



NATIONAL OPEN UNIVERSITY OF NIGERIA
Plot 91, Cadastral Zone, University Village,
Nnamdi Azikiwe Expressway, Jabi, Abuja
Faculty of Education
Department of Human Kinetics & Health Education
2025_1 EXAMINATION

Course Code: HED 315

Course Title: EMERGENCY CARE AND FIRST AID

UNITS: 2c

Time: 2hrs

INSTRUCTION: Answer question one (1) & any other two (2) questions from the options provided.

1. a. What is industrial accident?
 - b. Discuss three (3) causes of industrial accident.
 - c. Enumerate five (5) ways of preventing industrial accidents.
2. a. Identify ten (10) water safety rules.
 - b. Critically examine five (5) ways through which sports injuries can be prevented.
3. a. Discuss five (5) principles of first aid.
 - b. Briefly explain how to carryout cardiopulmonary resuscitation
4. a. In tabular form, state 10 contents of a first-aid box and give two (2) uses of each content.
 - b. Discuss the three (3) major causative factors of accidents.