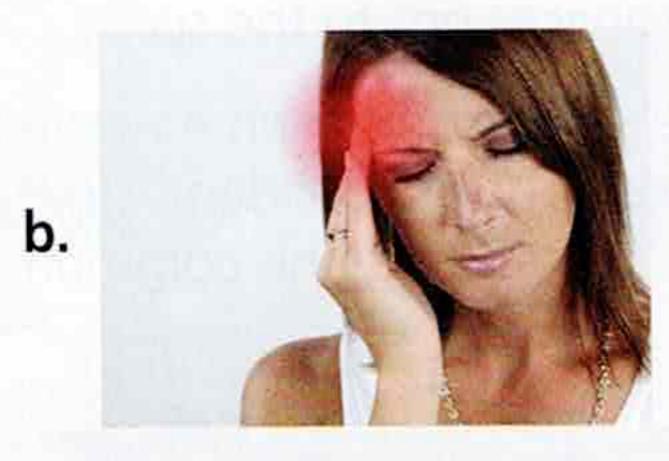


First aid and injuries

Activity 1. Choose the word that represents what you see in the picture.



Bandage / foreign body / vein / splint



Basic life support / cramp / headache / dislocation



First aid / tissue / drug / fist-aid kit



Sweating / throw up / twist / heartbeat

Activity 2. Try to complete the sentences with the words available.

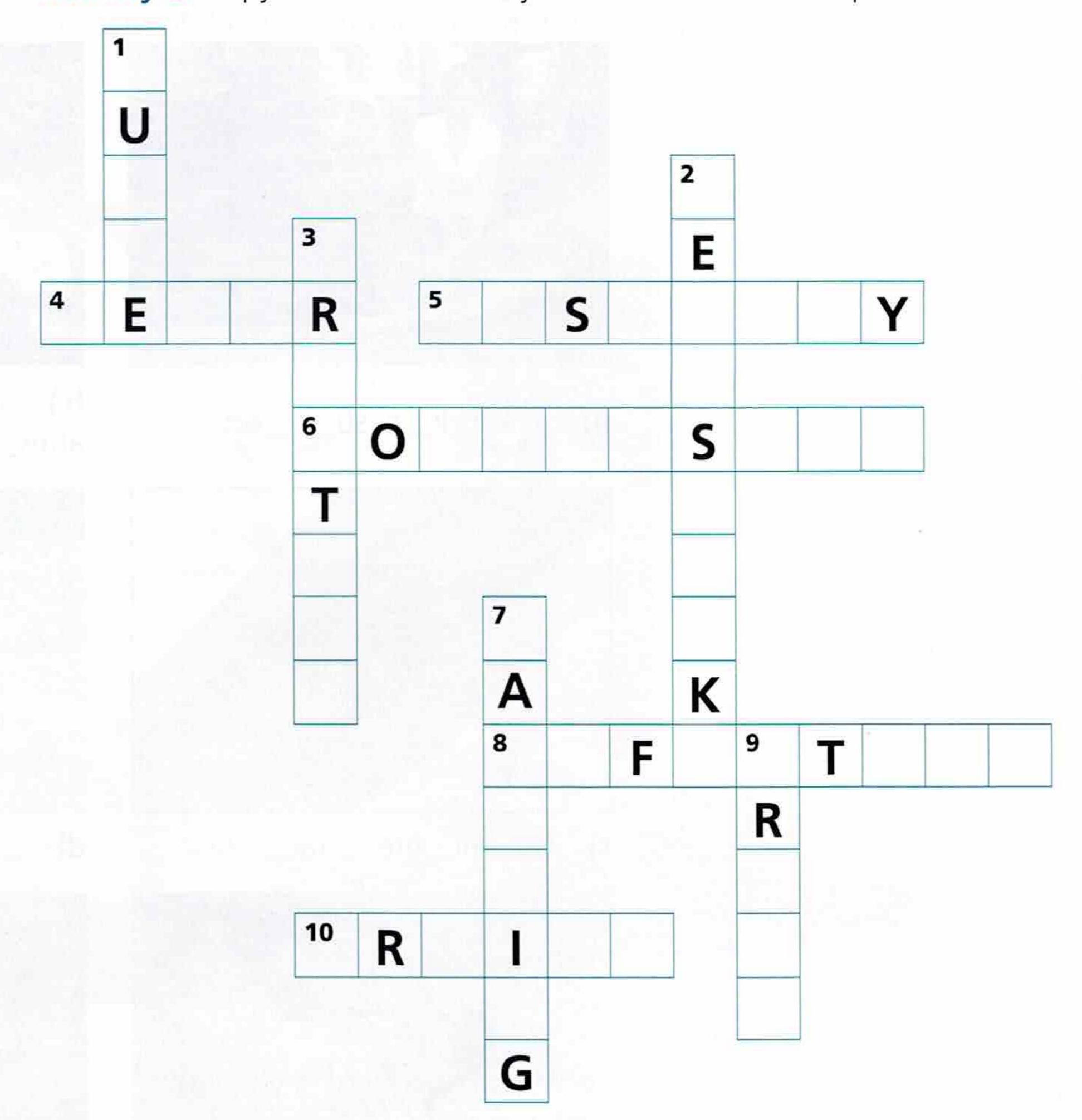
tachycardia, tissue, internal bleeding, unconsciousness, accident, defibrillator, hypothermia

