

Class

Name

Unit 16. Golden Time that Saves Lives



Listen to the audio and fill in the blanks.



Track 33

The (1) _____ heart needs to (2) _____ all the time. If a person's heart is not beating, then there is no air going to the brain. If someone gets (3) _____ and their heart stops beating, or they stop breathing, don't panic. You have four "golden minutes" to help someone in this (4) _____.

First, call for an (5) _____. Second, do (6) _____ (7) _____. Lie the person flat on their back. Put both your hands on their chest. One hand must be on top of the other. Then, (8) _____ the (9) _____ of your body down on their chest and (10) _____. Do not (11) _____ about hurting them. You need to (12) _____ this very quickly, about 100 –120 times per minute. Think of a fast song and push in time to the beat. (13) _____ to do this until help (14) _____.

These four "golden minutes" can save someone's life! You can read more about this online.* You can get the proper training from a (15) _____ teacher.