

健康与安全

单词

词汇	发音	词性	翻译
advise	[us]əd'vaɪz [uk]əd'vaɪz	verb	劝告某人, 对.....提建议
allow	[us]ə'laʊ [uk]ə'laʊ	verb	准许, 许可
antiseptic	[us],ænti'septɪk [uk],ænti'septɪk	noun	抗菌剂
avoid	[us]ə'vɔɪd [uk]ə'vɔɪd	verb	避免, 预防
bruise	[us]bruːz [uk]bruːz	noun	青肿, 伤痕, 淤青
compile	[us]kəm'paɪl [uk]kəm'paɪl	verb	汇编, 编辑; 收集资料等
concern	[us]kən'sɜːrn [uk]kən'sɜːn	noun	关心, 顾虑, 挂念
demand	[us]dɪ'mænd [uk]dɪ'mɑːnd	verb	要求, 需要
drill	[us]drɪl [uk]drɪl	noun	演练
ergonomic	[us],ɜːrgə'nɑːmɪk [uk],ɜːgə'nɒmɪk	adj.	符合人体工程学
expert	[us]'ekspɜːrt [uk]'ekspɜːt	noun	专家
infect	[us]ɪn'fekt [uk]ɪn'fekt	verb	感染, 传染
insist	[us]ɪn'sɪst [uk]ɪn'sɪst	verb	坚持, 坚决认为
inspector	[us]ɪn'spektər [uk]ɪn'spektə(r)	noun	检查员; 视察员; 巡视员; 稽查员; 检验员; 督学.

procedure	[us]prə'si:dʒər [uk]prə'si:dʒə(r)	noun	程序, 过程, 手续, 步骤
prohibit	[us]prə'hɪbɪt [uk]prə'hɪbɪt	verb	禁止, 阻止
recommend	[us],rekə'mend [uk],rekə'mend	verb	建议, 推荐
rule	[us]ru:l [uk]ru:l	noun	规则, 规定
splinter	[us]'splɪntər [uk]'splɪntə(r)	noun	破片, 碎片

解释规则和规定

让我们学习一些解释规则和条例的语言。

观看视频, 学习语言用法。 https://cns2.ef-cdn.com/Juno/13/16/15/v/131615/GE_9.4.1_v2.mp4

[JAKE] Oh, man. This is gonna be awesome.
 [SIMON] Burgers taste so much better when they've been barbecued.
 [JAKE] Yup. That's a fact.
 [SIMON] I'll get it.
 [HELEN] Simon Price?
 [SIMON] Uh, yeah. And you are?
 [HELEN] My name's Helen Banks. I'm the new apartment manager.
 [SIMON] Oh, hi! Uh, is there a problem?
 [HELEN] Yes, I'm afraid there is. Can I come in?
 [HELEN] It's been brought to my attention that you're having a barbecue.
 [HELEN] Did you not get our email with the new apartment regulations?
 [SIMON] Uh, no. Don't think I saw that one.
 [HELEN] Well, you should read these emails in the future. There's now a regulation against cooking on the balconies.
 [JAKE] Seriously?
 [HELEN] Yes. It's just not allowed. Actually, it's a city law now, also. It's because of safety concerns.
 [SIMON] I see.
 [SIMON] Uh, is there any way that we can just finish our barbecue today, and then ...
 [HELEN] I'm sorry. I'd really like to help you, but it's prohibited. There's actually a \$200 fine.
 [SIMON] Okay. I understand. My roommate and I will put the barbecue out right away.
 [HELEN] Thank you. You know, sometimes rules are there to keep people safe. You can't just go starting fires anywhere you want.
 [SIMON] Yes, yes, I understand. We will put the barbecue out right away. Thank you for your time.

