bite.
- (g) Recreational Safety.
- (h) Relaxation Techniques.

(5 × 3 = 15 marks)