

## ADRC QUESTION ANSWER

<p>1. How many types of swimming?</p> <p>a. <b>4</b></p> <p>b. 3</p> <p>c. 2</p> <p>d. 1</p>
<p>2. Write down types of swimming.</p> <p>a. Free style</p> <p>b. Back Stock</p> <p>c. Breast stock</p> <p>d. <b>All of these</b></p>
<p>3. How many types of water entry?</p> <p>a. <b>6</b></p> <p>b. 5</p> <p>c. 4</p> <p>d. 3</p>
<p>4. Which is not a water entry method?</p> <p>a. Slide in</p> <p>b. Compact</p> <p>c. Step in</p> <p>d. <b>None of these</b></p>
<p>5. Due to which reason do we the slide in.</p> <p>a. <b>Know the depth</b></p> <p>b. Know the water speed</p> <p>c. Know the victim</p> <p>d. Know the density</p>
<p>6. In which reason we do the compact jump.</p> <p>a. <b>Know the height</b></p> <p>b. Know the depth.</p> <p>c. Know water speed</p> <p>d. Know the movement</p>
<p>7. In which reason we do the stride jump.</p> <p>a. Know depth</p> <p>b. <b>Caught the victim</b></p> <p>c. Carry the victim</p> <p>d. Know the water speed</p>
<p>8. How many types of water rescue method?</p> <p>a. 3</p> <p>b. <b>4</b></p> <p>c. 5</p> <p>d. 2</p>
<p>9. Write down the name of water rescue method.</p> <p>a. Chin toe</p> <p>b. Arms toe</p> <p>c. Head toe</p> <p>d. <b>All of these</b></p>
<p>10. How many types of Rescue?</p> <p>a. 3</p> <p>b. <b>2</b></p>

- c. 4
- d. 1

11. What equipment should be used in technical rescue?

- a. Rope
- b. Bamboo
- c. Wooden Boat
- d. Rubber/Fiber boat**

12. What Equipment should be used in dry rescue?

- a. Fiber boat
- b. Rubber boat
- c. Wooden boat
- d. Rope/ Bamboo**

13. How much time rescuers hold into water?

- a. 15 Sec
- b. 50 Sec
- c. 90 Sec**
- d. 115 Sec

14. What should be quality of rescuer?

- a. Trained swimmer
- b. Brave
- c. Courageous
- d. All of these**

15. What it the requirement of a rescuer/swimmer during the rescue?

- a. Know about climate
- b. Know about rescue device
- c. All of these**
- d. Healthy & energetic

16. What knowledge should be required to the rescuer during the rescue?

- a. Swimming
- b. Carry method
- c. Knowledge about water
- d. Lock & release**

17. What is the requirement of a rescuer/swimmer during the rescue?

- a. Know about climate
- b. Rescue equipment**
- c. Courageous
- d. Healthy and energetic

18. Which type of swimming require during stay in water.

- a. Cycling**
- b. swimming
- c. butterfly
- d. Freestyle

19. What is the most requirement of a swimmer/rescuer during the swimming/rescue?

- a. Swimming costume**
- b. Goggles
- c. Swimming shoes
- d. None of these

20. A rescuer should be must knowledge about?

- a. Lock & release**
- b. Deep Diving

<p>c. swimming d. Free style</p>
<p>21. Which side face should be victim after rescue? a. Water side <b>b. Dry side/Opposite of water</b> c. North side d. South side</p>
<p>22. Who do you will give the first priority during the rescue? a. Child b. Adult c. Old <b>d. pregnant lady</b></p>
<p>23. Which method will be used to rescue of two people. a. Chin Toe b. Arms Toe c. Head Toe <b>d. Side Arms Toe</b></p>
<p>24. Which method will be used to carry out a victim from water? a. Head Toe <b>b. Fire man lift</b> c. Chin Toe d. Arm Toe</p>
<p>25. In 2004 (Athens Olympi the first place in swimming USA how many medals did are it. a. 26 b. 27 <b>c. 28</b> d. 29</p>
<p>26. Inflatable Rubber Boat divided in -----Air tight compartment. a. 2 b. 3 <b>c. 4</b> d. 5</p>
<p>27. The length of nylon rope fitted on “D” ring of IRB is? <b>a. 10 Mtrs</b> b. 15Mtrs c. 20Mtrs d. None of these</p>
<p>28. After fitting the floor board ideal pressure for fully inflate the Boat is.....? <b>a. 02 PSI</b> b. 03 PSI c. 04 PSI d. 05 PSI</p>
<p>29. In river strength of current depends on ..... a. Volume of water b. Width and depth of river c. Tidal Change <b>d. All of above</b></p>
<p>30. What are the factors kept in Mind before flood rescue operation? a. What is the situation b. Where it is going</p>