[JAKE] Ohh! My burgers!

barbecue 烧烤
regulations 规定
balconies 阳台
allowed 允许的
law 法律
safety concerns 安全考虑
prohibited 禁止的
fine 罚款
put out 扑灭
rules 规则

规章制度	
我们在日常生活中受到 laws 、 rules 和 regulations 的影响。	
One of the rules is that nobody can be in the office after 8 p.m.	其中一条规则是晚上8点后谁都不能在办公室
There are so many government regulations for driving a car.	政府对于开车有诸多规定。
It's important to understand the laws of a country that you're visiting.	务必了解所访问国家的法律。
用此类词语和短语来谈论 laws ：	
In my country, it's still legal to talk on the phone while driving.	在我们国家，开车时打电话是合法的。
Smoking in bars and restaurants is illegal in my city.	在我们城市，在酒吧和餐厅里吸烟是违法的。
Driving over 30 miles per hour downtown is against the law.	在市区开车时速超过 30 英里是违法的。
He had to pay a fine for driving without his seatbelt on.	由于开车没系安全带，他必须缴纳罚金。

用此类词语和短语来谈论你可以和不可以从事的活动：	
Swimming is not allowed here because of safety concerns.	出于安全原因，此处禁止游泳。
Driving a motorcycle without a helmet is prohibited by law.	法律禁止骑摩托车时不戴头盔。
Use of cellphones during the flight is not permitted.	飞行中不得使用手机。

请把词条移至正确的间隔处。 Pool rules and (regulations)

Running is not (allowed) in pool area.

Alcohol and cigarettes in pool area are (prohibited by) law.

It is (illegal) for anyone under the age of 3 to use the pool.

City (law) does not allow children under the age of 14 without parents.

Please contact the lifeguard if you have any (safety concerns) .

请选择正确的词。 Starting a business is difficult, with all the rules and (legal / regulations / safety) .

She had to pay a (rule / fine / law) for riding her motorcycle without a helmet.

Starting a fire in the forest is (against / regulation / prohibited) by law.

In my country, it's (law / legal / regulation) to start driving at the age of 16.

My manager seems to have a (safety / rule / legal) for everything at work.

The new laws are due to safety (concerns / rules / regulations) .

Texting while you're driving is against the (illegal / legal / law) .

Truth: regulations; fine; prohibited; legal; rule; concerns; law

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[SIMON] Yes, yes, I understand. We will put the barbecue out right away. Thank you for your time.

[JAKE] Ohh! My burgers!

It's been brought to my attention ... 我一直注意到.....

Did you not get our email? 你没有收到我们的电子邮件?

There's now a regulation against ... 现在有规定禁止.....

It's a city law. 这是本市的一条法律。

There's actually a \$200 fine. 实际有 200 美元罚款。

Rules are there to keep people safe. 规则的作用是保障人的安全。

You can't just go starting fires. 你不能随意点火。

谈论规章制度	
用此类表达提醒某人注意某条规章制度：	
It's been brought to my attention that you've been smoking on the balcony.	我注意到你一直在阳台上吸烟。
Did you not receive the new office rules?	你没有收到新的办公室规定吗?
There's now a regulation against smoking anywhere in the building.	现在有规定禁止在楼内的任何地点吸烟。
It's a new city law.	这是新的州法律。
用 must 来表达强烈的义务，用 mustn't 表示不允许做某事：	
You must follow the new office rules.	你必须遵守新的办公室规则。
You mustn't smoke on the balcony.	你不可以阳台上吸烟。

以下是用于谈论规章制度的更多表达：	
There's a \$50 fine for not wearing a seatbelt.	不系安全带会罚款 50 美元。
The rules are there to protect people.	规则的目的是保护大家。
You can't just smoke anywhere you want.	你不能随心所欲地到处抽烟。
I'm sorry, but it's not allowed.	抱歉，这样做是不允许的。

请把词条移至正确的间隔处。 OFFICER: Good afternoon.

DRIVER: Good afternoon, officer. What did I do?

OFFICER: I saw you talking on your phone while driving.

DRIVER: Well, I, um It was a very important call.

OFFICER: I'm (sorry) , but it's just (not allowed) . The (law) says that you cannot use your phone while driving. This law is there to protect you and other drivers.

DRIVER: I'm very sorry. It won't happen again.

OFFICER: Normally, it's a \$100 (fine) , but I'm going to give you a (warning) .

DRIVER: Thank you very much. It won't happen again.

OFFICER: Just remember, you (mustn't) use your phone while driving.

DRIVER: OK. I promise it won't happen again.

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[SIMON] Yes, yes, I understand. We will put the barbecue out right away. Thank you for your time.

[JAKE] Ohh! My burgers!

Yes, I'm afraid there is. 是的，恐怕有。

I'm sorry. 我很抱歉。

I'd really like to help you, but ... 我非常希望帮你，但.....

