



while  
electricity

Avoid water at all times when working with electricity. Never touch or try repairing any electrical equipment or circuits with wet hands. It increases the electrical conductivity of the body for the flow of electric currents.

### Check Your Progress

#### A. Multiple choice questions

1. To provide healthy and safety working environment, every organisation must have \_\_\_\_\_.  
(a) Cleanliness  
(b) Filtered water  
(c) Clean wash-room  
☒ (d) All of the above
2. Air pollution is mostly caused by production of the \_\_\_\_\_ in the surrounding air.  
(a) dust  
(b) mixture of solid particles  
(c) gases  
☒ (d) All of above
3. Repetitive use of muscle may feel pain in your \_\_\_\_\_.  
(a) neck  
(b) shoulder  
(c) wrist or fingers  
☒ (d) All of the above
4. The security department organisation is not responsible for \_\_\_\_\_.  
(a) other safety  
(b) computer system safety  
(c) electrical safety  
(d) transport safety
5. For an organisation, the proper security procedures will \_\_\_\_\_.  
☒ (a) liabilities  
☒ (b) insurance  
(c) business revenue  
(d) operational charges of the company
6. Do not wear \_\_\_\_\_ when working with machines.  
☒ (a) jewellery  
(b) safety glasses  
(c) masks  
(d) gloves
7. Sore lower back is caused due to \_\_\_\_\_.  
(a) reaching forward frequently  
☒ (b) no lumbar support  
(c) no upper back support from chair  
(d) reaching forward for long periods

ALL

DOMESTIC DATA ENTRY OPERATOR – CLASS X

2023-24

8. What should you do with the problem of dry eyes?
  - (a) Forget to blink
  - ☒ (b) Rest eyes periodically and do simple eye exercises
  - (c) Do exercise
  - (d) Blink the eyes
9. If light is coming directly behind or in front of you then you may suffer from \_\_\_\_\_.
  - (a) eye strain
  - (b) sore eyes
  - (c) dry eyes
  - ☒ (d) eye strain and sore eyes

#### B. Fill in the blanks

1. Air and water pollution can be analysed by using - physical, \_\_\_\_\_ and \_\_\_\_\_ analysis. **chemical**
2. The PH value of the water can be measured through \_\_\_\_\_ analysis. **Biological**
3. The \_\_\_\_\_ indicators are used to monitor the health of the ecosystem. **chemical**
4. Ergonomics is the science concerned with \_\_\_\_\_ and arranging things. **microbial**
5. Working with wrists extended too much repetition can cause \_\_\_\_\_. **design**
6. The repetition of a seemingly \_\_\_\_\_ task over a period of time can cause an injury. **arching wrist**
7. If a cord or wire will cross a pathway safety it should be mark it with \_\_\_\_\_. **innocuous**
8. Loose cords and wires can cause \_\_\_\_\_. **hazard tape**
9. Glare and \_\_\_\_\_ on the screen should be prevented. **reflection**
10. The keyboard should have a matt surface to avoid \_\_\_\_\_ glare. **reflective**

#### C. State whether the following statements are True or False

1. The work environment of the organisation must be free from hazards and risk. **T**
2. Practice a no vehicle day in every week to avoid air pollution. **T**
3. Applying ergonomics can improve performance and productivity. **T**
4. Wear rings, watches and necklaces while working on the computer. **F**
5. Never touch or try repairing any electrical equipment or circuits with wet hands. **F**
6. Unplug all power sources and cables from computer while working on computer. **F**

MAINTAIN HEALTHY, SAFE AND SECURE WORKING ENVIRONMENT

## 8.electrical hazards

2023-24



7. Occupational overuse syndrome, also known as repetition strain injury.
8. The work chair must be stable and allow the user to move easily.
9. Artificial lighting from computer screens can cause sleeping problems.
10. The keyboard and mouse should not be kept at the same level.

**D. Short answer type questions**

1. What causes the water pollution?
2. What is occupational overuse syndrome?
3. What are musculoskeletal problems?
4. What cautions to be taken while working on the computer?
5. Why there is no right way to use a laptop?
6. What causes eye strain and how to avoid it?
7. What type of display screen is suitable to work on computer?
8. What type of keyboard is suitable to work on computer?

7.True  
8.True  
9.True  
10.False