<p>c. How do control it</p> <p><b>d. All of these</b></p>
<p>31. Which is not a safety guide lines during diving training?</p> <p>a. Follow all signals</p> <p>b. Rise alarm in case of emergency</p> <p>c. Check for cylinder pressure</p> <p><b>d. None of these</b></p>
<p>32. How to recognize a person in water emergency?</p> <p>a. Shouting for help</p> <p>b. Person going up and down in water</p> <p>c. Person swimming on water</p> <p><b>d. Both A &amp; B</b></p>
<p>33. Expected survival time in cold water with temperature of 04-10 degree Celsius.</p> <p><b>a. 1-3 hrs</b></p> <p>b. Less Than 01 hrs</p> <p>c. More than 03hrs</p> <p>d. None of these</p>
<p>34. Improvise floating device can be made from?</p> <p>a. Coconut</p> <p>b. Plastic Bottle</p> <p>c. Bamboos</p> <p><b>d. All of these</b></p>
<p>35. What is the compression depth in adult CPR?</p> <p>a. 04-05 Cm</p> <p><b>b. 05-06 Cm</b></p> <p>c. 01-02 Cm</p> <p>d. None of these</p>
<p>36. While managing FBAO in adult the thrust should be always given on .....?</p> <p>a. Chest</p> <p>b. Ribs</p> <p><b>c. Upper Abdominal</b></p> <p>d. Lower Abdominal</p>
<p>37. Which are sign and symptoms of snake bite?</p> <p>a. Puncture Mark</p> <p>b. Blurred Vision</p> <p>c. Nausea and vomiting</p> <p><b>d. All of these</b></p>
<p>38. Which is not a swimming technique?</p> <p>a. Butter fly</p> <p>b. Free style</p> <p>c. Back Stroke</p> <p><b>d. Head Stroke</b></p>
<p>39. With help of life jacket rescuers can survive----- Hours?</p> <p><b>a. 72 Hrs.</b></p> <p>b. 12 Hrs.</p> <p>c. 60 Hrs.</p> <p>d. 01 day</p>
<p>40. Which is not a component of IRB?</p> <p>a. Aluminum Paddle</p> <p>b. Foot Pump</p>

<p>c. Puncture Kit  <b>d. Fangs</b></p>
<p>41. Inflatable Rubberized Boat is divided into 04 Air tight compartments comprises of?  a. 02 buoyancy tubes &amp; 02 keels  b. 01 buoyancy tubes &amp; 03 keels  <b>c. 03 buoyancy tubes &amp; 01 keel</b>  d. none of these</p>
<p>42. For an Under-Water diver which of the below mentioned equipment is not require?  a. Dive Fins  <b>b. Life- buoys</b>  c. BCD  d. Knife</p>
<p>43. The maximum carrying capacity of IRB is..... Persons or the combined weight of persons plus cargo should not exceed..... Kilograms?  a. 7 Persons; 750 Kg  <b>b. 10 Persons; 910 Kg</b>  c. 7 Persons; 850 Kg  d. None of these</p>
<p>44. There are ..... types of water entries?  a. 3  b. 4  c. 5  <b>d. 6</b></p>
<p>45. Which of the following entry is to be made when depth of water and state of water bottom are unknown?  a. Step-in  b. Stride entry  <b>c. Slide-in</b>  d. Both a &amp; b</p>
<p>46. Which of the following entry is to be made when a rescuer needs to watch a person in difficulty and entry is to be made from a low height into known deep water?  a. Step-in  <b>b. Stride entry</b>  c. Slide-in  d. Both</p>
<p>47. Which of the following is used in underwater diving?  <b>a. weight belt</b>  b. life jacket  c. lifebuoy  d. none of these</p>
<p>48. What is the capacity of petrol tank of OBM?  <b>a. 25 liters</b>  b. 20 liters  c. 15 liters  d. none of these</p>
<p>49. Management of drowning case is done by.....?  a. resuscitation  b. CPR  c. oxygen  <b>d. All of these</b></p>