礼貌地拒绝请求	
如果你处于领导位置，可能需要拒绝他人的请求，或者向他们解释规则。	
A: That's crazy! Why can't I smoke here?	真是疯了！我为什么不能在这抽烟？
B: I'm sorry, but that's the law.	抱歉，这是法律规定。
用以下其他表达来礼貌地拒绝请求：	
I'm afraid that's just not possible.	恐怕不行。
I'd really like to help you, but I don't make the rules.	我非常希望帮你，但规则不是我制定的。
Unfortunately, there's nothing I can do.	很遗憾，我爱莫能助。
文化注释：无论与你谈话的对象是否礼貌，你自身始终保持礼貌。	

请把词条移至正确的间隔处。 LIFEGUARD: Excuse me, sir. (I'm sorry, but) alcohol is not allowed on the beach.

BEACHGOER: What? What do you mean? I'm just drinking a beer.

LIFEGUARD: And beer is alcohol. (The law says) that no alcohol is (allowed) on public beaches.

BEACHGOER: Well, let me just finish my beer then.

LIFEGUARD: (I'm afraid that's) not possible, sir. You need to give it to me.

BEACHGOER: Aww, come on! Let me just finish my beer.

LIFEGUARD: (I'd really like to) help you, sir, but (unfortunately) there's nothing I can do.

BEACHGOER: All right, here – take it. Stupid rules.

LIFEGUARD: Have a nice day, sir.

BEACHGOER: Yeah. Whatever.

报告受伤

我们将学习如何汇报受伤。

观看视频，学习语言用法。 https://cns2.ef-cdn.com/Juno/13/16/16/v/131616/GE_9.4.2_v2.mp4

[SALLY] Ah! Oww!
[HARRY] Sally? Are you okay?
[SALLY] No. I just cut myself!
[HARRY] I'll get the first-aid kit.
[HARRY] I'm going to put antiseptic on it now. It'll sting a bit.
[SALLY] Oww! A bit?
[TODD] What's going on?
[COLLEAGUE] She cut herself making a bagel.
[TODD] Oh, there's blood. You're bleeding.
[HARRY] Todd? Can someone get him a chair?
[TODD] I'm fine, I'm fine. I'm fine.
[HARRY] I'm going to put a bandage on it now. How is it? Still sore?
[SALLY] Yeah. It hurts.
[HARRY] Don't worry. You'll be fine.
[TODD] Actually, it's company policy that you go see a doctor.
[HARRY] But Todd, it's just a little cut.
[TODD] That may well be. But company policy is very clear on this. What if it becomes infected?
[HARRY] I've put some antiseptic on it. I think it'll be okay.
[TODD] Let's not take any chances. Harry, can you take her to the hospital? Now, please?
[HARRY] I suppose you're right. Come on, Sally.

first-aid kit 急救箱
antiseptic 消毒剂
sting 刺痛
bagel 百吉饼
blood 血液
bandage 绷带
sore 疼痛
company policy 公司政策
infected 被感染的

请选择一张卡片并听音频。



a burn:一块烧伤



antiseptic:抗菌剂



a splinter:一块碎片



a cut:一处刀伤



a bruise:一块瘀伤



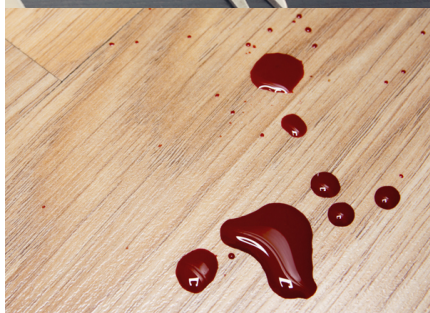
a bandage:一条绷带



an ice pack: 一个冰袋



scissors: 剪刀



blood: 血



a first-aid kit: 急救工具

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[SALLY] Ah! Ow! Ow!

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[SALLY] No. I just cut myself!

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[HARRY] I'm going to put antiseptic on it now. It'll sting a bit.

[SALLY] Ow! A bit?

[TODD] What's going on?

[COLLEAGUE] She cut herself making a bagel.

[TODD] Oh, there's blood. You're bleeding.

[HARRY] Todd? Can someone get him a chair?

[TODD] I'm fine, I'm fine. I'm fine.

[HARRY] I'm going to put a bandage on it now. How is it? Still sore?

[SALLY] Yeah. It hurts.

[HARRY] Don't worry. You'll be fine.

