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Answer the following questions in your own words.

1. What are the emergency numbers you should remember? If you don't know them, look them up.
2. What kind of information should you give when you call for help? **where the person is located and what kind of injuries they have**
3. What mustn't you do if a person has bone injuries? **do not move the victim**
4. Which organs should be cleared in order for a person to breathe properly? **nose, mouth and throat**
5. What is shock? What is it caused by? **if the blood does not circulate properly**
6. What should you do if a person is in shock? **keep them warm, raise the legs**
7. Why do small wounds stop bleeding after a certain time? **because blood clots**
8. What should you do if bleeding doesn't stop? **put pressure on an artery that carries blood to the injured body part**
9. In which ways can a person be poisoned? **poison can be swallowed, inhaled, injected or absorbed through the skin**
10. What is a poison control center? What kind of information can it give you? **you get information on what to do for the type of poisoning**
11. What should you do if you are stung by a bee? **carefully remove the stinger and put ice or cold water over it**
12. In short, describe mouth to mouth resuscitation. **press the nose of the victim together and blow into the mouth in order for the chest to rise**
13. What does frostbitten skin look like? **pale and grayish blue**

## FIRST AID – KEY

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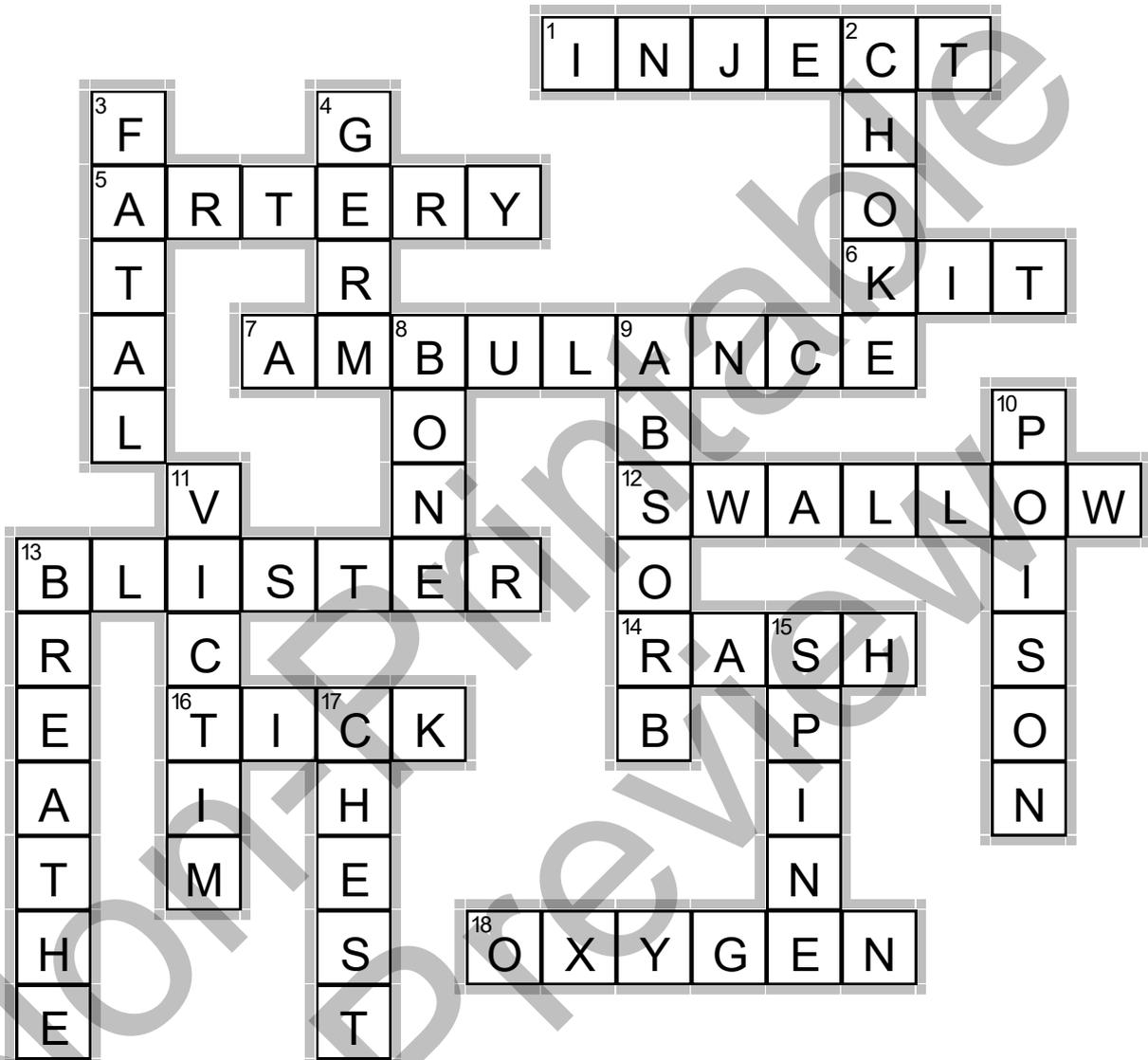
Match the words on the left with the definitions on the right.