<p>50. The key to effective swimming depends on .....?</p> <ul style="list-style-type: none"><li>a. water familiarization</li><li>b. buoyancy mobility</li><li>c. stroke development</li><li><b>d. All of these</b></li></ul>
<p>51. What is the rescue principle?</p> <ul style="list-style-type: none"><li>a. awareness</li><li>b. assessment</li><li>c. after care</li><li><b>d. All of these</b></li></ul>
<p>52. What are the non-swimming rescue?</p> <ul style="list-style-type: none"><li>a. throw</li><li>b. wade</li><li>c. reach</li><li><b>d. All of these</b></li></ul>
<p>53. What is huddle technique?</p> <ul style="list-style-type: none"><li>a. heat</li><li>b. escape</li><li>c. lessening</li><li><b>d. All of these</b></li></ul>
<p>54. If a rescuer immersed in water without a floating aid, the survival activities may be used by him?</p> <ul style="list-style-type: none"><li>a. floating</li><li>b. survival sculling</li><li>c. treading water</li><li><b>d. All of these</b></li></ul>
<p>55. What are the types of waves?</p> <ul style="list-style-type: none"><li><b>a. 3</b></li><li>b. 4</li><li>c. 6</li><li>d. none of these</li></ul>
<p>56. What are the three types of waves of open water?</p> <ul style="list-style-type: none"><li>a. plunging wave</li><li>b. spilling wave</li><li>c. surging wave</li><li><b>d. all of these</b></li></ul>
<p>57. The most appropriate method of entry and exit of saver depends on.....?</p> <ul style="list-style-type: none"><li>a. water condition</li><li>b. height of the starting point</li><li>c. condition of the bottom</li><li><b>d. all of these.</b></li></ul>
<p>58. In which of the condition of water, the cross-chest tow method is used?</p> <ul style="list-style-type: none"><li>a. rough</li><li>b. smooth</li><li>c. light wave</li><li><b>d. none of these</b></li></ul>
<p>59. What is the core temperature of body for hypothermia?</p> <ul style="list-style-type: none"><li>a. below 35 degrees</li><li>b. above 35 degrees</li><li>c. 36 degrees</li></ul>

<b>d. none of these</b>				
60. What is the signs and symptoms of snake bites?				
a. a pair of punctured marks				
b. redness				
c. swelling around the bite				
<b>d. all of these</b>				
61. How many types of Current are in open water?	<b>a.</b>	b. 3	c. 4	d. none of these
62. What is the meaning of word Wade?				
<b>a. walk in the water</b>				
b. float in the water				
c. pedaling in the water.				
d. none of these				
63. w includes which of the following?				
a. padding				
b. sailing				
c. driving				
<b>d. all of these.</b>				
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<p>72. Which is not a component of IRB.</p> <p>a. Aluminum Paddle b. Foot Pump C c. Puncture Kit <b>d. Fings</b></p>
<p>73. The typical examples of man-made disasters are</p> <p>a. Chemical explosion b. Leakage of toxic waste c. Dam break <b>d. All of the above</b></p>
<p>74. What are the major consequences of Tropical cyclones?</p> <p>a. Fierce wind b. Heavy rain c. Storm surge <b>d. All of the above</b></p>
<p>75. The major manmade causes of floods are</p> <p>a. Deforestation b. Siltation c. Bursting of dam <b>d. All of the above</b></p>
<p>76. What type of disaster is most prominent in India?</p> <p><b>a. Flood</b> b. Draught c. Cyclone d. Earthquake</p>
<p>77. The center of the cyclone is characterized by</p> <p>a. High Pressure <b>b. Low pressure</b> c. Very High Pressure d. All of the above</p>
<p>78. Warning about cyclonic disaster is convened through</p> <p>a. Newspaper b. Radio network c. Television <b>d. All of the Above</b></p>
<p>79. The major effects of floods are</p> <p>a. Physical damage b. Loss of biodiversity c. Scarcity of water supply <b>d. All of the above</b></p>