a.	. When a person suffers athe the usual level.	ne temperature falls below
b.	If his heart rate is over 100 beats per minute while resting, he will have a	
c.	is a group of connected cells in an animal or plant that has the same purpose.	
d.	. A machine that uses an electric curre dangerous activity of the heart's mus	All and the second seco
		120

- e. He suffers ______ because he is not awake.

 An _____ is not expected and often damages some
- **f.** An _____ is not expected and often damages something or injures someone.
- **g.** _____ is a loss of blood that occurs in a cavity body.

Activity 3. Copy the crossword in your notebook and complete it.



Across

- **4.** A medical condition in which the body temperature is higher than usual and the heart beats very fast.
- 5. A person injured or killed in a serious accident or war.
- A sudden movement of the muscles in your body that you cannot control, caused by illness or drugs.
- **8.** A disease in a part of your body that is caused by bacteria or a virus.
- **10.** An injury or mark where the skin has not been broken but is darker in colour.

Down

- 1. The regular beating of the heart, especially when it is felt at the wrist or side of the neck.
- A condition that can lead to death, caused by being too long in a very hot place.
- 3. Something breaks or cracks.
- 7. To suddenly become unconscious for a short time, usually falling down.
- A sudden, involuntary, spasmodic muscular contraction causing severe pain, often occurring in the leg or shoulder as the result of a strain or chill.

Activity 4. Complete the words with the missing letters in your notebook.



Activity 5. Find the four lost words or concepts in the next chaotic line and write them beside its definition.

KjhusprainliuyebnpainkyerbndoñillnesslibcrdxlpgtInflammationmjgdd

- A feeling of physical suffering caused by injury or illness: ____
- To cause an injury to a joint by a sudden movement: _____
- A disease of the body or mind: _____
- Red, painful, and swollen, especially because of infection or contusion: _____

Activity 6. Look at the image. In your notebook, write the name of each element of the first-aid kit. Use a dictionary if you need to.



Activity 7. Speaking activity. Next weekend you are going hiking with a group of teenagers. You are the instructor and you need to take the first-aid kit and some useful things. What are you going to take with you? Write a list of five items and share it with the rest of the class.

1.	

- 2
- 3
- 4
- 5

Activity 8. Speaking activity. In pairs, list five potential injuries that could occur while hiking with the group of teenagers. Copy the table below into your notebook and complete it. Share it with the rest of the class.

Potential injury	What can cause this injury?	What can be done to reduce the risk of injury?