


# Listening 2

## Listening

3  **Track 59** Alex and Jackie are co-workers.

Listen to the conversation.

▶ 0.00 / 0:51 — 🔊 ⋮

Which problems in **activity 1** does Jackie mention?

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4 Work with a partner.

Read Alex and Jackie's conversation below.

Write the phrases from the yellow box in the spaces.

you shouldn't have  
you should relax  
you should clean it  
you should stand up  
you shouldn't sit down



**Alex:** Hi, Jackie.

**Jackie:** Oh, hi, Alex.

**Alex:** How's everything with your new job?

**Jackie:** I like it, but I'm sitting in front of a computer all day.  
I've got stiff shoulders, and my hands hurt.

**Alex:** Hmm. \_\_\_\_\_ your shoulders and hands.  
\_\_\_\_\_ for long periods of time.

**Jackie:** I see. I'll try doing that. Also, I sometimes feel tired, and my eyes hurt.

**Alex:** That happens to me too. If you work on a computer, I think  
\_\_\_\_\_ a dirty screen. \_\_\_\_\_ every  
day. Also, \_\_\_\_\_ when you're tired.

**Jackie:** Thanks for your help. See you at lunch?

**Alex:** Yeah, OK.