Affiliated to CBSE, New Delhi (Affiliation No. 1030642)

GNPS

GOMTI NANDAN PUBLIC SCHOOL

Gandhi Ward, Bina (M.P.) 470113. | 9165 609 333. | info@mygnps.com | www.mygnps.com

CLASS X · HEALTH CARE (413) · SKILL SUBJECT · CBSE BOARD EXAMINATION 2027

PART B · UNIT 4

Basic First Aid and Emergency Relief

Unit Booklet · Short Notes · Board-Pattern Questions · Model Answers

Part B · 10 of 40 theory marks | 31 questions with model answers | Ram Sir | Taught: Thu 26 Nov

INSIDE THIS BOOKLET

1	**Unit Notes** 12 note blocks, key terms, exam tips	2
A	**Objective Questions** 18 questions · 1 mark	6
B	**Short Answer Questions** 6 questions · 2 marks	7
C	**Long Answer Questions** 5 questions · 4 marks	8
D	**Case-Based Questions** 2 cases · 4 marks	8
E	**Answers** Key + model answers, marking-scheme style	9

STUDENT DETAILS

NAME _____

CLASS & SECTION _____

ROLL NO. _____

UNIT FINISHED ON _____

OBJECTIVE SELF-CHECK _____ / 18

1

READ THIS FIRST · SHORT NOTES

Unit Notes

The aims, principles and golden rules of first aid, the first aid box, getting the patient to hospital quickly, first aid for fever, heat stroke, back pain, asthma and food poisoning, taking and controlling temperature, and quick first aid for common emergencies such as bleeding, burns, fractures, fainting and choking.

THIS UNIT IN THE BOARD PAPER

10 / 40

Unit 4 is one of the two biggest units of Part B (with Unit 1). In the CBSE sample paper it gave **4 one-mark MCQs**, a **2-mark** question on the principles of first aid and a **4-mark** question on the rules of first aid. Expect about **10 marks**.

SYLLABUS 2026–27 · WHAT CBSE LISTS FOR THIS UNIT

- Principles and rules of first aid
- Facilities, equipment and materials for first aid; the first aid box
- First aid and early transfer to the nearest hospital
- Role of the first aider in fever, heat stroke, back pain, asthma and food-borne illness
- Taking body temperature; measuring and controlling temperature
- Practical: prepare a first aid box; practise first aid on a dummy

HOW THE CBSE SKILL-SUBJECT PAPER IS SET (THEORY 50 MARKS · 2 HOURS)

1 mark
Objective: MCQ, assertion–reason, fill in the blank, true/false, match. Q1 is Part A; Q2–Q5 (answer 5 of 6 in each) are Part B.

2 marks
Short answer in **20–30 words**: two clear points. Part B: answer any 4 of 6 (Q11–Q16).

4 marks
Long answer in **50–80 words**: four points, or 2 + 2. Answer any 3 of 5 (Q17–Q21); often case-based.

Part B = 40
Objective 20 + short 8 + long 12. Part A (Employability Skills) = 10. Practical = 50.

Write in points, start each point with the key word, and stay inside the word limit. Objective answers: write the option letter **and** the answer.

PRACTICAL WORK FOR THIS UNIT

Prepare a first aid box and list its contents · measure body temperature with a digital thermometer and record it · practise first aid (recovery position, bandaging, chest compressions) on a dummy with a trained first aider.

1 What is first aid?

> **First aid:** the immediate help given to a sick or injured person **until medical help arrives** or the person reaches a hospital.

Aims of first aid – the three Ps:

- **Preserve life** – keep the person alive (breathing, stop heavy bleeding).
- **Prevent** the condition from getting worse.
- **Promote recovery** – comfort, reassurance, quick transfer to hospital.

A **first aider** is a person trained to give this help. The first aider does not replace the doctor.

2 Principles of first aid

1. **Danger** – make the scene safe for yourself, the patient and others
2. **Response** – call and gently tap: is the person conscious?
3. **Airway** – tilt the head back, lift the chin to open it
4. **Breathing** – look, listen and feel for up to 10 seconds
5. **Circulation** – stop heavy bleeding; start CPR if not breathing

Remember it as **DR ABC**. Treat the most **life-threatening** problem first, then the others.

