

**PROVISIONAL ANSWER KEY**

Paper: 086 - First Aid Personal Hygiene and General Sanitation  
Date of Test 19-05-2023

Question1:-Heating of milk to such temperatures and for such periods of time to destroy any pathogen that may be present is known as

- A:-Pasteurization
- B:-Sterilization
- C:-Chlorination
- D:-Oxidation

Correct Answer:- Option-A

Question2:-Which microorganism can penetrate a cracked shell and enter the egg?

- A:-Ticks
- B:-Salmonella
- C:-Mite
- D:-Entamoeba histolytica

Correct Answer:- Option-B

Question3:-Which is not a sign of fresh fish?

- A:-It is in a state of rigor mortis
- B:-The gills are bright red
- C:-The eyes are clear and prominent
- D:-Soft to touch and can bend easily

Correct Answer:- Option-D

Question4:-Which hepatitis is a food born disease?

- A:-Hep. A
- B:-Hep. B
- C:-Hep. C
- D:-Hep. D

Correct Answer:- Option-A

Question5:-Which vaccine is included in national immunization schedule in Kerala recently to prevent Diarrhoea in infants?

- A:-Pneumococcal vaccine
- B:-Rotaviral vaccine
- C:-Japanese encephalitis vaccine
- D:-Covishield vaccine

Correct Answer:- Option-B

Question6:-Infections transmitted from food handlers are following except

- A:-Typhoid
- B:-Dysentery
- C:-Viral hepatitis
- D:-Scrub typhus

Correct Answer:- Option-D

Question7:-Food borne Heavy metal poisoning usually associated with

- A:-Fish
- B:-Honey
- C:-Mushroom
- D:-Vegetables

Correct Answer:- Option-A

Question8:-Neurolethyrism the causative toxin is known as

- A:-DDT
- B:-BHC
- C:-BOAA
- D:-Aflatoxin

Correct Answer:- Option-C

Question9:-Process whereby nutrients are added to food to improve the quality of the diet is known as

- A:-Adulteration of food
- B:-Pasteurization of food
- C:-Food fortification
- D:-Nutrification of food

Correct Answer:- Option-C

Question10:-Which of the following is not adulteration of food?

- A:-Argemone oil added to mustard oil
- B:-Adding pappaya seeds to black pepper
- C:-Adding vanaspathi to ghee
- D:-Adding iodine to the salt

Correct Answer:- Option-D

Question11:-Cause of epidemic dropsy

- A:-DDT
- B:-Sanguinarine
- C:-Aflatoxin
- D:-BOAA

Correct Answer:- Option-B

Question12:-Exclusive Breast Feeding is advised till which month of age for infants in Kerala?

- A:-3
- B:-4
- C:-5
- D:-6

Correct Answer:- Option-D

Question13:-Which of the following virus is resistant to chlorine?

- A:-Polio
- B:-E.coli
- C:-Salmonella
- D:-Shigella

Correct Answer:- Option-A

Question14:-Which is the most effective form of chlorine for water disinfection?

- A:-Hypochlorite ion

- B:-Hypochlorous acid
- C:-Chloride ion
- D:-Hydrochloric acid

Correct Answer:- Option-B

Question15:-Which is the chemical formula of Bleaching Powder?

- A:-CaCl<sub>2</sub>
- B:-HOCl
- C:-CaOCl<sub>2</sub>
- D:-CaO

Correct Answer:- Option-C

Question16:-For Prevention of Rabies immediate flushing and washing the wounds for how much time is advised?

- A:-5-8 minutes
- B:-6-9 minutes
- C:-10-15 minutes
- D:-4-8 minutes

Correct Answer:- Option-C

Question17:-Which of the following has to be done as first aid during burns?

- A:-To apply oil to the burns
- B:-Trying to open the blisters
- C:-To apply ice
- D:-Use cool running water

Correct Answer:- Option-D

Question18:-For the victim of drowning at around which time they loss conscious after immersion?

- A:-5 minutes
- B:-8 minutes
- C:-2 minutes
- D:-10 minutes

Correct Answer:- Option-C

Question19:-Which category wound needs Rabies Immunoglobulin for post exposure prophylaxis?

