

KENYA JUNIOR SCHOOLS ASSESSMENT

FORMATIVE ASSESSMENT TEST

RUBRICS	1-29-BE	<input type="text"/>	GRADE	8
	30-49-AE	<input type="text"/>		
	50-79-ME	<input type="text"/>		
	80-100-EE	<input type="text"/>		

TICK

PRETECHNICAL EDUCATION

NAME:.....
 SCHOOL:
 ASSESSMENT NUMBER.....DATE:

1. What is safety?(2 mks)

Safety is a situation where one avoids causing harm, discomfort or sickness to self and to others when carrying out the daily activities.

2. State three examples of safety measures. (3 mks)

- Wearing face mask to prevent spreading of airborne diseases or breathing in dirty air.
- Buckling a safety belt while in a vehicle to avoid falling off the seat in case of emergency brakes.
- Wearing hand gloves when working to avoid injury and dirt to the hands when working.
- Wearing gum boots to protect the feet from injury when working in areas with mud or sharp objects.
- Wearing an overall to guard against soiling clothes.

3. What is personal safety? (2 mks)

This is when you take precautions to protect yourself and others while carrying out a task.

4. What is a hazard?(2 mks)

A hazard is anything or any action that is likely to cause someone harm, discomfort or sickness in the daily life.

5. Name three examples of Hazards to personal safety.(3 mks)

- a) Sharp edged tools and objects that can easily cut or poke someone.
- b) Disarranged rooms where one can easily tumble and fall.
- c) Naked electric wires that can easily cause electric shock.
- d) Poorly lit rooms where one can easily know oneself against objects.
- e) Poorly stored items on the shelves where they can easily fall off and hit someone.
- f) Working without protective gear where one can easily be hurt or injured.
- g) Rooms with wet slippery floors where one can easily slip and fall.

6. Name two ways used to handle tools and equipment safely while performing tasks in the locality?(3 mks)

- a.) Wearing personal protective equipment like safety goggles, helmet and others.
- b.) Picking the right tool for the task at hand.
- c.) Avoid throwing or tossing a tool in the direction of or directly to a co-worker.
- d.) Never put sharp tools in the pocket.
- e.) Keeping safe distance from each other when working with tool. This gives enough space to safely operate without coming into contact with co-workers.
- f.) Picking up all hand tools after the job. Idle tools lying around the workplace can lead to tripping.

- g.) Unplugging and disconnecting electric power tools when not in use, when making adjustments such as replacing blades and bits or loading fasteners.
- h.) Sharpening cutting tools before and after use.

7. State two Safety Rules and Regulations at Work.(2 mks)

- a) To ensure that you know how to safely perform the task.
- b) To ensure you know the hazards of the task and how to protect yourself.
- c) To wear the required personal protective equipment necessary for the task.
- d) To always work clear of suspended loads.
- e) To always keep your mind and eyes on the task at hand.
- f) To obey all warning signs and barricades.
- g) To inspect all tools and equipment to ensure they are not defective before using them.
- h) Do not perform a task under unsafe conditions and report any unsafe tools, equipment or hazardous conditions.
- i) All chemicals containers should be well labelled and covered.
- j) Maintain good housekeeping at workplace all the time.

8. Mention two Careers related to Personal Safety.(2mks)

- a) Production of personal safety items such as face masks, hand gloves, ladders, upholstery, fire extinguishers etc.
- b) Marketing of safety equipment and products as technical sales personnel.
- c) Personal safety services such as fire officer, coast guards, divers, ambulance drivers, and safety education and training among others.
- d) Crossing guards
- e) These are people who help children or adults to cross busy roads
- f) Safety engineers
- g) These are people who monitor a working environment and inspects buildings and machines. They later recommend the safety precautions to be observed in the working environment

- h) Life guards
- i) These are people who help children and adults to swim safely. They also ensure that all people are following rules set by the swimming place. They attend to those who face challenges while swimming
- j) Risk manager.
- k) This person researches and makes a report on the safety of a particular work and the hazards that are expected.
- l) Environment health and safety consultants.
- m) They perform some roles similar to those of safety engineers. They offer advice on how to minimise health and safety risks in the workplace.