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

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TRUE or FALSE ?

	T	F
You should always have a first aid kit in your car when you travel.	✓	
Every country has special phone numbers for emergencies.	✓	
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 defibrillator is used to normalize a person's blood pressure.		✓
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 them into a closed room.		✓
Put oil or butter on a burn.		✓
If a person is choking, turn them to one side.	✓	
You should always give a person first aid, even if you don't know what to do.		✓
When a person is in shock, too much blood circulates through the body.		✓
Frostbitten skin looks grey or pale blue.	✓	



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Find 15 words in the grid and mark them (↘ ↙ ↗ ↖ ↓ ↑ ← →).

W	D	A	Y	R	E	T	R	A	F
O	O	X	Y	G	E	N	C	Y	X
L	G	K	I	T	I	C	K	S	F
L	B	K	P	O	I	S	O	N	A
A	L	R	R	D	K	N	P	B	E
W	I	A	E	G	A	D	N	A	B
S	S	N	B	R	E	A	T	H	E
H	T	D	L	O	C	H	O	K	E
P	E	S	P	I	N	E	L	Y	B
A	R	D	R	M	I	T	C	I	V

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## First Aid – Fill in the blanks with the words from the box.

When a person suffers from (1) **shock**, their blood cannot carry enough (2) **oxygen** to the (3) **brain** and to other organs. Such people

may look afraid, (4) **confused** or weak. The best way to treat such a victim is to lay the person on the back and raise the (5) **legs** a little.

When we cut ourselves with a knife (6) **blood** comes out of our body. After a short time, it (7) **clots** so we don't need to worry. However, if there is a big (8) **wound** you have to stop bleeding in another way. Put a sterile (9) **cloth** or towel around the wound and press on it until help arrives.

A person who is (10) **poisoned** may die in a few minutes if he or she does not get the right help. If you (11) **swallow** something dangerous find out what it is, then call a doctor and follow the (12) **instructions** that you are given. If someone has (13) **inhaled** a poisonous gas move them to a window or get them out into the (14) **fresh** air. Run cold water or put (15) **ice** on an insect (16) **sting**. Never use oil or butter. If a person has an (17) **allergy** towards insect stings call a doctor or take the person to a hospital.

Victims who have stopped (18) **breathing** can die if they don't get oxygen for a few minutes. In such a case, start with mouth-to-mouth (19) **resuscitation** immediately. Lay the person on

their back, (20) **press** the nose together and put your mouth over the victim's mouth.

Then try to (21) **blow** air into him or her and watch the (22) **chest** rise. Wait until the air comes out again and repeat this action until help arrives.

allergy

blood

blow

brain

breathing

chest

cloth

clots

confused

fresh

ice

inhaled

instructions

legs

oxygen

poisoned

press

resuscitation

shock

sting

swallow

wound