<p>80. Which of the following agencies are the National Disaster Risk Reduction stakeholders?</p> <ul style="list-style-type: none"><li>a. Central Government</li><li>b. National Disaster Offices</li><li>c. Private Sector</li><li><b>d. All of the above</b></li></ul>
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<p>82. Total weight of weight belt in deep diving is ?</p> <ul style="list-style-type: none"><li><b>a. 08kg</b></li><li>b. 10kg</li><li>c. 15kg</li><li>d. 20kg</li></ul>
<p>83. What is the capacity of the cylinder used by the Deep divers?</p> <ul style="list-style-type: none"><li>a. 10kg</li><li><b>b. 12kg</b></li><li>c. 15kg</li><li>d. 20kg</li></ul>
<p>84. The cylinder used by the Deep divers is made of?</p> <ul style="list-style-type: none"><li><b>a. Stainless steel</b></li><li>b. wood</li><li>c. clay</li><li>d. d)stone</li></ul>
<p>85. Weight of the face mask is?</p> <ul style="list-style-type: none"><li>a. 1000gm</li><li>b. 960gm</li><li><b>c. 860gm</b></li><li>d. 800gm</li></ul>
<p>86. Positive buoyancy of the jacket in water is?</p> <ul style="list-style-type: none"><li>a. 200gm</li><li>b. 300gm</li><li><b>c. 400gm</b></li><li>d. 500gm</li></ul>
<p>87. Visor is a part of?</p> <ul style="list-style-type: none"><li>a. Cylinder</li><li><b>b. face mask</b></li><li>c. diving suit</li><li>d. communication set</li></ul>
<p>88. Visor made up of?</p> <ul style="list-style-type: none"><li>a. Transparent plastic</li><li>b. transparent glass</li><li><b>c. transparent poly carbonate</b></li><li>d. none of these</li></ul>
<p>89. How many straps are there in face mask?</p> <ul style="list-style-type: none"><li>a. 4</li><li>b. 5</li><li><b>c. 6</b></li><li>d. 7</li></ul>

<p>90. Cylinder made up of?</p> <p>a. Iron</p> <p>b. aluminum</p> <p>c. fiber glass</p> <p><b>d. stainless steel</b></p>
<p>91. Capacity of cylinder?</p> <p>a. 10Liter</p> <p>b. 11Liter</p> <p><b>c. 12 Liter</b></p> <p>d. 13 Liter</p>
<p>92. Pressure capacity of cylinder is?</p> <p>a. 200bar</p> <p><b>b. 300bar</b></p> <p>c. 400bar</p> <p>d. 500bar</p>
<p>93. Pressure rod gives alarm if pressure of the cylinder reaches?</p> <p>a. 25 bars</p> <p><b>b. 50 bars</b></p> <p>c. 75 bars</p> <p>d. 100 bars</p>
<p>94. Use of octopus?</p> <p>a. To provide <math>O_2</math> to rescuer</p> <p><b>b. to provide <math>O_2</math> to victim</b></p> <p>c. Both</p> <p>d. none of these</p>
<p>95. 01 Bar of pressure in cylinder is equal to...?</p> <p><b>a. 06ltr</b></p> <p>b. 11ltr</p> <p>c. 12ltr</p> <p>d. 13ltr</p>
<p>96. Bar is equal to..?</p> <p>a. 12.7 Psi</p> <p>b. 13.5 Psi</p> <p><b>c. 14.7 Psi</b></p> <p>d. 15.5 Psi</p>
<p>97. Cylinder is filled with?</p> <p>a. Pure oxygen</p> <p>b. mixture of <math>O_2</math> &amp; <math>CO_2</math></p> <p><b>c. natural air</b></p> <p>d. none of these</p>
<p>98. Full name of SCUBA face mask is Neptune space full face mask.</p> <p><b>a. TRUE</b></p> <p>b. False</p>
<p>99. Type of diving?</p> <p>a. Surface supply</p> <p>b. SCUBA</p> <p><b>c. Both a&amp;b</b></p> <p>d. none of these</p>
<p>100. Which type of rope is used by deep divers?</p> <p>a. Anchoring rope</p>

b. life line c. search line <b>d. all of these</b>
101. The face mask must be stored in? <b>a. Dry &amp; dark place</b> b. wet & dark place c. dry & in sunlight d. wet& in sunlight
102. Ideal Temp. For storage of face mask is? a. Below -20°c b. above 50°c <b>c. -20°c to +50°c</b> d. at any temperature
103. Which button has to press when water gets inuring innig face mask? <b>a. Purge</b> b. Alarm button c. presser knob d. none of these
104. What is that use of air circulation system? a. To minimum fogging b. revived o2 & co2 <b>c. Both a&amp;b</b> d. none of these
105. The sign and symptoms of the decompression sickness are? a. Chest pain b. headache c. breathing trouble <b>d. all of these</b>
106. The tested pressure of “SCUBA” cylinder is 3500psi. <b>a. TRUE</b> b. FALSE
107. The period when the tidal stream is at its weakest? a. Flood tide b. tidal stream c. slack water <b>d. low tide</b>
108. The universal color code for o2 cylinder? a. Red <b>b. Green</b> c. Black d. Blue
109. Maximum cylinder charging rate will not exceed .....Psi/minute? <b>a. 400 psi</b> b. 360 psi c. 500 psi d. 450 psi
110. How many types of SCUBA cylinder? a. 1 <b>b. 2</b> c. 3

