



Task 1. Find all the words in the list.

Y	W	Y	T	T	U	W	L	B	Q	B	G	E	W	P	Z	W
Q	N	K	N	E	X	S	K	Z	W	A	Q	F	C	O	H	F
D	N	N	Q	S	M	E	L	R	U	P	S	K	I	Q	N	R
T	B	Y	O	E	O	T	G	Z	T	J	V	N	T	D	I	E
E	D	R	H	I	Q	T	E	A	N	F	T	S	P	R	A	T
W	P	L	U	Z	T	C	W	Y	D	M	N	V	E	E	R	N
H	B	O	D	I	U	A	C	E	E	N	Y	F	S	S	P	I
I	E	W	N	S	S	I	T	N	E	E	A	E	I	S	S	L
P	R	D	R	G	R	E	T	I	V	Z	K	B	T	I	F	P
L	U	E	U	W	U	O	N	I	C	K	E	F	N	N	Y	S
A	T	T	B	I	K	F	S	L	A	S	S	R	A	G	E	P
S	C	O	N	Y	Y	R	Z	S	I	O	U	L	S	Q	A	L
H	A	T	U	I	X	J	O	N	I	K	G	S	I	Z	N	I
D	R	P	S	L	P	C	B	K	L	C	S	K	E	N	J	N
P	F	C	F	Q	X	U	F	P	D	V	S	G	R	R	G	T

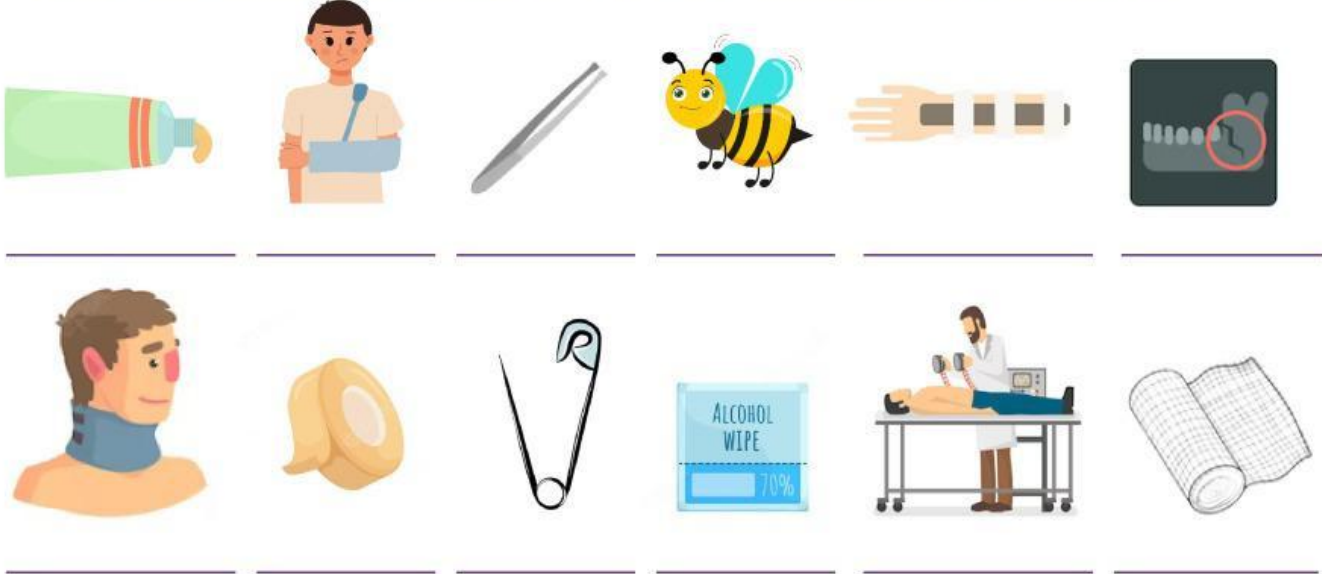
OINTMENT
SCISSORS
DRESSING
SPRAIN
BRUISE
SUNBURN

ANTISEPTIC
BANDAGE
RESUSCITATION
FRACTURE
SPLINTER

TWEEZERS
SPLINT
GAUZE
WHIPLASH
SLING



Task 2. Write down the names of the processes/items in the pictures below.



Task 3. Match the halves of the First Aid Instructions.

First Aid Instructions

Part A:

1. If the injury is minor,
2. For cuts and scrapes,
3. For splinters,
4. For more severe injuries like sprains, fractures or whiplash,
5. For bruises or grazes,
6. For neck injuries,
7. For sunburn,
8. For stings,
9. For bangs,
10. For life-threatening situations,

Part B:

- a. apply aloe vera or other soothing ointments to the affected area.
- b. know how to perform resuscitation and call for emergency services.
- c. apply a dressing to the affected area.
- d. immobilize the affected area with a splint or sling.
- e. use tweezers to remove them.
- f. use a neck brace to immobilize the head and neck.
- g. clean the wound with an antiseptic wipe and apply ointment to it.
- h. remove the stinger with tweezers and apply an antiseptic wipe.
- i. rest the affected area and apply a cold compress to reduce swelling.
- j. cover the wound with an adhesive bandage

Remember that first aid should only be administered if you have experience and knowledge in doing so. If you are unsure or the injury is severe, call for emergency services immediately.



