

Safety and First Aid

Science · Class 5 · Topic-wise Practice Worksheet

TIME 40 minutes	QUESTIONS 18	TOTAL MARKS 24	MAX. SCORE ___ / 24
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Name: _____ Class/Sec: _____ Date: _____

INSTRUCTIONS

- There are **18 questions** in this worksheet. All questions are compulsory.
- Each question has four options (A), (B), (C) and (D). Exactly **one** option is correct.
- Questions 1–15 carry **1 mark** each. Questions 16–18 (Achievers Section) carry **3 marks** each.
- There is no negative marking. Do not use a calculator.
- Study every diagram and table carefully before answering.

Section A — Staying Safe

Q1–Q7 · 1 mark each

- At a traffic signal, a **red** light means that you should _____.
 (A) Go ahead (B) Turn left
 (C) Get ready to move (D) Stop
- The all-in-one emergency helpline number in India is _____.
 (A) 112 (B) 911
 (C) 999 (D) 121
- The immediate help given to an injured person before a doctor arrives is called _____.
 (A) Surgery (B) First aid
 (C) Medicine (D) Treatment
- Which of these should you **never** do?
 (A) Wear a helmet while cycling (B) Wash a cut with clean water
 (C) Cross the road at a zebra crossing (D) Touch an electric switch with wet hands
- If a person's clothes catch fire, the correct thing to do is to _____.
 (A) Make them stop, drop to the ground and roll (B) Make them run to get fresh air
 (C) Fan the flames (D) Leave them alone until help arrives
- Which of these items would you **not** expect to find in a first aid box?
 (A) Cotton wool (B) A box of matches
 (C) A pair of scissors (D) Antiseptic lotion
- While walking on a road that has no footpath, you should walk _____.
 (A) In the middle of the road (B) On the extreme left, with your back to the traffic
 (C) Anywhere you like (D) On the extreme right, facing the oncoming traffic

8. Four road signs are shown below. Which one tells a driver the **maximum speed allowed**?



Fig. 8.1 — Four common road signs

(A) P

(B) Q

(C) R

(D) S

9. **Assertion (A):** Water should never be poured on a fire caused by an electrical short circuit.

Reason (R): Water is a poor conductor of electricity.

Choose the correct option.

(A) Both A and R are true, and R explains A

(B) Both A and R are true, but R does not explain A

(C) A is true but R is false

(D) A is false but R is true

10. A girl spills hot tea on her hand. What is the best first aid?

(A) Hold the burnt part under cool running water for about 10 minutes

(B) Rub ice directly on the burn

(C) Apply toothpaste to the burn

(D) Cover it tightly with a plastic sheet

11. In the table below, which row shows an **incorrect** first aid measure?

Row	Injury	First aid
(A)	Small cut	Wash with clean water, apply antiseptic and cover
(B)	Sprained ankle	Rest the limb and apply a cold pack
(C)	Broken bone	Move the limb about to check it
(D)	Nose bleed	Sit up, lean forward and pinch the soft part of the nose

Table 11.1 — Injuries and first aid

(A) Row (A)

(B) Row (B)

(C) Row (C)

(D) Row (D)

12. A boy twists his ankle while playing and it begins to swell. Applying an ice pack helps because the cold _____.

(A) Increases the flow of blood to the injury

(B) Reduces swelling and numbs the pain

(C) Sets the bone back in place

(D) Warms the muscles

13. The safest way to cross a busy road is to _____.

(A) Run across quickly wherever you are

(B) Cross from between two parked cars

(C) Use the zebra crossing or footbridge and look both ways

(D) Cross while looking at your phone

14. A small child suddenly starts choking on a piece of food, coughing and unable to speak. The **first** thing you should do is _____.

(A) Give the child a glass of water to drink

(B) Wait quietly to see if it clears by itself

(C) Make the child lie flat on the back

(D) Encourage the child to keep coughing and call for adult help

15. Why should medicines never be taken without the advice of a doctor?

- (A) A wrong medicine or dose can seriously harm the body
(B) They are expensive
(C) They taste bitter
(D) They lose colour with time

Achievers Section

Q16–Q18 · 3 marks each

16. Consider the following statements.

- (i) First aid is a complete substitute for treatment by a doctor.
(ii) A fire needs fuel, heat and air in order to keep burning.
(iii) Overloading a single socket with many appliances can cause a short circuit and a fire.

Which of the statements is/are correct?

- (A) (i) and (ii) only
(B) (ii) and (iii) only
(C) (i) and (iii) only
(D) All three

17. You are the first person to reach a classmate who has fallen off a bicycle and has a bleeding knee. Arrange the following actions in the best order.

- (i) Cover the wound with a clean pad or bandage.
(ii) Make sure the road is safe and move the child out of the traffic.
(iii) Wash the wound gently with clean water.
(iv) Inform a teacher or parent and get medical help.