3 Golden rules of first aid

- Stay **calm**; act quickly but do not panic.
- **Call for help** – ambulance **108** or emergency **112**.
- Ask **consent** before helping a conscious person.
- Wear **gloves**; wash hands before and after.
- Do **not** move an injured person unless there is danger (fire, traffic).
- Give **nothing by mouth** to an unconscious person.
- **Reassure** the patient; keep onlookers away.
- Do only what you are trained to do.
- Note what happened and what you did; **hand over** to the doctor.

4 Facilities, equipment and the first aid box

Facilities: a first aid room or corner, a stretcher, a wheelchair, clean water, a phone with emergency numbers, and a trained first aider.

Group	Items in the first aid box
Dressings	Sterile gauze pads, cotton wool, adhesive plasters
Bandages	Roller bandages, crepe bandage, triangular bandage, adhesive tape
Instruments	Scissors, tweezers, safety pins, digital thermometer, torch
Protection	Disposable gloves, face mask, CPR face shield
Cleaning	Antiseptic solution or wipes, soap, clean water
Others	ORS packets, cold pack, splint, burn dressing, notebook and pen, list of emergency numbers

Keep the box clean, dry, clearly marked (white cross on green or red cross on white) and easy to reach. **Check it every month** and replace used or expired items.

5 Early transfer to the nearest hospital

- The first hour after a serious injury is called the **golden hour**: treatment in this time saves the most lives.
- Call **108**; tell the place, what happened, the number of patients and their condition.
- Give first aid while waiting; keep the patient still, warm and calm.
- Move a patient with a suspected **neck or back injury** only on a firm stretcher, keeping head, neck and back in a line.
- Send a note of the time, the injury and the first aid given with the patient.

6 Fever and controlling temperature

Normal body temperature is about **37 °C (98.6 °F)**. **Fever** is a temperature of **38 °C (100.4 °F) or more**.

- Let the person **rest**; remove extra clothing and blankets.
- Give plenty of **fluids** – water, ORS, soup.
- **Sponge** the forehead, neck, armpits and limbs with **lukewarm** water. Do not use ice-cold water.
- Give fever medicine only as advised by a doctor or nurse.
- Record the temperature every few hours.
- **See a doctor** if it is 39.4 °C (103 °F) or more, lasts over 3 days, or comes with fits, a stiff neck, rash or confusion.

7 Taking body temperature

1. Wash hands; clean the **digital thermometer** with a spirit swab
2. For an **oral** reading, wait 15–30 minutes after a hot or cold drink
3. Place it **under the tongue**, lips closed (or in the dry **armpit**)
4. Wait for the **beep**; read the display
5. **Record** the time, reading and site (oral or armpit); clean and store the thermometer

An armpit (axillary) reading is about **0.5 °C lower** than an oral reading.

8 Heat stroke

	Heat exhaustion	Heat stroke (emergency)
Body	Heavy sweating; cool, pale, clammy skin	Temperature above **40 °C**; hot, red skin; may stop sweating
Mind	Weak, dizzy, headache, thirsty	**Confused**, fits, may become unconscious
First aid	Rest in shade, sips of water or ORS	Call 108 and **cool fast**

- Move to a **cool, shady** place; loosen and remove extra clothing.
- Cool the body: wet cloths, fanning, **cold packs** in the neck, armpits and groin.
- Give sips of cool water only if fully conscious.
- If unconscious but breathing, place in the **recovery position**.

9 Back pain

- Help the person into a **comfortable position**; short rest, then gentle movement.
- Apply a **cold pack** (wrapped in cloth) for the first 1–2 days, then warmth.
- Avoid lifting, bending and twisting; keep a good posture.
- **Do not move** the person if the pain follows a fall or accident – it may be a spinal injury. Call 108.
- See a doctor at once if there is numbness or weakness in the legs or loss of bladder control.

10 Asthma attack

Signs: difficulty in breathing, wheezing (whistling sound), cough, tight chest, unable to speak in full sentences.

