



Practice Worksheet on Life Skills

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Subject: Safety

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Long Answer Questions

1. Explain the importance of first aid and its role in emergency situations.
2. Describe essential fire safety measures for the home and school.
3. Explain the importance of basic hygiene practices in preventing the spread of disease.
4. Discuss the importance of cyber safety and how to stay safe online.
5. Describe essential water safety rules for various water activities.
6. Explain road safety rules for pedestrians and vehicle passengers.
7. Describe safety precautions to take when dealing with strangers.

8. Explain why it is crucial to have emergency contacts readily available and how to prepare for emergencies.

Multiple Choice Questions

1. Which of the following is a crucial hygiene practice?

- a) Wash your hands frequently with soap and water.
- b) Share your personal information with strangers online.
- c) Ignore fire alarms and stay in the building.
- d) Walk alone at night in poorly lit areas.

2. Which of these actions demonstrates road safety?

- a) Never use seatbelts.
- b) Always look both ways before crossing the road.
- c) Run across busy streets without caution.
- d) Jaywalk whenever convenient.

3. What is a good practice for cyber safety?

- a) Share your passwords with everyone.
- b) Use strong passwords and be cautious about online interactions.
- c) Click on unknown links and open attachments from strangers.
- d) Post personal information on social media without privacy settings.

4. Which of the following actions is important for water safety?

- a) Stay in the water even if you can't swim.
- b) Always wear life jackets when boating.
- c) Ignore any signs warning about water hazards.
- d) Dive into water without checking its depth.

5. Which option is a good practice for stranger safety?

- a) Approach strangers and share your personal information.
- b) Avoid going anywhere with strangers.
- c) Tell strangers everything about yourself and where you live.
- d) Accept gifts from strangers without hesitation.

6. What is a vital component of personal hygiene?

- a) Regular handwashing.
- b) Ignoring minor injuries.
- c) Sharing personal items with everyone.
- d) Eating food that has fallen on the floor.

7. Which of these is good emergency preparedness?

- a) Leave your home without telling anyone.
- b) Have a plan for emergencies and know your emergency contacts.
- c) Disregard fire alarms and escape routes.
- d) Never practice emergency drills.

8. Which of these demonstrates a vital fire safety precaution?

- a) Use candles freely instead of electric lights.
- b) Leave cooking unattended.
- c) Keep matches and lighters within reach of children.
- d) Have working smoke detectors in your home.

Answer Key

Long Answer Questions - Expected Responses

1. Explain the importance of first aid and its role in emergency situations.

Expected Answer: First aid involves immediate help given to someone injured or suddenly ill before professional medical help arrives.

2. Describe essential fire safety measures for the home and school.

Expected Answer: Fire safety includes having working smoke detectors, planning escape routes, and knowing how to use a fire extinguisher.

3. Explain the importance of basic hygiene practices in preventing the spread of disease.

Expected Answer: Basic hygiene involves regular handwashing, showering, and keeping surroundings clean to prevent infections.

4. Discuss the importance of cyber safety and how to stay safe online.

Expected Answer: Cyber safety includes being cautious about sharing personal information online, using strong passwords, and avoiding suspicious links.

5. Describe essential water safety rules for various water activities.

Expected Answer: Water safety involves learning to swim, wearing life jackets when boating, and being aware of water currents.

6. Explain road safety rules for pedestrians and vehicle passengers.

Expected Answer: Road safety includes following traffic laws, wearing seatbelts, and looking both ways before crossing the road.

7. Describe safety precautions to take when dealing with strangers.

Expected Answer: Stranger danger involves avoiding talking to strangers, not going places with them, and immediately telling a trusted adult if approached.

8. Explain why it is crucial to have emergency contacts readily available and how to prepare for emergencies.

Expected Answer: Emergency contacts should include family, close friends, and neighbors, along with local emergency services.

Multiple Choice Questions – Correct Answers

1. Which of the following is a crucial hygiene practice?

Correct Answer: Wash your hands frequently with soap and water.

2. Which of these actions demonstrates road safety?

Correct Answer: Always look both ways before crossing the road.

3. What is a good practice for cyber safety?

Correct Answer: Use strong passwords and be cautious about online interactions.

4. Which of the following actions is important for water safety?

Correct Answer: Always wear life jackets when boating.

5. Which option is a good practice for stranger safety?

Correct Answer: Avoid going anywhere with strangers.

6. What is a vital component of personal hygiene?

Correct Answer: Regular handwashing.

7. Which of these is good emergency preparedness?

Correct Answer: Have a plan for emergencies and know your emergency contacts.

8. Which of these demonstrates a vital fire safety precaution?

Correct Answer: Have working smoke detectors in your home.