- A:-Cat. I
- B:-Cat. II
- C:-Cat. III
- D:-Cat. IV

Correct Answer:- Option-C

Question20:-Which of the following produce exclusively Haemotoxin?

- A:-Cobra
- B:-Seasnake
- C:-Viper
- D:-Python

Correct Answer:- Option-C

Question21:-Irreversible brain damage can take place how much time following immersion?

- A:-10 minutes
- B:-15 minutes
- C:-12 minutes
- D:-6 minutes

Correct Answer:- Option-D

Question22:-Licks by the rabid animal on intact skin comes under which category of wound?

- A:-Cat. I
- B:-Cat. II
- C:-Cat. III
- D:-Cat. IV

Correct Answer:- Option-A

Question23:-Which of the following is true according to the first aid in snake bite?

- A:-Block blood supply by tight ligatures
- B:-To apply ice
- C:-Immobilize in the same way as a fractured limb
- D:-Incise or manipulate the bitten site

Correct Answer:- Option-C

Question24:-Burns inside the mouth is suggestive of

- A:-Poisoning
- B:-Drowning
- C:-Hanging
- D:-Peptic ulcer

Correct Answer:- Option-A

Question25:-Which is not a sign of brain injury?

- A:-Seizures
- B:-Nose bleed
- C:-Loss of consciousness
- D:-Swollen and painful thigh

Correct Answer:- Option-D

Question26:-Hypovolemic shock is directly related to

- A:-Infection
- B:-Spine injury
- C:-Loss of blood
- D:-Nerve injury

Correct Answer:- Option-C

Question27:-A person attempted poisoning by drinking Kerosene which of the following should not be done?

- A:-Induce vomiting
- B:-Shift the victim immediately to hospital
- C:-Remove the clothes
- D:-Inform the Police

Correct Answer:- Option-A

Question28:-All of the following are symptoms of heat stroke except

- A:-Vomiting

- B:-Sweating
  - C:-Muscular cramps
  - D:-None of the above
- Correct Answer:- Option-B

Question29:-Which is true about hypoglycemia in a victim?

- A:-Patient missed insulin
  - B:-Chest pain
  - C:-Sweating
  - D:-Increased frequency of urination
- Correct Answer:- Option-C

Question30:-What is the first aid for fainting attack?

- A:-Loosen the tight clothing at neck
  - B:-To give him water to drink
  - C:-To give slap over the head
  - D:-Help him to stand up to assess consciousness
- Correct Answer:- Option-A

Question31:-Symbol of first aid is

- A:-Red cross
  - B:-Green cross
  - C:-Red cross in white background
  - D:-White cross on green background
- Correct Answer:- Option-D

Question32:-First aid of amputated finger

- A:-Place the finger directly in contact with ice
  - B:-Place the finger directly in normal saline
  - C:-Place the finger directly in normal saline pack surrounded by ice cubes
  - D:-Place the finger directly in ice surrounded by normal saline pack
- Correct Answer:- Option-C

Question33:-What is the first aid for a person bitten by wasp?

- A:-Suck the poison from the site
  - B:-Apply turmeric to the wound
  - C:-Remove the sting embedded in the skin
  - D:-Incise the wound to remove the poisonous blood
- Correct Answer:- Option-C

Question34:-Rabies spread via

- A:-Contact with the saliva of infected animal
  - B:-Drinking milk of infected animal
  - C:-Drinking water where infected animal found as dead
  - D:-All of the above
- Correct Answer:- Option-A

Question35:-Malaria transmitted to human by the vector mosquito

- A:-Aedes
  - B:-Anopheles
  - C:-Culex
  - D:-Mansonia
- Correct Answer:- Option-B

Question36:-The disease and infection of animals communicable to man from vertebrate animal is known as

- A:-Endemic
  - B:-Epidemic
  - C:-Zoonoses
  - D:-None of the above
- Correct Answer:- Option-C

Question37:-Which mosquito is known as Tiger mosquito?