- Keep calm and reassure; **sit the person upright**, leaning slightly forward. Do not lay them down.
- Help them use their **reliever inhaler** (usually blue), with a spacer if they have one.
- Move them away from the trigger – smoke, dust, pollen, cold air; loosen tight clothing.
- Call 108 if there is no improvement after the inhaler, the lips turn blue, or the person is exhausted.

11 Food-borne illness (food poisoning)

Caused by eating food or water containing germs or their poisons. **Signs:** vomiting, loose motions, stomach cramps, fever.

- Rest; give small, frequent sips of **ORS** to replace lost water and salts.
- Home-made ORS: 1 litre clean water + 6 level teaspoons sugar + ½ level teaspoon salt.
- Avoid solid, spicy and oily food until vomiting stops; then light food such as khichdi or banana.
- See a doctor if there is blood in the stool, high fever, repeated vomiting or signs of **dehydration** (dry mouth, sunken eyes, very little urine).
- **Prevent it:** wash hands, cook food well, keep it covered and cold, drink safe water.

12 First aid in common emergencies

Emergency	Do this
Bleeding	Press firmly on the wound with a clean pad; raise the limb; bandage. Do not pull out stuck objects.
Nosebleed	Sit up, lean **forward**, pinch the soft part of the nose for 10 minutes.
Burn	Cool under running tap water for **20 minutes**; cover loosely. No ice, butter or toothpaste; do not burst blisters.
Fracture	Do not straighten it; support and **immobilise** with a splint or sling; send to hospital.
Fainting	Lay the person flat and **raise the legs**; loosen clothing; fresh air.
Choking (adult)	Encourage coughing; then 5 back blows and 5 abdominal thrusts.
Not breathing	Call 108; **CPR** – 30 chest pushes (5–6 cm deep, 100–120 a minute) and 2 breaths, or chest pushes only.

Key terms

15 terms

First aid: immediate help until medical help arrives

First aider: trained person who gives first aid

Three Ps: preserve life, prevent worsening, promote recovery

DR ABC: danger, response, airway, breathing, circulation

Golden hour: first hour after serious injury

108: ambulance number in most states

Fever: 38 °C (100.4 °F) or more

Tepid sponging: sponging with lukewarm water to bring fever down

Heat stroke: body temperature above 40 °C with confusion

Recovery position: on the side, airway open, for an unconscious breathing person

Reliever inhaler: quick-acting asthma inhaler, usually blue

ORS: oral rehydration solution: water, sugar and salt

Dehydration: loss of too much body water

Splint: firm support that keeps a broken bone still

CPR: chest compressions and rescue breaths

Common mistakes and exam tips

AVOID THESE

- Aims of first aid = the **three Ps**: preserve life, prevent worsening, promote recovery.
- Order of checks: **D-R-A-B-C**. Danger always comes first – a hurt first aider helps no one.
- Fever sponging uses **lukewarm** water, not ice-cold water.
- Asthma: sit **upright**, never lying flat. Nosebleed: lean **forward**, not backward.
- Burns: **cool running water for 20 minutes** – never ice, butter or toothpaste.
- Never give food or water to an **unconscious** person.

A

PART A · 1 MARK EACH

Objective Questions

18 questions: MCQs, assertion–reason, fill in the blanks and true/false, like Q2–Q5 of the board paper. Answers in Part E.

ASSERTION–REASON: HOW TO ANSWER

(a) Both A and R are true, and R is the correct explanation of A.
(b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false.
(d) A is false, but R is true.

A1. The three aims of first aid are to: [1]

(a) Diagnose, treat, discharge
(b) Preserve life, prevent worsening, promote recovery
(c) Bathe, feed, dress
(d) Test, operate, prescribe

A2. Arrange the first aid checks in the correct order: [1]
P. Airway Q. Danger R. Breathing S. Response

(a) Q, S, P, R
(b) S, Q, R, P
(c) P, R, Q, S
(d) Q, P, S, R

A3. The first thing a first aider must do at an accident scene is to: [1]

(a) Give water to the victim
(b) Make sure the scene is safe
(c) Remove the victim's clothes
(d) Take photographs

A4. Which of these should NOT be done for an unconscious person? [1]

