First aid in Environmental Emergencies and Disaster Assignment (Block 1-4) (Tutor Marked)

Programme Code: CFAID
Course Code: BNS-141
Assignment Code: BNS–141 /TMA /2026
Maximum Marks: 100

Note: All questions are compulsory

1. (a) Describe the first aid to be provided in extreme heat and cold conditions and
   (b) Enumerate the Do's and Don'ts in extreme heat and cold conditions. **(5+5+5=15)**

2. (b)Discuss the causes of Bites and Stings
   (c) Explain the assessment of victim affected by Bites and Stings.
   (d) Describe the first aid to be provided in Bites and Stings **(4+3+8=15)**

2. (a) List the causes of altitude illness and motion sickness.
   (b) Explain the assessment of victim with motion illness.
   (c) Describe the first aid to be provided in altitude illness with the Do's and Don'ts in management of motion illness **(2+3++5=10)**

3. (a) Describe the meaning of a disaster.
   (b) Explain the types of disasters
   (b) Classify a disaster and its level of intensity **(2+5+3=10)**

5.(a) Discuss individual and community needs during disaster.
(b) Describe the direct and indirect impact of disaster. **(5+5=10)**

6. (a) Describe the factors responsible for the causation of the epidemic, with one example.
(b)Discuss the early responses required during epidemics and pandemics to prevent morbidities **(4+6=10)**

7. (a)Explain TRIAGE and its categories
   (b) Describe Triage for epidemics and pandemics **(4+6=10)**

8. (a) Define Pandemics and Epidemics
   (b) Explain the significance of First Aid providers during Pandemics and Epidemics
   (c) Elaborate the role of First Aid provider during Pandemics and Epidemics. **(2+3+5=10)**

9. (a) Define the term psychosocial first aid and explain the need of psychosocial first aid.
(b) Describe the role of psychosocial first aid provider **(2+4+4=10)**

1. (a) Describe the first aid to be provided in extreme heat and cold conditions and
(b) Enumerate the Do's and Don'ts in extreme heat and cold conditions. (5+5+5=15)

Answer

(a) First aid in extreme heat conditions

Extreme heat can lead to heat cramps, heat exhaustion and, in severe cases, heat stroke. A first aid provider should first move the person away from the hot environment to a cool, shaded and well-ventilated place. Tight or extra clothing should be loosened or removed. The person should be allowed to rest and should not be made to walk unnecessarily. If the person is conscious and able to swallow, cool water or an oral rehydration drink can be given in small amounts. Water may be sprayed or sponged on the skin, and cool wet cloths can be placed over the neck, armpits and groin. Fanning helps evaporation and cooling.

The victim should be observed for headache, dizziness, weakness, nausea, heavy sweating, muscle cramps, confusion or fainting. Heat stroke is an emergency. A person with altered behaviour, loss of consciousness, seizures or very high body temperature needs urgent medical help. While arranging transport, rapid cooling should continue. An unconscious person must not be given anything by mouth. The airway and breathing should be checked, and the person should be placed in the recovery position if breathing normally. If breathing stops, CPR should be started by a trained first aider.

First aid in extreme cold conditions

Extreme cold may cause hypothermia and local cold injury such as frostbite. The person should be shifted to a warm, dry and sheltered place as soon as possible. Wet clothes should be removed carefully and replaced with dry clothes or blankets. The trunk, head and neck should be warmed gradually. If the person is fully conscious, warm non-alcoholic drinks and easily digestible food may be given. A person with severe shivering, drowsiness, slurred speech, confusion or slow breathing needs urgent medical assessment because these can be signs of hypothermia.

In frostbite, the affected fingers, toes, ears or nose may look pale, waxy or numb. The area should be protected from pressure and further cold. Rings, tight footwear or other constricting items should be removed if this can be done easily. Rewarming is best done in warm water when there is no danger that the part will freeze again. The affected part should not be rubbed or massaged. Blisters should be left intact, and a clean, loose dressing may be applied. Severe frostbite and hypothermia require prompt referral to a health facility.