

Class X - Health and Physical Education

**Safety Measures for Healthy Living**

# CBSE NOTES

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

*Advance your understanding through integrative and tricky questions.*



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# Mastery Questions

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## 1. Explain the importance of first aid in emergency situations and describe the priorities to be kept in mind while administering first aid.

*Hint: Think about the immediate actions that can save a life or prevent the condition from worsening.*

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**Solution:** First aid is crucial as it provides immediate and temporary care to the injured or sick, reducing suffering and preventing further complications before professional medical help arrives. Priorities include maintaining ABC (Airway, Breathing, Circulation), stopping bleeding, immobilizing broken bones, cooling burns, and transferring the patient to a health center.

## 2. Compare and contrast the safety measures to be taken while working with machines and handling electricity.

*Hint: List the dos and don'ts for each scenario and find commonalities and differences.*

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**Solution:** While working with machines, safety measures include washing hands to remove grease, avoiding loose clothes, and concentrating on work. Handling electricity requires using MCBs, avoiding gadgets with moist hands, and wearing rubber slippers. Both emphasize the importance of following proper rules and methodologies to prevent accidents.

## 3. Discuss the short-term and long-term effects of substance abuse on an individual's health and society.

*Hint: Consider both the immediate and prolonged impacts on physical health and social behavior.*

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**Solution:** Short-term effects include distorted vision, hearing, and coordination, while long-term effects involve damage to body organs, poor health, and low immunity. Societally, it leads to increased crime rates and financial burdens on families and communities.

## 4. Describe the steps to perform CPR and its importance in saving lives.

*Hint: Focus on the sequence of actions and the critical time frame for effective CPR.*

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**Solution:** CPR involves chest compressions and artificial breaths to maintain circulation and breathing. It's vital as starting CPR within three minutes of heart stoppage can prevent brain damage and save lives.

## 5. Analyze the reasons why young people are more vulnerable to substance abuse and suggest preventive measures.

*Hint: Think about the factors that influence adolescents and how to counteract them.*

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**Solution:** Young people are vulnerable due to peer pressure, curiosity, and lack of knowledge. Prevention includes education on dangers, developing life skills, and engaging in productive activities.

## 6. Explain the precautions to be taken while using insecticides at home and in agriculture.

*Hint: Consider the different settings and the specific risks associated with each.*

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**Solution:** At home, keep sprays away from children and read instructions. In agriculture, cover body parts and wash clothes after use. Both require avoiding inhalation and skin contact.

## 7. What are the consequences of not following safety measures while handling electric gadgets?

*Hint: Reflect on the potential dangers of negligence with electricity.*

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**Solution:** Not following safety measures can lead to electric shocks, fires, and even fatalities due to accidental current leakage or short circuits.

## 8. Discuss the role of media and society in preventing substance abuse among adolescents.

*Hint: Consider how external influences can both harm and help in prevention efforts.*

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**Solution:** Media can glamorize substance use, misleading adolescents, while society can provide support and correct information to prevent abuse. Both have roles in shaping attitudes and behaviors.

**9. How can the misuse of medicines affect an individual's health?  
List the precautions to be taken while consuming medicines.**

*Hint: Think about the balance between benefits and risks of medicine use.*

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**Solution:** Misuse can lead to undesirable side effects, allergies, and emergencies. Precautions include taking prescribed doses, checking expiry dates, and avoiding self-medication.

**10. Evaluate the effectiveness of recovery position in managing an unconscious but breathing person.**

*Hint: Consider how the position addresses the immediate needs of the unconscious person.*

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**Solution:** The recovery position stabilizes the head and body, preventing choking and ensuring open airways, making it effective for managing unconscious individuals until help arrives.

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