(a) Check breathing
(b) Call 108
(c) Give water to drink
(d) Keep the airway open

A5. A fever is present when body temperature is: [1]

(a) 36.5 °C
(b) 37 °C
(c) 38 °C or more
(d) 35 °C

A6. To bring down a high fever, the patient should be sponged with: [1]

(a) Ice-cold water
(b) Lukewarm water
(c) Hot water
(d) Spirit only

A7. Hot, red skin, a temperature above 40 °C and confusion after working in the sun suggest: [1]

(a) Heat stroke
(b) Asthma
(c) Food poisoning
(d) Fainting

A8. During an asthma attack the patient should be: [1]

(a) Laid flat on the back
(b) Made to run
(c) Seated upright, leaning slightly forward
(d) Given a hot meal

A9. Rohan has loose motions and vomiting after eating at a roadside stall. The most important first aid is: [1]

(a) Oily food
(b) Frequent sips of ORS
(c) Ice cream
(d) Complete starvation without water

A10. A burn should be cooled with: [1]

(a) Ice cubes (b) Butter
(c) Running tap water for 20 minutes (d) Toothpaste

A11. Which item is NOT needed in a first aid box? [1]

(a) Sterile gauze (b) Triangular bandage
(c) Disposable gloves (d) A pressure cooker

A12. Match the emergency with its first aid: [1]
P. Nosebleed Q. Fainting R. Fracture S. Choking
1. Raise the legs 2. Back blows 3. Lean forward, pinch nose 4. Splint

(a) P-3, Q-1, R-4, S-2 (b) P-1, Q-3, R-4, S-2
(c) P-3, Q-2, R-1, S-4 (d) P-4, Q-1, R-3, S-2

A13. ASSERTION–REASON [1]
Assertion (A): A person with back pain after falling from a ladder should not be moved unless there is danger.
Reason (R): Moving a person with a spinal injury can damage the spinal cord.

(a) Both A and R are true, and R is the correct explanation of A. (b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false. (d) A is false, but R is true.

A14. ASSERTION–REASON [1]
Assertion (A): An armpit temperature reading is usually higher than an oral reading.
Reason (R): A digital thermometer beeps when the reading is complete.

(a) Both A and R are true, and R is the correct explanation of A. (b) Both A and R are true, but R is not the correct explanation of A.
(c) A is true, but R is false. (d) A is false, but R is true.

A15. FILL IN THE BLANK [1]
The first hour after a serious injury, when treatment saves the most lives, is called the _____.

A16. FILL IN THE BLANK [1]
The number to call for an ambulance in most states of India is _____.

A17. TRUE OR FALSE [1]
Normal body temperature is about 37 °C (98.6 °F).

A18. TRUE OR FALSE [1]
A nosebleed is stopped by tilting the head backwards.

B — Short Answer Questions

PART B · 2 MARKS EACH

Answer in 20–30 words: two clear points. Model answers in Part E.

B1. State any four principles of first aid. MUST DO [2]

B2. What are the three aims of first aid? [2]

B3. List four items of a first aid box with the use of each. [2]

B4. How will you give first aid to a person with high fever? MUST DO [2]

B5. Give two first aid steps for an asthma attack. [2]

B6. Why is early transfer to hospital important? [2]

C

PART C · 4 MARKS EACH

Long Answer Questions

Answer in 50–80 words: four points, or two points with an example each. Model answers in Part E.

C1. Explain any four golden rules of first aid. MUST DO [4]

C2. Describe first aid for a person with heat stroke. MUST DO [4]

C3. Describe the steps to take a patient's temperature with a digital thermometer. [4]

C4. How will you give first aid for food poisoning? How can it be prevented? [4]

C5. Explain first aid for (a) bleeding, (b) burns, (c) fracture and (d) fainting. [4]

D

PART D · CASE AND COMPETENCY BASED

Case-Based Questions

Read the situation, then answer from it and from the unit. These are the 4-mark board questions that test application.

D1. Case-Based · Sports day in the sun [4]

On a hot afternoon, Aman, a Class X student, collapses after a long race. His skin is hot and red, he is not sweating and he talks in a confused way. A thermometer shows 40.6 °C. The PE teacher calls the school first aider.

