

15 Injuries

A From head to toe



1



2



wrist



ankle



3



bruise

My cousin fractured his skull¹ when he came off his motorbike. He was unconscious for several minutes.

I once got a black eye² 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 blisters³ 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 <small>OPP conscious</small>
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 <small>SYN twist your ankle (NOT USUALLY twist your wrist)</small>
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 n
hundreds (of sth) inf	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.* • *a sprained wrist*
- *I've got a large bruise on my arm.* • *a twisted ankle*
- *a dislocated arm*

1 Answer Yes or No.

- 1 Can you talk when you're conscious?
- 2 Can you twist your eye?
- 3 Can you sprain your ankle?
- 4 Can you fracture a fingernail?

- 5 Can you bruise your hair?
- 6 Can you dislocate a finger?
- 7 Can you get a blister on your hand?
- 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 fractured skull
a bruise on the arm

a dislocated elbow
a black eye
a blister

3 Complete the sentences.

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

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

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



TEST YOURSELF

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**.



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

wound an injury to a part of your body, especially a cut, and often from a weapon **wound v (usually passive)**

bathe wash part of the body, often for medical reasons

thoroughly in a careful and complete way

bleed lose blood **bleeding n**

in place in the correct or usual position: **hold sth in place**

heal (especially of a cut) become healthy again

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 n

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  to help you.

1 bathe bandage	6 wound thoroughly
2 bandage <u>in</u> fection	7 thoroughly <u>infectious</u>
3 bathe plaster	8 <u>body</u> swollen
4 <u>heal</u> <u>bleed</u>	9 <u>wound</u> swollen
5 <u>virus</u> <u>in</u> fection	10 bacteria dressing

6 Complete the sentences.

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

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

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



TEST YOURSELF