

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.