

POINTS FOR DISCUSSION

- Do you think students should be taught first aid at school?
- Are you calm when an accident occurs? Do you tend to help out or stand back so others can help? Why?

A

Read the texts below. Match choices (A-H) to (1-6). There are two choices you do not need to use.



FIRST AID TIPS

1 First reaction

You must remember one thing when administering first aid — you are not doctors. The purpose of first aid is to help relieve the victim's **pain** and to prevent their condition from becoming worse, before more skilful treatment is available for their **injuries**. Send for professional help if the problem is serious. Most importantly, don't panic, just act quickly! Knowing what not to do in an emergency is as important as knowing what to do.



2 Heavy bleeding

In most cases, you can stop bleeding by applying pressure to the **wound** itself and by arranging the body so that the wound is on a level higher than the heart. Hold a sterile dressing or clean cloth firmly in place on the wound by means of bandages. Do not remove it even if it becomes soaked in blood and you think it needs changing, as this will result in more blood being lost.



4 Head injury

Pain is the main result of a blow to the head, but a patient may have a bump or look pale. Apply something cold, such as ice or frozen vegetables wrapped in a towel, to the injury to reduce swelling and pain. Also, make sure the patient rests, but watch them for signs of concussion, which is a more serious head injury: if the person is unresponsive, feels dizzy or sick, is confused, or looks tired and wants to sleep, you should seek medical care.

5 Broken bones

It may not be easy to tell if someone has a broken bone or a less serious injury, as the only way to be sure is to have an X-ray. When providing first aid, however, it is safer to treat the injury as a broken bone in order to prevent further damage. Keep the bone from moving by supporting it with a hand or something soft, such as a blanket or a cushion.



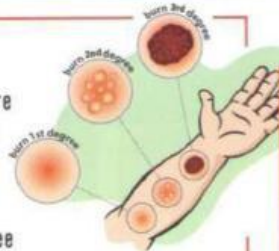
6 Poisoning

A person who has swallowed something poisonous shouldn't be made to vomit. They should also neither eat nor drink anything else until help arrives. The paramedics and doctors will want to know what poisonous substance the person swallowed, as well as how much they took and when. Try to find out by asking the person or look for empty containers nearby, such as containers for medicine or cleaning products.



3 Burns

First-degree burns are the least serious and make the damaged area turn red. In the case of second-degree burns, blisters form. Third-degree burns are deeper and the most difficult to treat and **recover** from. In cases of first or second-degree burns, cold water or maybe even an ice pack will relieve the pain. To stop further infection, be careful not to burst any blisters. To deal with third-degree burns, put sterile dressings without any medication on the burn, and get medical attention.



In which of the texts does the author _____?

- A. indicate that the person providing first aid will have to go against their instinct ☐
- B. mention breathing problems as a result of the injury ☐
- C. say that the extent of the injury can only be revealed through a medical procedure ☐
- D. stress that the person providing first aid should not touch the patient ☐
- E. refer to different types of the same injury ☐
- F. say that healthcare professionals should be provided with certain information ☐
- G. state that the patient should be observed for further symptoms ☐
- H. insist that we stay calm so that matters are not made worse ☐

B Read the text below. Choose from (A-H) the one which best fits each space (1-6). There are two choices you do not need to use.

GET UP! STAND UP! IT'S GOOD FOR YOU!



Most people spend an average of thirteen hours a day sitting down, at least eight of those spent in the workplace. According to the findings of a recent study, the effect on our health is devastating. Researchers reported (1) _____, in other words sitting down and not moving much, have a 112% increase in the likelihood of developing diabetes and a 147% increase in the chances of suffering from a cardiovascular disease. They are also 90% more likely to die as a result of a cardiovascular disease, (2) _____ due to any cause.