(i) What condition does Aman have? Give one sign from the passage. [1]

(ii) What should be done first, before cooling him? [1]

(iii) Give two ways to cool him. [2]

D2. Competency-Based · The empty first aid box [4]

A student cuts her hand in the school lab. The teacher opens the first aid box and finds only a roll of cotton and an expired antiseptic bottle. There are no gloves or bandages, and nobody knows the ambulance number.

(i) Name two items missing from the box. [1]

(ii) Give first aid for the bleeding cut. [1]

(iii) Suggest two steps the school should take. [2]

E

PART E · ANSWERS IN CBSE MARKING-SCHEME STYLE

Answers

Objective key with a reason, then model answers: numbered value points, key word first, the mark for each point in orange, and the word count under each answer. Any other correct, relevant point also earns the mark.

Objective questions – answer key

Part A

Write the option letter **and** the answer, as the marking scheme does.

Q	Answer	Why (one line)
A1	**(b) Preserve life, prevent worsening, promote recovery**	The three Ps.
A2	**(a) Q, S, P, R**	Danger, Response, Airway, Breathing (then Circulation).
A3	**(b) Make sure the scene is safe**	Danger is checked first.
A4	**(c) Give water to drink**	May choke; nothing by mouth.
A5	**(c) 38 °C or more**	38 °C = 100.4 °F.
A6	**(b) Lukewarm water**	Tepid sponging; ice water causes shivering.
A7	**(a) Heat stroke**	Heat stroke is an emergency.
A8	**(c) Seated upright, leaning slightly forward**	Upright position eases breathing.
A9	**(b) Frequent sips of ORS**	Replaces lost water and salts.
A10	**(c) Running tap water for 20 minutes**	Cool water stops the burning.
A11	**(d) A pressure cooker**	The others are standard contents.
A12	**(a) P-3, Q-1, R-4, S-2**	Each matched to its standard first aid.
A13	**(a) Both true; R explains A**	R explains A.
A14	**(d) A false, R true**	A is false (it is about 0.5 °C lower); R is true.
A15	**golden hour**	Quick transfer matters.
A16	**108**	112 is the all-emergency number.
A17	**True**	Fever starts at 38 °C.
A18	**False**	Correct: lean forward and pinch the soft part of the nose; tilting back makes blood run into the throat.

Short answers

Part B · 2 marks

B1. State any four principles of first aid. **[2]**

1. **Danger:** make the scene safe first. ½
2. **Response:** check if the person is conscious. ½
3. **Airway and breathing:** open the airway; check breathing. ½
4. **Circulation:** stop heavy bleeding; call 108. ½

27 words · CBSE asks 20–30 words | Marking: ½ + ½ + ½ + ½ = 2 | 4 × ½ = 2 | MUST DO

B2. What are the three aims of first aid? [2]

The three Ps:

1. **Preserve life:** keep the person breathing and stop heavy bleeding. 1
2. **Prevent and promote:** stop worsening; help recovery. 1

20 words · CBSE asks 20–30 words | Marking: 1 + 1 = 2 | 1 + 1 (any two Ps fully, or all three named)

B3. List four items of a first aid box with the use of each. [2]

1. **Sterile gauze:** covers wounds. ½
2. **Bandage:** holds dressings, supports injuries. ½
3. **Gloves:** protect from infection. ½
4. **Thermometer:** measures temperature. ½

16 words · CBSE asks 20–30 words | Marking: ½ + ½ + ½ + ½ = 2 | 4 × ½ = 2

B4. How will you give first aid to a person with high fever? [2]

1. **Cool:** remove extra clothes; sponge with lukewarm water. 1
2. **Fluids and record:** give water or ORS; record temperature; see doctor. 1

19 words · CBSE asks 20–30 words | Marking: 1 + 1 = 2 | 1 + 1 | MUST DO

B5. Give two first aid steps for an asthma attack. [2]

1. **Position:** sit the person upright, leaning slightly forward. 1
2. **Inhaler:** help them use their reliever inhaler; call 108 if no relief. 1

