

WORKSHEET 1

I. Look at the pictures and write the words.



1.
 2.
 3.
 4.
 5.
 6.

II. Complete the sentences with the words from the box. There are two words you don't need.

bandage compass cut fog foggy storm whistle

- 1 They used a plaster on his hand and put a _____ on his arm.
- 2 They used a map and a _____ to find their way back to the campsite.
- 3 The weather was terrible. It was very _____, so they couldn't see the road.
- 4 There was a terrible _____ in the night and a tree fell in the road.
- 5 Paula fell off the ladder, _____ her arm and broke a finger.

III. Read and choose the words from the box to complete the text.

whistle foggy where first aid kit compass

What should you do if you go for a walk in the mountains? Here's some advice from the Lochaber Mountain Rescue team: Always tell someone (1)you're going before you leave. Make sure that you're wearing the right clothes. Perhaps the weather is good now, but it might get colder or (2) later. Storms with strong winds can start very suddenly in the mountains. So, put a warm jacket in your backpack and wear walking boots. Take a map, as your phone may not work in the mountains. You could get lost if it gets dark or foggy, so take a (3) and a whistle with you. With a (4), you can make a noise and help people to find you. Even if you're really careful, you might get hurt, so put a small (5) in your backpack. Now ... are you ready for your walk in the mountains? Have a great time and stay safe.