Task 4. Fill in the gaps with a correct word/word combination.

inflammation ointment painkillers dressing splint scissors bandage
antiseptic tweezers resuscitation adhesive bandage
safety pin sprained antiseptic wipes

1. After undergoing surgery, the patient was prescribed strong _____(1) to help alleviate the post-operative discomfort.
2. My grandma always reaches for the trusty _____(2) when she gets bruises from her daily walks around the neighborhood.
3. While getting dressed for his cousin's wedding, Tom realized he forgot to bring a _____(3) to fasten his tie into place.
4. The nurse placed an _____(4) over the wound after cleaning it with _____(5) solution.
6. The hiker carried _____(6) in his backpack to clean any potential injuries he might sustain on the trail.
7. With a pair of _____(7), the surgeon carefully extracted the foreign object from the patient's ear canal.
8. The tailor used _____(8) to cut the fabric and fashion it into a custom-made suit for his client.
9. She wrapped the _____(9) tightly around the _____(10) ankle to ease the swelling and stabilize the joint.
10. The paramedics immobilized the injured athlete's leg with a _____(11) before taking him to the hospital.
11. The _____(12) on the wound had to be changed every day to keep it moist and promote healing.
12. Despite not having any prior training in _____(13) techniques, the bystander successfully performed CPR and saved the man's life.
13. The nurse removed the gauze from the surgical incision to check for any signs of _____(14) or irritation.

Task 5. Listen to the four stories about four injuries , answer the questions to them.



Story 1. _____

1. What was the setting of the story?

- a) A high school gymnasium
- b) A concert hall
- c) A football stadium

2. What was the narrator's friend doing before the accident?

- a) Playing bass drum
- b) Climbing stairs
- c) Sitting on the bleachers



3. What caused the injury?

- a) A falling railing
- b) A loose handrail
- c) A broken step

4. What was the narrator's initial reaction to the injury?

- a) He cried
- b) He laughed
- c) He called 911

5. Did the narrator go to the hospital?

- a) Yes
- b) No
- c) It is not clear

**Story 2.****1. What type of kitchen appliance was the speaker using when they injured themselves?**

- a) A hand mixer
- b) A blender
- c) A hand blender

2. What was the speaker doing when they accidentally injured themselves?

- a) Making whipped cream
- b) Chopping vegetables
- c) Grinding coffee

3. Why did the speaker go to a walk-in clinic instead of the emergency room?

- a) They wanted to save money.
- b) They didn't want to wait too long.
- c) They preferred the doctor at the clinic.

4. What did the doctor use to close the wound?

- a) Stitches
- b) A band-aid
- c) Crazy glue

5. What did the doctor advise the speaker to do after the injury?

- a) Change the band-aid regularly.
- b) Avoid heavy lifting and strenuous activity.
- c) All of the above.
- d) Keep the wound clean.

6. How did the speaker's injury heal?

- a) They needed surgery.
- b) They had a visible scar.
- c) They healed perfectly.



**Story 3.**

1. What happened to the speaker?

- a) They broke their leg.
- b) They sprained their ankle.
- c) They hurt their back.

2. What did the doctor tell the speaker to do?

- a) Walk on their foot.
- b) Put ice on their ankle.
- c) Take a hot bath.

3. How did the speaker move around while their ankle was healing?

- a) They used crutches.
- b) They crawled on the floor.
- c) They rode a bike.

4. How long did the speaker have to use crutches?

- a) 5-10 days.
- b) A couple of weeks.
- c) A month or more.

5. What did the speaker have to do to reduce the swelling?

- a) Take medication.
- b) Put ice on their ankle.
- c) Keep their foot elevated.

6. What is the purpose of elevating the foot?

- a) To increase the swelling.
- b) To reduce the swelling.
- c) To speed up the healing process.

**Story 4.**

1. What were the first symptoms of the cold?

- a) A runny nose and cough
- b) A sore throat and cough
- c) A fever and chills

2. What did the speaker do when they started feeling cold?

- a) Went to bed
- b) Took medicine
- c) Turned up the heat

3. What is the "shivers" part of the fever?

- a) Feeling really cold
- b) Feeling really hot
- c) Feeling nauseous

4. What did the speaker do to try to warm up?



- a) Wrapped up in a heavy blanket (duvet)
- b) Turned up the heat
- c) All of the above

5. What did the speaker's temperature do after the chills?

- a) Stayed the same
- b) Went down
- c) Went up

6. What was the worst symptom the speaker experienced?

- a) A sore throat
- b) Chills
- c) A bad cough

Task 6. Writing. Choose one of the given scenarios and get creative with your writing.

You have just witnessed a car accident and are the first on the scene. Write an email to a friend describing the situation and what first aid measures you took. Use at least 7 target vocabulary words in your email.

You are a medical professional creating a social media post about the importance of first aid knowledge. Write a tweet or Instagram post highlighting key tips and advice for administering basic first aid. Use at least 10 target vocabulary words in your post.

