

Directions: Choose the best answer from the choices given below after each sentence.

1. Protection of cleaners against contamination during cleaning process.
  - a. Plastic gloves
  - b. Goggles
  - c. Face Mask
  - d. Apron
2. A kind of isolation that is used for diseases that are spread through particles that are exhaled.
  - a. Strict Isolation
  - b. Reverse Isolation
  - c. Contact Isolation
  - d. Respiratory Isolation
3. It is otherwise known as Philippine Clean Air Act.
  - a. RA 8749
  - b. RA 7849
  - c. RA 4978
  - d. RA 9874
4. It is the shaking and vibration at the surface of the earth resulting from underground movement along a fault plane or from volcanic activity.
  - a. Shaking
  - b. Earthquake
  - c. Vibration
  - d. Volcanic Eruption
5. It is the provision of initial care for an illness or injury. It is usually performed by non-expert, but trained personnel to a sick or injured person until definitive medical treatment can be accessed.
  - a. Sudden Aid
  - b. First Aid
  - c. Emergency Aid
  - d. Urgent Aid
6. The following are the general Directions for First Aid EXCEPT:
  - a. Give immediate action
  - b. Plan action to be taken
  - c. Assess the situation
  - d. Don't panic
7. A good first aider must possess the following characteristics EXCEPT:
  - a. Gladsome
  - b. Watchful
  - c. Gentle
  - d. Fast

8. During the Earthquake observed the following **EXCEPT**:

- a. Run
- b. Hold on
- c. Drop
- d. Cover

9. After the Earthquake observed the following **EXCEPT**:

- a. Expect aftershocks
- b. Remember to help your neighbors
- c. Check yourself for injuries
- d. Market for basic needs

10. After the Earthquake at home observed the following **EXCEPT**:

- a. Inspect your home for damage
- b. Electricity: Look for electrical system damage
- c. Gas: Check for gas leaks
- d. Inspect your neighbor's home

11. Protection against dust, awful odor, and harmful substance.

- a. Plastic gloves
- b. Goggles
- c. Face Mask
- d. Apron

12. Serve as eye protection when handling dangerous chemical while cleaning.

- a. Plastic gloves
- b. Goggles
- c. Face Mask
- d. Apron

13. Elements of the discarded item are used again.

- a. Reduce
- b. Reuse
- c. Recover
- d. Recycle

14. Fire drills are conducted at the frequencies specified by the Fire Code and involved all of the following activities **EXCEPT**:

- a. Fire alarm
- b. Shouting aloud
- c. Supervisory staff operates emergency systems
- d. occupant's participation is taken into account

15. This refers to precautions that are taken to prevent or reduce the likelihood of a fire that may result in death, injury, or property damage.

- a. Fire Safety
- b. Earthquake
- c. Fire Drill
- d. Earthquake Drill