

Class X - Health and Physical Education

**Safety Measures for Healthy Living**

# CBSE NOTES

## **Safety Measures for Healthy Living - Challenge Worksheet**

*Push your limits with complex, exam-level long-form questions.*



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# Challenge Questions

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## 1. Evaluate the role of first aid in emergency situations and discuss how it can be a lifesaver with examples.

*Hint: Consider scenarios where immediate action is crucial and the consequences of delay.*

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**Solution:** First aid provides immediate care to prevent further injury or illness until professional help arrives. Examples include CPR for cardiac arrest and the Heimlich maneuver for choking. Counterpoints might include situations where improper first aid can cause harm, emphasizing the need for proper training.

## 2. Analyze the precautions necessary while handling insecticides in agriculture and their importance in preventing health hazards.

*Hint: Think about the direct and indirect effects of insecticide exposure on farmers and consumers.*

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**Solution:** Precautions include wearing protective gear, proper storage, and immediate washing after exposure. Importance lies in preventing poisoning and long-term health effects. Counterpoints could discuss the economic pressure to skip safety measures.

## 3. Discuss the psychological and social factors that contribute to substance abuse among adolescents and suggest preventive measures.

*Hint: Reflect on how personal and environmental factors interact to influence behavior.*

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**Solution:** Factors include peer pressure, stress, and media influence. Preventive measures involve education, life skills training, and community support. Counterpoints might argue the difficulty in changing societal norms.

## 4. Compare and contrast the short-term and long-term effects of substance abuse on an individual's health and society.

*Hint: Consider the progression from initial use to dependency and its broader impacts.*

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**Solution:** Short-term effects include impaired judgment and coordination, while long-term effects involve organ damage and societal costs like increased healthcare and crime. Counterpoints could highlight occasional use versus addiction.

## 5. Critically assess the safety measures for working with electrical gadgets and their significance in preventing accidents.

*Hint: Think about common household practices and their risks.*

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**Solution:** Measures include using ISI-marked gadgets, avoiding wet hands, and regular maintenance. Significance lies in preventing electric shocks and fires. Counterpoints might discuss the cost and accessibility of safe gadgets.

## 6. Explain the concept of CPR and its critical role in saving lives during cardiac emergencies. Include the steps involved.

*Hint: Consider the time-sensitive nature of cardiac emergencies.*

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**Solution:** CPR maintains circulation and breathing through chest compressions and rescue breaths. Steps include checking responsiveness, calling for help, and performing compressions and breaths. Counterpoints might address the stress and skill required.

## 7. Debate the effectiveness of media campaigns in preventing substance abuse among youth, providing examples.

*Hint: Reflect on how messages are crafted and received by different audiences.*

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**Solution:** Campaigns can raise awareness and change perceptions, like the 'Truth' campaign. However, they may not address underlying issues. Counterpoints could include desensitization or backlash.

## 8. Describe the recovery position for an unconscious but breathing person and explain its importance in first aid.

*Hint: Think about the anatomy of the airway and potential obstructions.*

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**Solution:** The recovery position prevents choking by keeping the airway open. Steps include placing the person on their side with the head tilted. Counterpoints might discuss situations where it's not advisable, like spinal injuries.

## 9. Investigate the reasons behind the easy availability of addictive substances and propose strategies to curb their access.

*Hint: Consider the economic and social drivers of substance availability.*

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**Solution:** Reasons include lax regulations and high demand. Strategies could involve stricter laws, education, and community policing. Counterpoints might discuss the black market and enforcement challenges.

## 10. Assess the impact of substance abuse on family dynamics and suggest ways families can support recovery.

*Hint: Reflect on the roles and relationships within a family affected by substance abuse.*

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**Solution:** Impact includes financial strain and emotional distress. Support can come through counseling, setting boundaries, and fostering open communication. Counterpoints might highlight the stigma and relapse risks.

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