

Unit – 5 Health and Safety

1. Which of the following is a key feature of a tablet device?

- A. Requires external monitor
- B. Portable with touchscreen
- C. Limited to gaming only
- D. No internet connectivity
- E. Cannot run multiple apps

2. What is one disadvantage of using a desktop computer?

- A. High portability
- B. Compact size
- C. Limited performance
- D. Takes up space
- E. Built-in touchscreen

3. Which body part is most affected by poor seating posture while using digital devices?

- A. Eyes
- B. Wrists
- C. Back
- D. Fingers
- E. Ears

4. What is one way to reduce the risk of repetitive strain injury (RSI)?

- A. Use devices before sleep
- B. Avoid breaks
- C. Keep active and take breaks
- D. Sit in the same position
- E. Use devices for long hours

5. What is a key element when planning a safety video?

- A. Ignoring device type
- B. Avoiding scripts
- C. Creating a storyboard
- D. Skipping research
- E. Using random footage

6. Which of the following is NOT a tip for safe laptop use?

- A. Proper screen position
- B. Blocking ventilation
- C. Taking breaks
- D. Avoiding trip hazards
- E. Good cable placement

7. Which technique is used during video editing?

- A. Framing
- B. Cropping
- C. Narration
- D. Zoom

E. All of the above

8. What should be considered when filming a safety video?

A. Ignoring props

B. Avoiding close-ups

C. Framing the action

D. Skipping transitions

E. Using random angles

9. What is e-waste?

A. Recycled paper

B. Electronic waste

C. Food packaging

D. Plastic bottles

E. Old books

10. Which material is commonly found in circuit boards?

A. Wood

B. Copper

C. Glass

D. Cardboard

E. Rubber

11. What is a rare material used in touchscreens?

A. Mercury

- B. Indium
- C. Lead
- D. Iron
- E. Plastic

12. What is the average lifespan of a smartphone?

- A. 1 year
- B. 3 years
- C. 5 years
- D. 10 years
- E. 15 years

13. Which of the following is NOT a way to reduce e-waste?

- A. Reuse
- B. Recycle
- C. Reduce
- D. Replace frequently
- E. Donate

14. What is one benefit of using cloud storage?

- A. Increases device weight
- B. Requires more hardware
- C. Reduces need for physical storage
- D. Causes more emissions
- E. Slows down devices

15. What is 'white space' in leaflet design?

- A. Background color
- B. Font style
- C. Empty areas for design balance
- D. Image placement
- E. Text alignment

16. Which software is NOT ideal for creating a leaflet?

- A. Word processor
- B. Presentation tool
- C. Spreadsheet
- D. Publishing app
- E. Desktop publishing

17. What is meant by 'two stars and a wish' in peer review?

- A. Two criticisms and a compliment
- B. Two likes and one suggestion
- C. Two fonts and one image
- D. Two paragraphs and a title
- E. Two facts and one opinion

18. What should be included in a completed leaflet?

- A. Random images
- B. No headings
- C. Balanced text and visuals
- D. Only statistics

E. No factual content