

1 ANSWER THE QUESTIONS IN YOUR OWN WORDS!

What are the emergency numbers you should remember? _____

What kind of information should you give when you call for help? _____

What mustn't you do if an injured person has bone injuries? _____

Which organs should be cleared in order for a person to breathe properly? _____

What is shock ? What is it caused by? _____

What should you do if a person is in shock? _____

Why do small wounds stop bleeding after a certain time? _____

What should you do if bleeding doesn't stop? _____

In which ways may a person be poisoned? _____

What is a poison control centre? What kind of information can it give you? _____

What should you do if you are stung by a bee? _____

In short describe mouth-to-mouth resuscitation! _____

What does frostbitten skin look like? _____

2 TRUE OR FALSE!

	T	F
You should always have a first aid kit in your car when you travel.		
When you have a blister always open it to let the liquid out.		
Never treat first degree burns yourself.		
Frostbitten parts of your body should be put in water that is not too warm and not too cold.		
If a person cannot breathe for a few minutes it can cause brain damage.		
If a person gets into contact with a poisonous chemical substance flush the skin with a lot of water		
A person in shock breathes slowly.		
If you lose a lot of blood in a few minutes you can die.		
To stop bleeding put pressure on the artery that carries blood.		
If a person has inhaled carbon monoxide move him into a closed room.		
Put oil or butter on a burn.		
If a person is choking turn him or her to one side.		
Call 144 for an ambulance.		
You should always give first aid to a person even if you don't know what to do.		
When a victim is in shock too much blood circulates through the body.		
Frostbitten skin looks grey or pale blue.		



3 MATCH THE WORDS WITH THE DEFINITIONS

A	kit		you are not able to see, move or feel anything
B	scissors		to put liquid into someone's body with a needle
C	unconscious		thin metal that keeps things together
D	towel		push down
E	tick		inside of your head that controls how you move, feel or
F	leg		the front of your body between your neck and your stomach
G	numb		a box that has special things in it which you need
H	safety pin		something that you wear on your hand to protect you and
I	press		mixed up
J	instruction		a very small animal like an insect that lives under the skin
K	chest		a tool for cutting paper, cloth and other materials
L	calm		thick cover that you use when you sleep
M	glove		a swelling of your skin that has liquid in it
N	blanket		frozen, without any feeling
O	blister		piece of cloth that you use for drying your skin
P	confused		material that is used for making clothes
Q	inject		information that tells you what to do
R	cloth		row of bones down the centre of your back that keeps your body upright
S	brain		quiet, still
T	spine		the long part of your body that your feet are connected to

4 FILL IN THE CORRECT WORDS FROM THE BOX BELOW TO COMPLETE THE TEXT !

When a person suffers from _____ their blood cannot carry enough _____ to the _____ and to other organs. Such people may look afraid, _____ or weak. The best way to treat such a victim is to lay the person on the back and raise the _____ a little.

