

## VOCABULARY

## Accidents and emergencies



1 Match 1–9 to a–i to make phrases for accidents and emergencies. Then write them below.

- |                |                        |
|----------------|------------------------|
| 1 pass         | a on something sharp   |
| 2 have         | b something            |
| 3 slip         | c by an animal         |
| 4 cut yourself | d out                  |
| 5 swallow      | e something poisonous  |
| 6 bump         | f your head            |
| 7 be bitten    | g an allergic reaction |
| 8 trip over    | h your ankle           |
| 9 twist        | i on a wet floor       |

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_



2 Complete the sentences with the correct form of verbs from Exercise 1.

- 1 Don't leave that banana skin on the floor – somebody might \_\_\_\_\_ on it.
- 2 I \_\_\_\_\_ my shoulder as I got out of the car.
- 3 Have you ever \_\_\_\_\_ by a snake?
- 4 We had to take my little brother to hospital because he had \_\_\_\_\_ some ink.
- 5 Be careful that you don't \_\_\_\_\_ yourself with that knife.
- 6 When she entered the room she nearly \_\_\_\_\_ my suitcase.
- 7 It was so hot in the room that I almost \_\_\_\_\_.
- 8 I can't eat peanuts because I \_\_\_\_\_ an allergic reaction to them.
- 9 He \_\_\_\_\_ his ankle when he jumped off the high wall.



3 Read the speech bubbles and write what happened. Use the phrases from Exercise 1.

**Ella:** Achoo! I knew coming to a flower show wasn't a good idea!

0 *Ella had an allergic reaction to the flowers.*

**Julian:** Ouch! My head! That ceiling is really low.

1 \_\_\_\_\_

**Rob:** Hello, kitty. You're a nice little cat, aren't you? Ow! That really hurt!

2 \_\_\_\_\_

**Emily:** Ooooh! Ouch, my leg. Who left that box in the corridor!?

3 \_\_\_\_\_

**Paul:** Let me see ... chop the onions very finely ... Ow! My finger!

4 \_\_\_\_\_

**Mum:** Lucy, don't run near the swimming pool. It's wet. Oh no!

5 \_\_\_\_\_

## READING



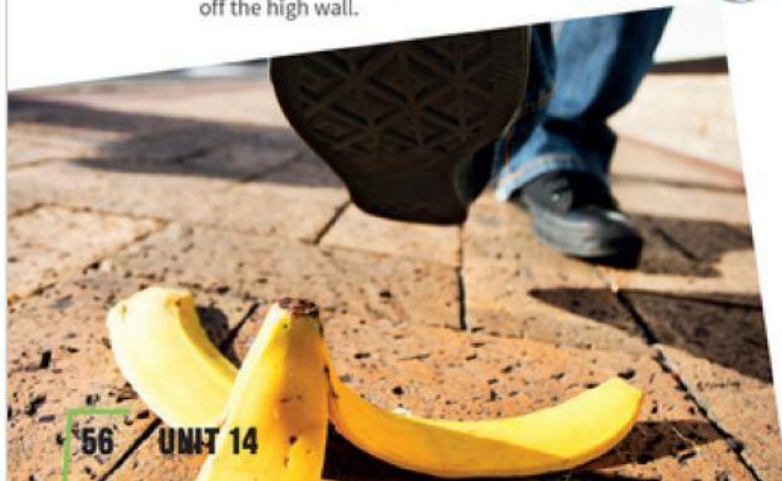
1 Look at the title of the text on page 57 and quickly read the article. What does 'accident-prone' mean?

- A Having fewer accidents than most people.  
B Having more accidents than most people.



2 The opening sentence of each paragraph has been removed from the article. Choose from sentences A–F the one which fits each gap (1–6).

- A Danielle Mamby, author of *Stress and Health*, agrees.  
B As a teenager, he fell from a high wall, then he had a bad bicycle crash just before he started university.  
C Take Kirsty Ball, for example, who considers herself to be particularly accident-prone.  
D No, not necessarily.  
E Science seems to agree with Danielle.  
F That said, when it comes to accidents, some people seem to be genuinely unlucky.



# ACCIDENT-PRONE

Everyone has accidents from time to time. A bump on the head, a slip on a wet floor – it's almost impossible to go through life without suffering such **minor** events once in a while. But why do some people seem to suffer accidents more often than others?

<sup>1</sup> 'I seem to have more accidents when I'm feeling stressed, or thinking about something,' says the 19-year-old computer programmer. 'Once I slipped on a wet kitchen floor and broke my **wrist**, and three days later I tripped over a step and hurt my shoulder. Then, the following week, a guitar fell on my head when I was opening a wardrobe. I'm sure these things all happened because I wasn't paying attention.'

<sup>2</sup> She believes that people who are stressed aren't 'living in the present'. They're thinking about the future or about something that's happened in the past. That's why they aren't paying attention to what's going on around them. 'If you're busy, you go from task to task, and while you're doing one thing, you're thinking about what your next job is going to be,' she says. 'Or you might be thinking about a conversation you had earlier in the day, and wishing you had said something different. Either way, you're not living in the present. You're somewhere else. And that's when accidents happen.'

<sup>3</sup> Recent research indicates that accident-**prone** people really do exist. Scientists in the Netherlands studied the accidents of nearly 150,000 people from different countries, and found that one out of every 29 people has a 50% or higher chance of having an accident than the rest of the population. So, does that suggest that these people are more stressed than the other 28 in every 29?

<sup>4</sup> The scientists concluded that stress wasn't the main factor in causing accidents. 'Stress and **anxiety** don't help,' says Professor Kurt Knopf, 'but the biggest problem seems to be multitasking – trying to do more than one thing at a time. If you're chopping onions with a sharp knife, you have to concentrate on it. You can't let things like shouting children or a ringing telephone distract you, or you'll cut yourself.'

<sup>5</sup> Take the sad case of Trevor Cookson. His life started badly, and it never got any better. He was accident-prone before he was even born, as his mother nearly lost him when she was pregnant. Then he suffered a lot of serious accidents as a child. He broke bones in the playground, and had to have a **major** operation when he was hurt playing rugby.

<sup>6</sup> That didn't stop him going to university and studying law, though. After he graduated, he worked in a law firm where he had to travel a lot, and as a consequence, broke his back once in a car accident. However, he always managed to fight back to health. What's more, he never seemed to be particularly stressed or anxious about anything. In fact, he's now married to a nurse he met when in hospital after breaking his back. 'At least I'm there to look after him when he has another accident', says Simone, his wife, though he's managed the last few years without any accidents at all!



So next time you have an accident, think about Trevor Cookson. He never complained!



**3** Choose the correct answer to complete the sentences.

- 1 Kirsty Ball *understands / doesn't understand* why she has so many accidents.
- 2 Danielle Mamby believes that people tend to have accidents *when they are very busy / when they are thinking about something else*.
- 3 Scientists believe that the main cause of accidents is *anxiety / lack of concentration*.
- 4 Trevor Cookson had a lot of accidents because *he was unlucky / he had a stressful life*.



**4** Match the **highlighted** words in the article to the definitions.

- 1 more important, bigger or more serious than others of the same type \_\_\_\_\_
- 2 the feeling of being very worried \_\_\_\_\_
- 3 the part of the body between the hand and the arm \_\_\_\_\_
- 4 not important or serious \_\_\_\_\_
- 5 likely to experience a particular problem more often than is usual \_\_\_\_\_