- A:-Aedes
  - B:-Anopheles
  - C:-Culex
  - D:-Mansonia
- Correct Answer:- Option-A

Question38:-Scrub Typhus is caused by

- A:-Fly
  - B:-Tick
  - C:-Bug
  - D:-Mite
- Correct Answer:- Option-D

Question39:-The size of the opening in the mosquito net should not exceed

- A:-0.0475 inch
  - B:-0.0675 inch
  - C:-0.0875 inch
  - D:-0.02 inch
- Correct Answer:- Option-A

Question40:-Limitation of freedom of movement of well persons exposed to communicable disease is called

- A:-Notification
  - B:-Isolation
  - C:-Quarantine
  - D:-Seregation
- Correct Answer:- Option-C

Question41:-All of the following are examples of fomites except

- A:-Water
  - B:-Books
  - C:-Towels
  - D:-Door handles
- Correct Answer:- Option-A

Question42:-All are disease transmitted from person to person except

- A:-Typhoid

B:-Hep. A  
C:-Cholera  
D:-Dengue

Correct Answer:- Option-D

Question43:-Any waste, which is generated during the diagnosis, treatment or immunization of human beings or animals is known as

A:-Biomedical waste  
B:-General waste  
C:-Chemical waste  
D:-Urban waste

Correct Answer:- Option-A

Question44:-Ligament tear is known as

A:-Strain  
B:-Sprain  
C:-Dislocation  
D:-Subluxation

Correct Answer:- Option-B

Question45:-Inhalation of cotton fibre dust over long periods of time will cause

A:-Silicosis  
B:-Anthracosis  
C:- Byssinosis  
D:-Asbestosis

Correct Answer:- Option-C

Question46:-In emergency situation which arterial pulse you will check in adults?

A:-Radial  
B:-Carotid  
C:-Brachial  
D:-Axillary

Correct Answer:- Option-B

Question47:-How frequently we should deworm the children in India?

A:-Once in a month  
B:-Once in a year  
C:-Once in every 6 months  
D:-Once in every 3 months

Correct Answer:- Option-C

Question48:-Basic skills needed for providing CPR are following except

A:-Effective chest compression  
B:-Care of airway and rescue breathing  
C:-Defibrillation  
D:-Abdominal compression

Correct Answer:- Option-D

Question49:-Partial cooking of paddy in steam is known as

A:-Parboiling  
B:-Cooking  
C:-Milling  
D:-Steaming

Correct Answer:- Option-A

Question50:-Protein content of 100 ml of human milk is

A:-4.3 g  
B:-3.2 g  
C:-2.4 g  
D:-1.1 g

Correct Answer:- Option-D

Question51:-Ocular manifestation of Vit. A deficiency is known as

A:-Kwashiorker  
B:-Xerophthalmia  
C:-Pallor  
D:-Cataract

Correct Answer:- Option-B

Question52:-Scurvy is caused by

A:-Vit. C deficiency  
B:-Vit. C Toxicity  
C:-Vit. E deficiency  
D:-Vit. E Toxicity

Correct Answer:- Option-A

Question53:-In suspected spine fracture all are done except

A:-Absolute bed rest  
B:-Logroll movement  
C:-Apply collar  
D:-Transport in wheel chair

Correct Answer:- Option-D

Question54:-Hangman's fracture related to

A:-Spine injury  
B:-Rib injury  
C:-Abdominal injury  
D:-Pelvic injury

Correct Answer:- Option-A

Question55:-BMI for obesity

A:- $\geq 18.5$   
B:- $\geq 40$   
C:- $\geq 30$   
D:- $\geq 25$

Correct Answer:- Option-C

Question56:-Egg is deficient in which of the following vitamin?

A:-Vit. A

B:-Vit. B  
C:-Vit. C  
D:-Vit. D

Correct Answer:- Option-C

Question57:-Which of the following bacteria is not a cause for diarrhoea?

A:-Cholera  
B:-E.Coli  
C:-Salmonella  
D:-Pneumococci

Correct Answer:- Option-D

Question58:-How is BMI calculated?` ``

A:- $(Wt(kg))/(Ht(m^2))$   
B:- $(Wt(kg))/(Ht(cm^2))$   
C:- $(Wt(g))/(Ht(cm^2))$   
D:- $(Wt(g))/(Ht(m^2))$

Correct Answer:- Option-A

Question59:-What is mean by enteric fever?

