

1. **When is National Safety Day observed in India?**
 - a) January 26
 - b) March 4 ☒
 - c) April 7
 - d) May 1
2. **Which organization initiated National Safety Day in India?**
 - a) Indian Red Cross Society
 - b) National Safety Council ☒
 - c) Bureau of Indian Standards
 - d) Ministry of Labour
3. **What is the theme for National Safety Day 2025?**
 - a) "Safety First, Always"
 - b) "Workplace Safety is a Priority"
 - c) "Safety & Well-being Crucial for Viksit Bharat" ☒
 - d) "Zero Harm, Zero Accidents"
4. **What is the primary objective of National Safety Day?**
 - a) Promote industrial growth
 - b) Create awareness about safety, health, and environment ☒
 - c) Encourage companies to hire more employees
 - d) Celebrate worker achievements
5. **What does PPE stand for in workplace safety?**
 - a) Personal Protective Equipment ☒
 - b) Public Protection Essentials
 - c) Professional Protective Elements
 - d) Primary Protection Emergency
6. **Which of the following is NOT a type of fire extinguisher?**
 - a) Water
 - b) Foam
 - c) Sand ☒
 - d) CO₂
7. **What is the first step you should take if a fire breaks out at work?**
 - a) Run away immediately
 - b) Call emergency services and alert others ☒
 - c) Try to put out the fire, even if it's large
 - d) Ignore it and continue working
8. **What is the best way to lift a heavy object safely?**
 - a) Bend your knees, keep your back straight, and lift ☒
 - b) Bend from the waist and lift
 - c) Use only your arm strength
 - d) Pull the object instead of lifting
9. **What is the golden rule for electrical safety?**
 - a) Never touch electrical equipment with wet hands ☒

- b) Use multiple extension cords
- c) Keep appliances plugged in at all times
- d) Fix electrical faults yourself

10. **What does the term "Slip, Trip, and Fall" hazards refer to?**

- a) Workplace injuries due to wet floors, loose wires, or uneven surfaces ☒
- b) A new dance move
- c) Types of workout exercises
- d) Different ways to travel

11. **What is the minimum distance you should keep between vehicles while driving?**

- a) 1 meter
- b) 2 seconds rule ☒
- c) 10 meters
- d) No minimum distance required

12. **Which of the following is the safest way to cross the road?**

- a) Running across quickly
- b) Using a zebra crossing and looking both ways ☒
- c) Crossing anywhere when there are fewer vehicles
- d) Following another pedestrian without checking

13. **What is the emergency contact number for fire services in India?**

- a) 100
- b) 101 ☒
- c) 108
- d) 112

14. **Why should you wear a seatbelt while driving?**

- a) To look professional
- b) To avoid a traffic fine
- c) To reduce injury risk in accidents ☒
- d) It is not necessary

15. **What should you do if you see someone in an accident?**

- a) Take a video for social media
- b) Walk away to avoid trouble
- c) Call emergency services and offer first aid if trained ☒
- d) Wait for others to help