9. What is the Role of safety in day-to-day life?(2mks)

- a) Personal safety plays an important role in the day-to-day life because:
- b) It reduces our exposure to risks of hurting ourselves and others.
- c) It makes one carry out an activity without fear.
- d) It makes one focus on the activity he or she is doing.
- e) It makes one work faster on an activity.
- f) It makes one feel confident in life.

10. Name two common types of injuries that occurs in the locality? (2 mks)

- a) A burn is an injury caused by a flame.
- b) A scald is an injury caused by hot liquid or steam.
- c) A cut is a tear or opening in the skin by a sharp object.
- d) Fracture is a partial or complete break of a bone.
- e) Sprains
- f) Pricks
- g) Bruises

11. State two Causes of injuries in the locality?(2 mks)
- Cuts which are caused by sharp objects or tools and equipment like knives. Also can be caused by sharp furniture corners or rough edges.
 - Burns which are caused by fire or hot objects or touching open flames.
 - Scalds which are caused by hot liquids or steam.
 - A fracture which is caused by twisting of an arm or leg resulting from during falls or slips.

12. What is the Reason for first Aid?(2mks)

- To preserve life.
- To prevent the condition from worsening or to promote recovery.

13. State three Items Contained in A First Aid Kit.(3 mks)

- Bandages.
- Adhesive tape.
- Gauze roll and pads.
- First Aid manual.
- Safety pins.
- Tweezers.
- Scissors.
- Antiseptic wipes.
- Emergency blanket.
- Gloves.
- Thermometer.
- Instant cold pack.
- Elastic bandages.
- Triangular bandages

14. Name the following items



Eyewash.



Disposable gloves



Scissors

15. Describe the Procedure of Administering First Aid for Cuts. (6 mks)

- a) **Wash the Injured part.** *This helps to kill germs around the wound.*
- b) **Stop the bleeding.** *Apply gentle pressure with a clean bandage or cloth and elevate the wound until bleeding stops.*
- c) **Clean the wound.** *Rinse the wound with water or spirit to reduce the risk of infection.*
- d) **Apply an antibiotic or petroleum jelly.** *Apply a thin layer of an antibiotic ointment or petroleum jelly to keep the surface moist and help prevent scarring.*
- e) **Cover the wound.** *Apply a bandage or gauze to keep the wound clean. If the injury is just a minor scrape or scratch, leave it uncovered.*
- f) **Get a tetanus injection.** *Get a tetanus injection shot if you have not had one in the past five years and the wound is deep or dirty.*
- g) **Watch for signs of infection.** *Visit a doctor if you experience signs of infection on the skin or near the wound such as increasing pain or swelling.*

16. Describe the Procedure of Administering First Aid for Fracture. (6 mks)

- a) A fracture is a broken bone. Call for any assistance in case of the following:
- b) The broken bone is the result of major trauma or injury.
- c) The person is not breathing or is not moving.
- d) There is heavy bleeding.

- e) Gentle pressure or movement cause pain.
- f) The limb or joint appears deformed.
- g) The bone has pierced the skin.
- h) The extreme end of the injured arm or leg such as a toe or finger is numb.
- i) You suspect a bone is broken in the neck, head or back.

17. Mention three careers Related to first Aid and Management of Injuries. (3 mks)

- a) Production of first aid items such as first aid kits, stretchers, wheel chairs and oxygen cylinders among others.
- b) Merchandising in first aid equipment and products as technical sales personnel.
- c) First aid services such as Para-medicine, nursing, and first aid education and training among others.
- d) Emergency repose nurses
- e) Paramedics
- f) Ambulance drivers
- g) Fire fighters
- h) Flight attendants
- i) Professional baby sitters
- j) Lifeguards
- k) Games instructors
- l) Gym instructors

18. Mention five common materials found within the locality are(5 mks)

- a) Wood.
- b) Stones.
- c) Textile.
- d) Soil.
- e) Glass.
- f) Leather.
- g) Plastics.
- h) Rubber.
- i) Water.
- j) Water.
- k) Copper.

- l) Aluminum.
- m) Steel.
- n) Silver.
- o) Air

19. **Give two examples of Metals. (2 mks)**

- a) Copper.
- b) Iron.
- c) Aluminum.
- d) Steel.
- e) Silver among others.