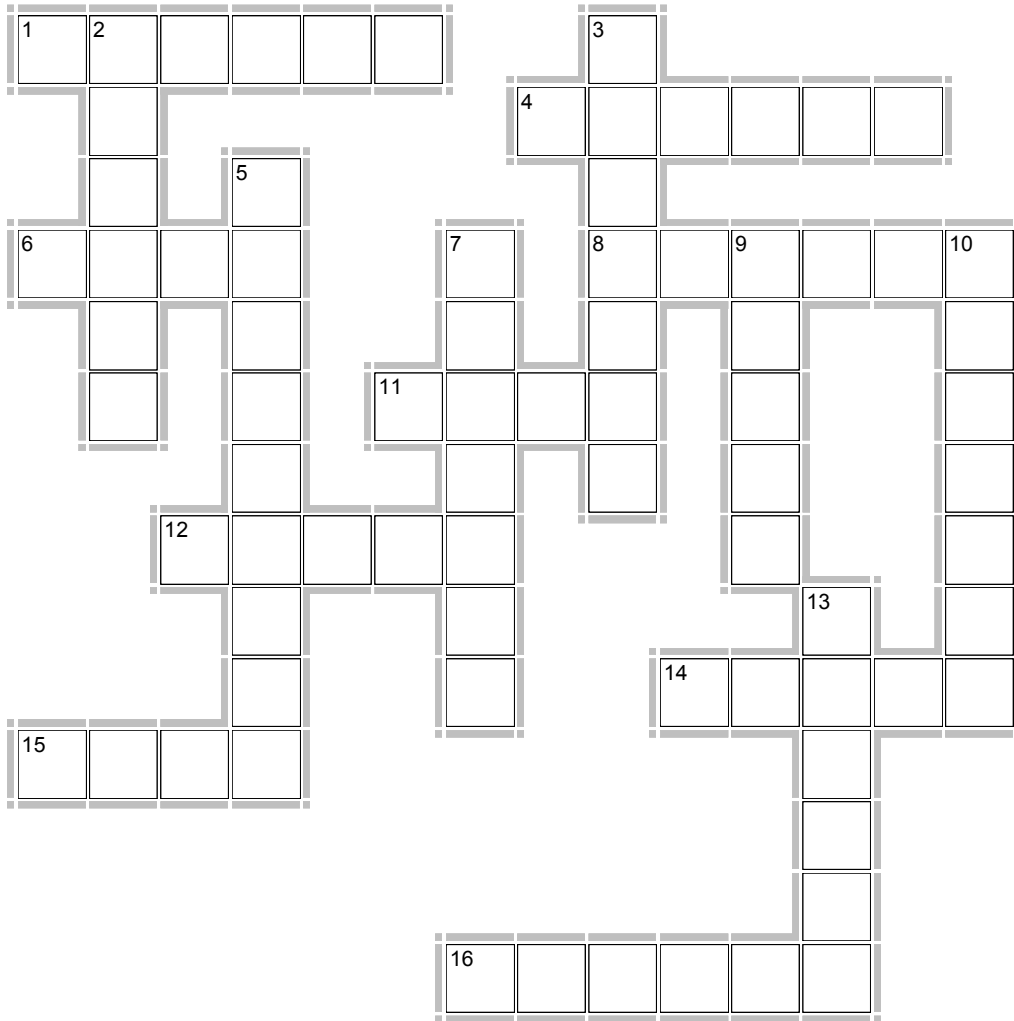
When we cut ourselves with a knife _____ comes out of our body. After a short time it _____ so we don't need to worry. However, if there is a big _____ you have to stop bleeding in another way. Put a sterile _____ or towel around the wound and press on it until help arrives.

A person who is _____ may die in a few minutes if he or she does not get the right help. If you _____ something dangerous find out what it is , then call a doctor and follow the _____ that you are given. If someone has _____ a poisonous gas move them to a window or get them out into the _____ air. Run cold water or put _____ on an insect _____. Never use oil or butter. If a person has an _____ towards insect stings call a doctor or take the person to a hospital.

Victims who have stopped _____ can die if they don't get oxygen for a few minutes. In such a case, start with mouth to mouth _____ immediately. Lay the person on their back , _____ the nose together and put your mouth over the victim's mouth. Then try to _____ air into him or her and watch the _____ rise. Wait until the air comes out again and _____ this action until help arrives.

allergy	clots	oxygen	swallow
blood	confused	poisoned	wound
blow	fresh	press	
brain	ice	repeat	
breathing	inhaled	resuscitation	
chest	instructions	shock	
cloth	legs	sting	

5 CROSSWORD



Across

1. person who suffers because of an illness or disease
4. one of the passages that carries blood from your heart to the rest of your body
6. very small living thing that can make you ill
8. to take in
11. a lot of red spots on your skin caused by an illness
12. deadly
14. if you cannot breathe because there is something in your throat and you cannot get enough air
15. a hard part of your body
16. gas that has no colour and is in the air

Down

2. to put a liquid into a person's body with a needle
3. to take air into your lungs and send it out again
5. special car that brings a person to a hospital
7. to make something go down your throat and into your stomach
9. row of bones down the centre of your back
10. narrow piece of cloth that you wear around a wound
13. something that can lead to death or illness if you eat or drink it