A:-Typhoid  
B:-Scrubtyphus  
C:-Tuberculosis  
D:-Dengue fever

Correct Answer:- Option-A

Question60:-Which of the following disease in human is known as hydrophobia?

A:-Diarrhea  
B:-Rabies  
C:-Gonorrhoea  
D:-Meningitis

Correct Answer:- Option-B

Question61:-Which are the natural host for Nipah virus

A:-Fruit bats  
B:-Pigs  
C:-Squirrel  
D:-Monkey

Correct Answer:- Option-A

Question62:-Widal test is used for the diagnosis of

A:-Leptospirosis  
B:-Dengue fever  
C:-Sepsis  
D:-Typhoid

Correct Answer:- Option-D

Question63:-Full form of AIDS

A:-Auto immune Disease Syndrome  
B:-Acquired Immune Disease Syndrome  
C:-Acquired Immuno Deficiency Syndrome  
D:-Auto Immune Deficiency Syndrome

Correct Answer:- Option-C

Question64:-All are the symptoms of Heart attack except

A:-Absence of carotid pulse  
B:-Chest pain  
C:-Sweating  
D:-Left upper limb pain

Correct Answer:- Option-A

Question65:-Which is known as universal choking sign?

A:-Vomiting  
B:-Holding the neck with one or both  
C:-Loss of Consciousness  
D:-Cyanosis

Correct Answer:- Option-B

Question66:-Full form of AED

A:-Automated External Defibrillator  
B:-Active Electric Defibrillator  
C:-Automated Electrical Debrider  
D:-Artificial Electrical Defibrillator

Correct Answer:- Option-A

Question67:-Statutory limit of blood alcohol level for a person to drive a motor vehicle in India is

A:-50 mg%  
B:-80 mg%  
C:-20 mg%  
D:-30 mg%

Correct Answer:- Option-D

Question68:-Joule burn is specific and diagnostic of contact with what

A:-Dry heat  
B:-Moist heat  
C:-Chemicals  
D:-Electricity

Correct Answer:- Option-D

Question69:----- is an Effusion of blood into the subcutaneous tissue due to the rupture of blood vessel caused by blunt trauma.

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

Correct Answer:- Option-C

Question70:-Percentage of alcohol is maximum in which type of beverage?

A:-Vodka

B:-Whiskey  
C:-Beer  
D:-Wine

Correct Answer:- Option-A

Question71:-For short range wound from short gun the distance from which the short gun discharged is

A:-2-4 m  
B:-1-2 m  
C:-> 4 m  
D:-< 1 m

Correct Answer:- Option-B

Question72:-Filigree burn is seen following burns with

A:-Chemicals  
B:-Electricity  
C:-Lightening  
D:-Steam

Correct Answer:- Option-C

Question73:-Immunization is effective in preventing

A:-Plague  
B:-Cholera  
C:-Measles  
D:-All of the above

Correct Answer:- Option-C

Question74:-Abrasion collar is seen in

A:-Knife injury  
B:-Bullet wound  
C:-Bomb blast wound  
D:-Electric shock wound

Correct Answer:- Option-B

Question75:-Temporary hardness of water is due to the presence of

A:-Ca sulphite  
B:-Ca bicarbonate  
C:-Ca chloride  
D:-Ca nitrate

Correct Answer:- Option-B

Question76:-Rule of 9 is applied to

A:-Burns  
B:-Hypertension  
C:-Fracture  
D:-Electric Shock

Correct Answer:- Option-A

Question77:-World Environment Day

A:-Aug. 15  
B:-Sept. 2  
C:-Oct. 2  
D:-June 5

Correct Answer:- Option-D

Question78:-ORS is used to prevent

A:-Dehydration  
B:-Fever  
C:-Vomiting  
D:-Stomach pain

Correct Answer:- Option-A

Question79:-Primary bacterial indicator for water contamination

A:-Clostridium perfringense  
B:-Coliform organism  
C:-Cholera bacteria  
D:-None of the above