20 words · CBSE asks 20–30 words | Marking: 1 + 1 = 2 | 1 + 1

B6. Why is early transfer to hospital important? [2]

1. **Golden hour:** treatment in the first hour saves the most lives. 1
2. **Proper care:** hospital has doctors, tests and equipment first aid lacks. 1

22 words · CBSE asks 20–30 words | Marking: 1 + 1 = 2 | 1 + 1

Long answers

Part C · 4 marks

C1. Explain any four golden rules of first aid. [4]

1. **Stay calm:** act quickly without panic. 1
2. **Call for help:** ring 108 or 112. 1
3. **Safety and hygiene:** check danger; wear gloves. 1
4. **Nothing by mouth:** never feed an unconscious person; reassure and hand over. 1

32 words · CBSE asks 50–80 words | Marking: 1 + 1 + 1 + 1 = 4 | Any four, 1 mark each | MUST DO

C2. Describe first aid for a person with heat stroke. [4]

1. **Shade:** move to a cool, shady place; call 108. 1
2. **Clothing:** loosen and remove extra clothing. 1
3. **Cooling:** wet cloths, fanning, cold packs in neck and armpits. 1
4. **Care:** sips of water if conscious; recovery position if unconscious. 1

35 words · CBSE asks 50–80 words | Marking: 1 + 1 + 1 + 1 = 4 | 1 mark each | MUST DO

C3. Describe the steps to take a patient's temperature with a digital thermometer. [4]

1. **Prepare:** wash hands; clean thermometer with a spirit swab. 1
2. **Wait:** 15–30 minutes after hot or cold drinks. 1
3. **Place:** under the tongue, lips closed, until it beeps. 1
4. **Record:** note time, reading and site; clean and store. 1

36 words · CBSE asks 50–80 words | Marking: 1 + 1 + 1 + 1 = 4 | 1 mark each

C4. How will you give first aid for food poisoning? How can it be prevented? [4]

1. **Fluids:** frequent sips of ORS; rest. 1
2. **Food and doctor:** light food after vomiting stops; doctor if dehydrated or blood in stool. 1
3. **Hygiene:** wash hands; cook food well. 1
4. **Storage and water:** keep food covered and cold; drink safe water. 1

38 words · CBSE asks 50–80 words | Marking: 1 + 1 + 1 + 1 = 4 | 2 (first aid) + 2 (prevention)

C5. Explain first aid for (a) bleeding, (b) burns, (c) fracture and (d) fainting. [4]

1. **Bleeding:** press firmly with a clean pad; raise the limb. 1
2. **Burns:** cool under running water for 20 minutes; cover loosely. 1
3. **Fracture:** do not straighten; immobilise with a splint. 1
4. **Fainting:** lay flat; raise the legs; fresh air. 1

36 words · CBSE asks 50–80 words | Marking: 1 + 1 + 1 + 1 = 4 | 1 mark each

Case-based answers

Part D

D1. Case-Based · Sports day in the sun (passage printed in Part D) [4]

(i) What condition does Aman have? Give one sign from the passage. [1]

Heat stroke – temperature above 40 °C / hot, red, dry skin / confusion (any one).

(ii) What should be done first, before cooling him? [1]

Call 108 and move him to a **cool, shady place**.

(iii) Give two ways to cool him. [2]

(1) Remove extra clothing and place **wet cloths** on him while **fanning**. (2) Put **cold packs** wrapped in cloth in the neck, armpits and groin.

Marking: 1 + 1 + 2 = 4 | 1 + 1 + 2

D2. Competency-Based · **The empty first aid box** (passage printed in Part D) **[4]**

(i) Name two items missing from the box. [1]

Any two: **sterile gauze**, **bandages**, **disposable gloves**, adhesive plaster.

(ii) Give first aid for the bleeding cut. [1]

Wear gloves; **press firmly** with a clean pad, **raise** the hand, then bandage.

(iii) Suggest two steps the school should take. [2]

(1) **Check the box every month** and replace used or expired items. (2) Display **emergency numbers (108, 112)** and train staff as first aiders.

Marking: 1 + 1 + 2 = 4 | 1 + 1 + 2