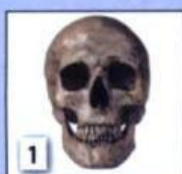


15 Injuries

A From head to toe



1



2



wrist



ankle



3



bruise

My cousin **fractured** his **skull**¹ when he came off his motorbike. He was **unconscious** for several minutes. I once got a **black eye**² in a fight at school. I **dislocated** my shoulder playing rugby. I **sprained** my wrist when I fell off my bike. I **twisted** my ankle running for a bus. I used to get lots of **blisters**³ on my feet from running. I've **bruised** myself **hundreds** of times.

GLOSSARY

fracture	break a bone or some other hard material
unconscious	in a state like sleep, often because of an injury or an illness OPP conscious
dislocate	put sth (usually a bone) out of its correct position
sprain	injure a part of your body, especially your wrist or ankle, by suddenly bending or turning it SYN twist your ankle (NOT USUALLY twist your wrist)
blister	a swelling on the surface of the skin that is filled with liquid and is often caused by rubbing or burning
bruise	get or make a blue, brown, etc. mark on the skin after sb has fallen, been hit by sth, etc. bruise <i>n</i>
hundreds (of sth) <i>inf</i>	a lot; a large amount: hundreds of things to do SYN masses (of sth)

SPOTLIGHT verbs, nouns and adjectives

A number of the verbs above can also be used as nouns, and some of the past participles from these verbs can be used as adjectives.

- He's got several **fractures**.
- I've got a large **bruise** on my arm.
- a **sprained** wrist
- a **twisted** ankle
- a **dislocated** arm

1 Answer Yes or No.

- | | |
|---|--|
| 1 Can you talk when you're conscious? | 5 Can you bruise your hair? |
| 2 Can you twist your eye? | 6 Can you dislocate a finger? |
| 3 Can you sprain your ankle? | 7 Can you get a blister on your hand? |
| 4 Can you fracture a fingernail? | 8 Can you write when you're unconscious? |

2 Put the following in order from most serious (1) to least serious (6). Give your reasons.

- | | |
|---------------------------|--------------------------|
| a twisted ankle | a dislocated elbow |
| a fractured skull | a black eye |
| a bruise on the arm | a blister |

3 Complete the sentences.

- He's injured himself of times playing rugby.
- The man wasn't moving. I thought he was dead, but in fact he was
- He told me he got a black when his dog jumped up and hit him in the face.
- When I my finger, the doctor put it back into position – and it hurt!
- His arm is black and blue from the he got from falling off the wall.
- Do you often get on your feet from walking in new shoes?
- Clara her leg skiing and hasn't been able to walk for weeks.
- I sprained my, and then the next day I twisted my

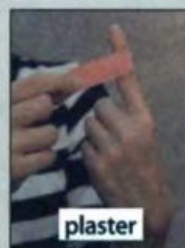
4 ABOUT YOU Write your answers, or talk to another student.

- How many of the injuries at the top of the page have you had?
- Which of the injuries at the top of the page require a visit to the hospital? Which require a visit to the doctor?



B First Aid

FIRST AID: To clean a **wound**, you need to **bathe** it **thoroughly**. For a small cut, just put on a **plaster**. For a more serious wound, especially if it is **bleeding** quite a lot, cover it with a clean **dressing** to prevent **infection**, and then hold that **in place** with a **bandage**. Most cuts **heal** within seven days. If a part of the body is **swollen**, apply a bag of frozen peas **wrapped** in a towel to reduce the **swelling**.



plaster



dressing



bandage

GLOSSARY

first aid	simple medical treatment that is given to sb, often before a doctor comes or before the person can be taken to a hospital	bleed	lose blood bleeding <i>n</i>
wound	an injury to a part of your body, especially a cut, and often from a weapon wound <i>v</i> (usually passive)	in place	in the correct or usual position: hold sth in place
bathe	wash part of the body, often for medical reasons	heal	(especially of a cut) become healthy again
thoroughly	in a careful and complete way	swollen	bigger than usual because of an injury or an illness. A swollen arm or leg from an injury may also be blue or purple.
		swelling <i>n</i>	
		wrap	cover or tie sth around an object or part of the body

SPOTLIGHT *infection*

An **infection** is an illness caused by **bacteria** or a **virus**. (Both are small living things that can only be seen through a microscope.) An **infectious** illness or disease travels easily from one person to another.

5 Is the pronunciation of the underlined letters the same or different? Write S or D. Use the APP to help you.

- | | |
|---------------------------|-------------------------------|
| 1 bathe bandage | 6 wound thoroughly |
| 2 bandage infection | 7 thoroughly infectious |
| 3 bathe plaster | 8 body swollen |
| 4 heal bleed | 9 wound swollen |
| 5 virus infection | 10 bacteria dressing |

6 Complete the sentences.

- We did a bit of first when I was at school.
- My arm was quite after I fell and bruised it.
- If I hit my nose hard, it often quite a bit.
- It's not a bad cut, so I think it will quite quickly.
- If you want to prevent infection, you need to clean the wound
- Could you put your finger there to hold the dressing in
- An infection can be caused by or a
- He was in the leg when he was attacked by a man with a knife.
- I put a large plaster on the cut to stop the
- If you some packs of ice round the bruise, it will reduce the

7 Test your knowledge of first aid. Answer the questions.

- What is the purpose of doing first aid?
- What is the first thing you should do with a wound?
- What can you put on a small cut?
- Why do you need a clean dressing?
- What is the purpose of a bandage?
- How long does it take for most cuts to heal?
- Why would you wrap frozen peas in a towel?
- What is the main risk with an infectious disease or illness?



TEST YOURSELF