Correct Answer:- Option-B

Question80:-RNTCP is a programme for the control of

A:-Leprosy  
B:-AIDS  
C:-TB  
D:-Cancer

Correct Answer:- Option-C

Question81:-Germ theory of disease put forward by

A:-Louis Pasteur  
B:-Robert Koch  
C:-Albert Einstein  
D:-None of the above

Correct Answer:- Option-A

Question82:-The first aid when you suspect low blood sugar in a diabetic patient is

A:-IV Glucose  
B:-Oral Glucose  
C:-Chest Compressions  
D:-To give water to drink

Correct Answer:- Option-B

Question83:-Scabies is a disease of

A:-Poor personnel hygiene  
B:-Malnutrition  
C:-Hereditary nature  
D:-None of the above

Correct Answer:- Option-A

Question84:-Intravenous drug users are at a very high risk of

A:-Hep. B

B:-HIV

C:-Both the above

D:-None of the above

Correct Answer:- Option-C

Question85:-Junk food can lead to

A:-Obesity

B:-Hypertension

C:-Diabetes

D:-All of the above

Correct Answer:- Option-D

Question86:-Choose the correct answer when an infant is choking

A:-Do not allow him to cough

B:-Give a lot of water to drink

C:-Give back slaps with heel of your hand

D:-None of the above

Correct Answer:- Option-C

Question87:-First aid of Nose Bleed which is not a correct one

A:-Pinch the nose for 10-15 minutes

B:-Sit upright and lean forward

C:-Blow the bleeding nose

D:-Apply cold compression

Correct Answer:- Option-C

Question88:-ABC in first aid includes

A:-Alert Brave Careful

B:-Active Bleeding Cardiac Arrest

C:-Airway Breathing Circulation

D:-Airway Brain Coronary

Correct Answer:- Option-C

Question89:-Which of the following does a person giving first aid have to do first?

A:-Start CPR

B:-Call for Ambulance/any other help

C:-Look for carotid pulse

D:-Give him water to drink

Correct Answer:- Option-B

Question90:-Normal Pulse rate/Minute in an adult male is

A:-70-80/min

B:-120-140/min

C:-100-140/min

D:-40-60/min

Correct Answer:- Option-A

Question91:-pH of safe drinking water

A:-pH 6.5-8.5

B:-pH 4-7

C:-pH 7-10

D:-pH 4.5-6.5

Correct Answer:- Option-A

Question92:-Which code is activating in emergency situation in a hospital?

A:-Code red

B:-Code yellow

C:-Code blue

D:-Code green

Correct Answer:- Option-C

Question93:-In chest compression of adults press down with each compression

A:-2 cm

B:-5 cm

C:-7 cm

D:-9 cm

Correct Answer:- Option-B

Question94:-Chest compression rate in emergency setting

A:-60-80/min

B:-80-100/min

C:-100-120/min

D:-120-140/min

Correct Answer:- Option-C

Question95:-When giving CPR compression-ventilation ratio

A:-20 compression to 1 breath

B:-20 compression to 2 breaths

C:-30 compression to 1 breath

D:-30 compression to 2 breaths

Correct Answer:- Option-D

Question96:-The rescuer's exhaled air contains approximately

A:-40% CO<sub>2</sub> & 60% O<sub>2</sub>

B:-80% of O<sub>2</sub> & 20% CO<sub>2</sub>

C:-17% oxygen & 4% CO<sub>2</sub>

D:-21% of O<sub>2</sub> & 4% CO<sub>2</sub>

Correct Answer:- Option-C

Question97:-Heimlich Maneuver is used in

A:-Choking

B:-Fracture

C:-Poisoning

D:-Hanging

Correct Answer:- Option-A

Question98:-The method for opening the airway to provide breaths

A:-Head tilt - chin lift - & Jaw thrust

B:-Head lift - Chin tilt - & Jaw thrust

C:-Head tilt - Chin thrust - Jaw lift

D:-Head lift - Chin lift & Jaw lift

Correct Answer:- Option-A

Question99:-Cardio protective among the following is

A:-LDL

B:-HDL

C:-VLDL

D:-None of the above

Correct Answer:- Option-B

Question100:-Cardiac Arrest is associated with one of the following arrest rhythms

A:-Asystole

B:-Pulseless electrical activity

C:-Ventricular fibrillation

D:-None of the above

Correct Answer:- Option-D