




Task 1 (Guide time 20 minutes)

Read the text and answer questions 1–7.



Safe Lifting tips



One of the biggest causes of back injury at work is lifting heavy objects incorrectly.

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Think before you lift.

Plan the lift. Where are you going to place the load? How heavy is it? Can you lift it on your own or will you need help?

Keep the load close to your body.

Get a good hold of the object. When you lift, hold the object close to your stomach rather than at arm's length. This reduces stress to your back.


Don't bend your back when lifting.

Bend your knees and keep your back straight. Use your legs to lift because your leg muscles are the strongest in your body.

Remember to use the same techniques when putting the load down.

Useful links

- [Back pain at work](#)
- [Exercises for back pain](#)
- [Video: back stretches](#)



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Source: www.nhs.uk/Livewell

1 What is the text about?

Tick one box ☒

- a The correct way to lift heavy loads
- b Injuries at work
- c Exercises for back pain
- d How to avoid lifting heavy loads

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2 Put these steps in the correct order for lifting a heavy object from the floor.

Check the object is not too heavy	1 st
Hold the object firmly	
Use your leg muscles	
Bend your knees	

3 Which of these sentences is missing from the first paragraph?

Tick one box ☒

- a Never lift heavy loads at work.
- b Get help when lifting heavy objects.
- c Follow these steps and prevent back pain.
- d Use the lift safely.

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- 4 Name one hyperlink that people with back problems can click on for further information.

- 5 What is the main purpose of this text?

Tick one box ☒

- a To advertise a job
- b To describe an injury
- c To inform about safe practices
- d To explain back pain

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- 6 According to the text, back injuries can happen if

Tick one box ☒

- a you hold the object tight.
- b you hold the object loosely.
- c you hold the object close to your body.
- d you hold the object away from your body.

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- 7 The list of health and safety terms is in alphabetical order. Put the word **stress** in the correct place.

Tick one box ☒

- a Before **smoking**
- b Before **safety signs**
- c After **slips**
- d After **sun safety**

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Question	Assessment Criteria	Tick if achieved
1	1.1	
2	1.2	
3	1.3	
4	1.4	
5	2.1	
6	3.1	
7	4.1	
Total marks		/7

Task 2 (Guide time 20 minutes)

Read the text and answer questions 1–7.

Moreenergy - bringing gas and electricity to your home

Ms Sara Black
12 Broad Road
Stockley
ST5 6TY

Dear Ms Black

By 2020, every home in the UK will have a smart meter. We know our customers are asking a lot of questions about them. We want to answer three **key** points to help you understand.

What is a smart meter?



It is a new type of energy meter. There are both gas smart meters and electricity smart meters. They have a display screen which shows your level of energy usage and how much the energy you use costs.

How does a smart meter work?

It works by sending information directly to your energy supplier, which means we will always know exactly how much energy you've used and you won't pay for more than that. You won't ever need to send in a meter reading!

Will a smart meter save me money?

A smart meter itself won't save you money, but it can help you lower your bills because you can check how much energy you are using as often as you like.

So why not switch today and reduce your energy bills?

It will cost you nothing and you could save up to £383 a year.

Yours sincerely

Steve Highfield

Steve Highfield
Customer Service Director

1 The energy company wrote to Sara Black because they want her to

Tick one box ☒

- a check her meter every day.
- b pay her bill.
- c spend £383.
- d install a smart meter.

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2 With a smart meter, how can you check how much energy you are using?

Tick one box ☒

- a Ask the energy company
- b Send in a meter reading
- c Look at the display screen
- d Pay your energy bill

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3 The word itself is underlined because it is a hyperlink.

Tick one box ☒

- True
- False

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4 What does the word '**key**' mean in the text?

Tick one box ☒

- a Important
- b Difficult
- c Simple
- d Personal

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5 The best heading for this text is

Tick one box ☒

- a How to get free energy
- b Smart meters explained
- c New energy in your home
- d How to use a smart meter

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6 According to the text, how much is a smart meter?

7 Put the following words in alphabetical order.

smart

supplier

screen

i

ii

iii

Question	Assessment Criteria	Tick if achieved
1	1.1	
2	1.2	
3	1.3	
4	1.4	
5	2.1	
6	3.1	
7	4.1	
Total Marks		/7

Task 3 (Guide time 20 minutes)

Read the text and answer questions 1 – 7.

Chester Zoo – the story of the UK's most popular zoo

By John Brown

June Mottershead was only four when her dad decided to open the world's first "zoo without bars". She remembers the day when they moved from Shevington near Crewe to a big, old, derelict house near Chester. "No curtains, nothing on the floors."

The next day her father came home with two bears.

They repaired the house and built pens for the animals, and in 1931 Chester Zoo opened to the public.

Her father hated seeing animals kept in cages so the animals were allowed a lot of freedom.

The war years were difficult times but after the war the zoo began to grow.

"We all did the work. Building things, feeding animals, mucking out, and making sure they all had clean fresh water to drink."

In 1949 June got married and, apart from a three year trip to Australia and New Zealand, she worked in the zoo until 1978 when she and her husband moved to Anglesey. June is now in her 80's and still remembers her life with the animals. "It's funny. I didn't know anything different. I thought that everybody lived with lions and monkeys."

The amazing story of Chester Zoo has now been made into a TV drama for BBC 1.

1 From reading the text, which sentence about June Mottershead is true?

Tick one box ☒

- a She had lots of brothers and sisters.
- b She did all the work in the zoo.
- c She was unhappy living in a zoo.
- d She lived most of her life at Chester Zoo.

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2 Put the events of June's life in the order in which they happened.

Move to their new home	1 st
Went abroad	
The zoo opened	
Got married	

3 Name one feature that shows that the text is a newspaper article.

4 The phrase “zoo without bars” means that the animals

Tick one box ☒

a lived in cages.

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b lived alone.

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c had a lot of space.

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d were not happy.

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5 John Brown wrote the article because

Tick one box ☒

a there is a new programme on television.

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b there is a new bear at the zoo.

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c there is an 80th birthday party for June.

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d there is a new monkey house at the zoo.

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6 Where is the zoo?

Tick one box ☒

a In Chester

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b Near Chester

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c In Shevington

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d In Anglesey

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