d. 4
111. Which is not a natural disaster? a. Flash flood b. tidal current c. cyclone <b>d. oil spill</b>
112. Which type of pressure use in SCUBA cylinder? <b>a. High</b> b. low c. medium d. nil
113. During diving which component lift the deep divers in water by feeling air in it? a. Octopus b. boot <b>c. buoyancy</b> d. face mask
114. Which types of under water hazards comes during deep diving? a. tides& currents b. bottom obstruction c. limited visibility <b>d. all of these</b>
115. Which is not part of SCUBA diving set? a. fins b. mask c. depth gauge <b>d. canister</b>
116. Primary form of underwater communication between divers by? <b>a. hand signals</b> b. pull signals c. both a&b d. none of these
117. How many depths during under water rescue operation by using of SCUBA? a. 20 ft. b. 10 ft. <b>c. 33ft</b> d. none of these
118. OBM means <b>a. out board motor</b> b. on boat motor c. both d. none of these
119. Weight of OBM is <b>a. 72kg</b> b. 80kg c. 85kg d. 100kg
120. How many plugs in OBM? a. 2 <b>b. 3</b> c. 5

d. 1
121. OBM divided into how many parts? a. 5 b. 4 <b>c. 3</b> d. 1
122. In which types of cooling system work in OBM? <b>a. water cooling</b> b. air cooling c. oil cooling d. none of these
123. In which part of OBM responsible for cooling? <b>a. Impeller</b> b. ECI c. Propeller d. none of these
124. VST situated in which unit of OBM? <b>a. Power unit</b> b. tell unit c. middle unit d. none of these
125. How many on/off switches in OBM? a. 3 <b>b. 2</b> c. 4 d. 1
126. In which types of fuel use in OBM? <b>a. petrol</b> b. deiseal c. LPG d. none
127. Fuel tank capacity of OBM is? <b>a. 25L</b> b. 30L c. 35L d. 40L
128. Engine oil capacity of OBM is? <b>a. 1.8L</b> b. 2L c. 2.5L d. 3L
129. How many gears are present in OBM? <b>a. 3</b> b. 4 c. 5 d. 6
130. What is the name of accessories attached to fuel tank of OBM? <b>a. fuel pipe</b> b. fuel injector c. fuel connector

d. none of these
131. What type of disaster is most prominent in India? <b>a. Flood</b> b. Draught c. Cyclone d. Earthquake
132. What are the main prescribed procedures for standard operating? a. Search and rescue b. Medical assistant c. Casualty management <b>d. All of the above</b>
133. The steps need to be taken for any risk natural or man-made disaster? a. Proper building construction b. A well planned c. Awareness among the stakeholders <b>d. All of the above</b>
134. Who shall be the first responders in disaster management situation? a. Central Government <b>b. Community</b> c. Local Government d. State Government
135. Mock drills exercise to create awareness among people are conducted at? a. State level b. District level c. GP/Village level <b>d. All of the above</b>
136. The cyclone that hit Odisha on October 29, 1999 is an example of? <b>a. Super cyclone</b> b. Silent cyclone c. Cyclone storm d. None
137. The human factors which cause floods are? <b>a. Deforestation</b> b. Heavy rainfall c. Cloud burst d. Large catchment area
138. Cyclones in the Caribbean islands are known as? a. Typhoon <b>b. Hurricanes</b> c. Tornadoes d. Storm
139. Tropical cyclone, drought, wildfire is? a. Industrial hazard b. Man induced hazard <b>c. Meteorological hazard</b> d. Hydrological hazard
140. Flood can be controlled by? a. Afforestation b. Construction of dam <b>c. Both a &amp; b</b>

**d. None of these**

141. In the eye of the cyclone the temperature is?

- a. Highest
- b. Lowest**
- c. Normal
- d. Average

142. Tsunami can occur only during?

- a. Evening
- b. Afternoon
- c. Anytime in day or night**
- d. Morning

143. Indian National Tsunami Warning System became operational in?

- a. 2003
- b. 2007**
- c. 2009
- d. 2012

144. The term Tsunami is coined from?

- a. Chinese term
- b. Indian term
- c. German term
- d. Japanese term**

145. Landslides occur because of?

- a. Intensity of rainfall
- b. Steep slopes
- c. Deforestation leading it soil erosion
- d. All the above**

146. International Tsunami Information Centre is in?

- a. Honolulu**
- b. Goa
- c. Jakarta
- d. Pondicherry