

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

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

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

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