If one were to argue that these health hazards may take years to appear, what can be said about the short-term effects? After only a few weeks or months of sitting down for an eight-hour shift, people report a series of uncomfortable changes and sometimes even serious injuries to the body. These include sharp pains in the wrists (Carpal Tunnel Syndrome) caused by using the computer mouse; dry eyes that develop (3) _____ by **staring** at the computer screen without **blinking**; chronic lower back pain due to bad posture and non-ergonomic desk chairs, (4) _____.

Perhaps the most identifiable change is weight gain. Sitting in a chair all day seems to encourage binge eating or frequent snacking, especially in the afternoon, when people are struggling to stay awake. Surprisingly, studies show (5) _____, but also those who maintain a normal weight and try to exercise for about forty-five minutes a day. The researchers call these people 'active couch potatoes'.

However, there are solutions to the problem. First of all, take a break every half an hour and walk around for a minute or two. Going out for a short walk during your lunch break (6) _____. Last but not least, when you finish work, do not spend your free time watching TV or surfing the Internet. Go out for a long walk, a jog or a ride on your bicycle instead.

- A. that the harm to one's health does not only affect overweight people
- B. is also another effective way to combat this condition
- C. because of the active lifestyle they lead
- D. as well as constant tension in the upper back, neck and shoulders
- E. is not recommended to people who spend many hours sitting
- F. that those who spend most of the day in a sedentary position
- G. because of the strain they are put under
- H. as well as almost 50% more likely to die prematurely

POINTS FOR DISCUSSION

- Would you prefer an office job or a job that required you to be more active?
- How important is it to consider the impact on our health when deciding what kind of profession to enter into?



Read the texts below. For questions (1-10) choose the correct answer (A, B, C or D).

SUNSHINE IN YOUR LIFE



We have all heard how (1) _____ it is to stay in the sun during certain times of the day. However, there are lots of benefits that we can get from sunlight. Regarding our (2) _____ health, the sun is believed to be beneficial to those with various kinds of depression and some disorders such as panic attacks or stress.

The sun is also a very good (3) _____ of vitamin D, which helps our bodies to absorb calcium and phosphorus. A lack of vitamin D can lead to bone

(4) _____ such as osteoporosis. The sun also does a lot of good to people who (5) _____ from joint diseases like arthritis because the warmth that sunrays produce can loosen stiff and painful joints.

Finally, it is well known that the sun can kill bacteria and therefore protect us from diseases. You are well advised to get moderate exposure though, since too much can cause health problems.

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|-----------------|-------------|---------------|----------------|
| 1. A. incurable | B. harmful | C. contagious | D. unconscious |
| 2. A. dental | B. physical | C. mental | D. spiritual |
| 3. A. source | B. dose | C. treatment | D. form |
| 4. A. diagnoses | B. symptoms | C. injuries | D. diseases |
| 5. A. develop | B. diagnose | C. catch | D. suffer |

SUFFERING FROM ASTHMA?

If you suffer from asthma, you may want to have your vitamin D levels (6) _____. The potential of vitamin D to help asthma patients breathe more easily (7) _____ by scientists at King's College London, in a study (8) _____ by the charity Asthma UK.



Asthma is a disease where sufferers find it hard to breathe and includes symptoms such as coughing, chest tightness and shortness of breath. If it is severe, sufferers may (9) _____ to hospital to receive oxygen treatment.

The recommended daily amount of vitamin D can be obtained from approximately ten minutes of sun exposure daily. For those living in rainy climates or concerned about the risks of skin cancer, it (10) _____ people get the vitamin from supplements or from foods such as eggs, fatty fish or mushrooms.

- | | | | |
|------------------------|----------------------|--------------------|------------------------|
| 6. A. to check | B. check | C. checking | D. checked |
| 7. A. discovered | B. was discovered | C. was discovering | D. is being discovered |
| 8. A. was funded | B. which funded | C. funded | D. that funds |
| 9. A. be admitted | B. admit | C. be admitting | D. have admitted |
| 10. A. recommends that | B. is recommended to | C. recommends to | D. is recommended that |