

Class X - Health and Physical Education

Safety Measures for Healthy Living

CBSE NOTES

Safety Measures for Healthy Living - Practice Worksheet

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Practice Questions

1. Explain the importance of safety measures in our daily life with examples.

Hint: Think about different places like home, workplace, and roads where safety measures are applied.

Solution: Safety measures are crucial in our daily life to prevent accidents and injuries. They help in maintaining a healthy and secure environment. For instance, wearing helmets while riding a bike protects against head injuries. Similarly, using safety gadgets like gloves and aprons in laboratories prevents chemical burns. Safety measures at workplaces reduce the risk of accidents due to faulty equipment or carelessness. At home, keeping insecticides away from children avoids poisoning. First aid knowledge is essential to provide immediate care in emergencies. Overall, safety measures ensure a safe and healthy living by minimizing risks and preventing harm.

2. Describe the precautions one should take while working with machines.

Hint: Consider the dos and don'ts mentioned in the chapter for machine safety.

Solution: While working with machines, certain precautions are essential to avoid injuries. Always wash hands to remove oil and grease for better grip. Avoid wearing loose clothes as they can get entangled in machines. Concentrate on the work and avoid distractions like talking. Switch off the machine when not in use to prevent accidental starts. Keep spare parts in proper places to avoid tripping. Never touch moving parts to prevent burns or cuts. Use safety equipment like gloves and spectacles for protection. Following these precautions ensures safe and efficient operation of machines.

3. What are the safety measures to be followed while handling insecticides?

Hint: Refer to the section on household and agricultural insecticides for detailed precautions.

Solution: Handling insecticides requires strict safety measures to prevent harm. Always keep spray cans away from children and destroy them after use. Shake the container well before use to avoid spills. Read the information brochure for proper usage instructions. Avoid frequent use of sprays to prevent health issues. If sprayed on the body, wash immediately with soap and water. Remove

contaminated clothes promptly. Do not use insecticides if family members have allergies or asthma. In agriculture, cover body parts and wash clothes after spraying. These measures ensure safe use of insecticides.

4. Explain the importance of first aid and its priorities.

Hint: Think about the steps to follow in an emergency situation.

Solution: First aid is immediate care given to an injured or sick person before professional help arrives. It reduces suffering and prevents complications. The priorities of first aid include maintaining ABC: Airway, Breathing, and Circulation. Clear the airway if blocked and check breathing. Provide artificial respiration if necessary. Stop bleeding by applying pressure and immobilize broken bones. Cool burns and treat eye, nose, and ear injuries. Tie bandages over wounds and transfer the patient to a health center. First aid is vital in emergencies like unconsciousness, burns, and fractures.

5. What is CPR and how is it performed?

Hint: Refer to the CPR section for the correct technique and ratio.

Solution: CPR (Cardio Pulmonary Resuscitation) is a life-saving technique used when breathing or heartbeat stops. It involves chest compressions and artificial breathing. Place the heel of your hand on the center of the chest between the nipples. Give 30 compressions followed by 2 breaths. Compress the chest 1.5 to 2 inches deep at a rate of 100-120 per minute. Open the airway by tilting the head and lifting the chin. Perform mouth-to-mouth breathing if trained. Continue CPR until the person revives or medical help arrives. CPR is crucial within the first few minutes of cardiac arrest to prevent brain damage.

6. Discuss the effects of medicines on individuals and the precautions to be taken.

Hint: Consider both the benefits and risks of medicine use.

Solution: Medicines treat diseases but can harm if misused. They come as tablets, injections, syrups, etc. Analgesics reduce pain, antibiotics fight infections, and lotions soothe burns. Supplements correct deficiencies, and vaccines prevent diseases. Hormones support physiological functions. Precautions include taking only prescribed medicines in recommended doses. Avoid self-medication and check expiry dates. Store medicines away from sunlight and extreme temperatures. Use full cups of water to swallow tablets. Inform doctors about allergies. Complete the prescribed course to prevent relapse. These precautions ensure safe and effective use of medicines.

7. What is substance abuse and its consequences?

Hint: Think about the physical, mental, and social impacts of substance abuse.

Solution: Substance abuse is the non-medical use of drugs or other substances altering mental or physical status. It leads to addiction, where the person cannot stop using the substance. Common abused substances include tobacco, alcohol, marijuana, and solvents. Short-term effects include distorted vision and impaired judgment. Long-term effects are organ damage, poor health, and increased disease risk. Substance abuse can lead to HIV/AIDS through shared needles. It affects not only the individual but also family and society, leading to crime and financial loss. Prevention involves education, peer pressure management, and community support.

8. How can young people prevent substance abuse?

Hint: Consider the role of education, support systems, and personal choices in prevention.

Solution: Young people can prevent substance abuse by managing peer pressure and developing life skills. Say 'No' assertively to offers of substances. Educate themselves about the dangers of abuse. Engage in productive activities like community service. Seek support from family and friends during tough times. Avoid media glamorizing substance use. Recognize that true friends do not pressure into harmful habits. Schools and communities should provide correct information and support. Empowerment with knowledge and skills helps in making informed decisions and avoiding substance abuse.

9. Describe the case study of Sohan and the lessons learned.

Hint: Analyze the factors leading to Sohan's habit and possible alternatives.

Solution: Sohan started smoking due to performance pressure and peer influence. Smoking did not reduce his stress but became a harmful habit. He could have managed stress through exercise, meditation, or talking to parents. His parents could have provided emotional support and open communication. The case highlights the dangers of peer pressure and self-medication. It shows the importance of healthy stress management and family support. Young people should seek help instead of turning to substances. The lesson is to avoid substance use and adopt positive coping mechanisms.

10. What are the long-term effects of substance abuse on health and society?

Hint: Consider both individual health and broader societal impacts.

Solution: Long-term substance abuse damages health and society. Health effects include organ damage, poor immunity, and diseases like HIV/AIDS. It leads to irregular eating and sleep disorders. Pregnant women risk harming the fetus. Societal impacts are loss of productivity, increased crime, and financial burden. Families suffer emotionally and financially. Substance users may engage in illegal activities to fund their habit. Prevention through education and support can mitigate these effects. Society must provide rehabilitation and support to addicts. Addressing root causes like peer pressure and stress is essential for long-term solutions.

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