- (A) (ii) → (iii) → (i) → (iv)
(B) (i) → (ii) → (iii) → (iv)
(C) (iii) → (i) → (ii) → (iv)
(D) (iv) → (i) → (iii) → (ii)

18. Match each emergency in Column I with the correct action in Column II.

Column I	Column II
(P) A person receiving an electric shock	(1) Keep the person still and calm; rush to hospital
(Q) A snake bite on the leg	(2) Switch off the main supply before touching them
(R) A small kitchen fire in a frying pan	(3) Move to fresh air and open the windows
(S) A gas leak in the kitchen	(4) Cover the pan with a lid to cut off the air

Table 18.1

- (A) P-1, Q-2, R-3, S-4
(B) P-2, Q-1, R-4, S-3
(C) P-2, Q-4, R-1, S-3
(D) P-3, Q-1, R-4, S-2

Answer Key

1	D	2	A	3	B	4	D	5	A
6	B	7	D	8	C	9	C	10	A
11	C	12	B	13	C	14	D	15	A
16	B	17	A	18	B				

Solutions

1. Answer: (D) Stop

Red means stop, amber (yellow) means get ready and slow down, and green means go. Every vehicle and pedestrian must halt behind the stop line when the light is red.

2. Answer: (A) 112

112 is the single national emergency number in India — it connects you to the police, fire service and ambulance. 100 (police), 101 (fire) and 102/108 (ambulance) also still work.

3. Answer: (B) First aid

First aid is the simple, immediate care given at the spot of an accident. Its purpose is to save life, prevent the injury from getting worse and give comfort until proper medical help is available.

4. Answer: (D) Touch an electric switch with wet hands

Water conducts electricity, so touching a switch or appliance with wet hands can give a severe and even fatal shock. The other three are all safe, sensible practices.

5. Answer: (A) Make them stop, drop to the ground and roll

Running fans the flames with fresh air and makes the fire burn fiercely. 'Stop, drop and roll' — or wrapping the person in a thick blanket — smothers the fire by cutting off its supply of air.

6. Answer: (B) A box of matches

A first aid box normally holds cotton wool, bandages, antiseptic lotion, sticking plaster, scissors, a thermometer and simple medicines. Matches have nothing to do with first aid and are a fire hazard.

7. Answer: (D) On the extreme right, facing the oncoming traffic

In India, vehicles keep to the left, so a pedestrian should walk on the extreme right. That way the traffic comes towards you and you can see it approaching and step aside in time.

8. Answer: (C) R

R is a speed limit sign: a red ring with a number inside means no vehicle may go faster than that many kilometres per hour. P (red circle with a white bar) means 'No entry', Q means 'Stop' and S is a general warning sign.

9. Answer: (C) A is true but R is false

A is true — water must never be used on an electrical fire. R, however, is false: ordinary water (with its dissolved salts) is a **good** conductor, and that is exactly why the shock can travel back up the stream of water to the person pouring it. The right action is to switch off the main supply and use a dry chemical or carbon dioxide extinguisher.

10. Answer: (A) Hold the burnt part under cool running water for about 10 minutes

Cool running water carries the heat away, limits the damage and eases the pain. Ice applied directly can damage the skin further, and home remedies such as toothpaste, ink or butter trap the heat and increase the risk of infection.

11. Answer: (C) Row (C)

A suspected fracture must be kept as still as possible and supported with a splint. Moving the limb can push the broken ends further apart and damage nearby nerves and blood vessels. The other three measures are all correct.

12. Answer: (B) Reduces swelling and numbs the pain

Cold makes the small blood vessels narrow, so less blood and fluid leak into the injured tissue and the swelling is kept down. The cold also dulls the nerve endings, which reduces pain. Heat would do the opposite and increase the swelling.

13. Answer: (C) Use the zebra crossing or footbridge and look both ways

A zebra crossing or footbridge is the place where drivers expect pedestrians and are required to give way. Looking right, then left, then right again before stepping out gives you time to spot approaching traffic. Crossing between parked cars is dangerous because drivers cannot see you until it is too late.

14. Answer: (D) Encourage the child to keep coughing and call for adult help

Coughing is the body's own most effective way of pushing an object out of the airway, so it should be encouraged while adult help is called at once. Giving water to a choking person can make matters worse, and simply waiting wastes precious time.

15. Answer: (A) A wrong medicine or dose can seriously harm the body

Medicines are made to act on particular illnesses in particular doses. Taking the wrong one, or too much of the right one, can damage organs such as the liver and kidneys, hide the real illness or cause a dangerous reaction. Only a doctor can judge what is safe for you.

16. Answer: (B) (ii) and (iii) only

Statement (i) is false — first aid only keeps the patient safe until proper medical treatment is available; it never replaces a doctor. Statement (ii) is true, and removing any one of the three (fuel, heat, air) puts the fire out. Statement (iii) is true; too many appliances draw a large current, the wires overheat and the insulation can catch fire. Hence (ii) and (iii).

17. Answer: (A) (ii) → (iii) → (i) → (iv)

The first rule of first aid is to make the scene safe, so the injured child is moved out of the traffic (ii). Next the wound is cleaned to remove dirt and germs (iii), then covered to stop the bleeding and keep infection out (i). Finally an adult is informed so that proper medical help can be arranged (iv).

18. Answer: (B) P-2, Q-1, R-4, S-3

Touching a person who is still in contact with the current would give you a shock too, so the supply must be switched off first (2). After a snake bite the victim must be kept still and calm so that the venom spreads slowly, and taken to hospital at once (1). A lid smothers a pan fire by cutting off its air (4). In a gas leak, fresh air must be let in and no switch or flame touched (3). Hence P-2, Q-1, R-4, S-3.