[TODD] Actually, it's company policy that you go see a doctor.
[HARRY] But Todd, it's just a little cut.
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[TODD] Let's not take any chances. Harry, can you take her to the hospital? Now, please?
[HARRY] I suppose you're right. Come on, Sally.

I just cut myself! 我刚割伤了自己!
She cut herself. 她割伤了自己。

反身代词	
用反身代词谈论主语和宾语相同时的动作。反身代词通过给代词添加 -self 或 -selves 等后缀构成。	
I cut myself making a bagel.	我做百吉饼时割伤了自己。
He cut himself in the kitchen.	他在厨房切伤了自己。
They bandaged themselves after the accident.	他们在事故后自行用绷带包扎。
How did you hurt yourself?	你怎么伤到自己的?
你还可用反身代词来表示强调。	
I'm not going to help you. Do it yourself.	我不会帮你的。自己动手吧。
The boss asked to speak to me himself. It was then I knew I was in trouble.	老板要亲自跟我谈。那时候我才知道自己惹麻烦了。

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[SALLY] Ow! A bit?
[TODD] What's going on?
[RANDOM COLLEAGUE] She cut herself making a bagel.
[TODD] Oh. There's blood. You're bleeding.

[HARRY] TODD? Can someone get him a chair?
 [TODD] I'm fine, I'm fine.
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 [SALLY] Yeah. It hurts.
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 [TODD] Actually, it's company policy that you go see a doctor.
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 [TODD] Let's not take any chances. Harry, can you take her to the hospital. Now, please.
 [HARRY] I suppose you're right. Come on, Sally.

Actually, it's company policy. 其实这是公司的政策。
 Company policy is very clear on this. 公司政策对此非常明确。
 What if it becomes infected? 假如感染了怎么办?
 I think it'll be okay. 我认为没事。
 Let's not take any chances. 不要心存侥幸。
 I suppose you're right. 我想你是对的。

坚持	
有时人们伤到自己时，不希望他人大惊小怪。他们可能会说：	
Don't worry. I'm fine.	别担心。我没事。
It's not that serious. I don't need to see a doctor.	没有那么严重。我不用看医生。
Honestly, I can take care of myself.	真的，我能照顾好自己。
尽管有这些安慰性的话语，但他人仍然可能坚持采取行动：	
It's company policy that you go to the emergency room.	公司政策规定你应该去急诊室。
I really must insist that you see a doctor.	我真的认为你必须去看医生。
Don't be foolish. You have to take care of that.	不要犯傻。你必须去治疗。
最后，受伤者的态度可能变温和：	
I suppose you're right.	我想你是对的。

请把词条移至正确的间隔处。 PAM: Are you still sick?
EDDIE: Yeah, but don't (worry) . I'm fine.
PAM: How long have you been feeling bad?
EDDIE: I don't know. About a week, I guess.
PAM: You (need) to see a doctor.
EDDIE: It's not that (serious) .
PAM: Listen, Eddie – I'm your friend, and I (insist) that you see a doctor.
EDDIE: Honestly, I can take care of myself.
PAM: Don't be (foolish) . You have to find out what's wrong. It could be serious.
EDDIE: Okay. I (suppose) you're right.

讨论工作场所安全

我们将要学习怎样谈论工作场所的安全。

观看视频，学习语言用法。 https://cns2.ef-cdn.com/Juno/13/16/17/v/131617/GE_9.4.3_v2.mp4

[TODD] What's this?
[JOAN] Uh, do you remember last month, when Jessica slipped and broke her leg?
[TODD] Uh-huh.
[JOAN] Well, I asked a safety expert to look at our office and compile a report.
[TODD] Good idea. Workplace safety's definitely a concern. We want to avoid any more, uh, injuries.
[TODD] So, what were the recommendations?
[JOAN] Well, first of all, she said we needed to have monthly evacuation drills for earthquakes and fires.
[TODD] A good idea.
[JOAN] She also said we needed new carpet. And she strongly advised that we get new fire extinguishers.
[TODD] Is that all?
[JOAN] She also recommended that we get new ergonomic chairs.
[TODD] Now, that I definitely agree with.
[TODD] Has she demanded safer procedures for, um, cutting bagels?
[SALLY] Very funny. Anyway, it's too late. You'll be hearing from my lawyer. He's the best in the bagel injury business.

safety expert 安全专家

compile a report 编写一份报告

workplace safety 工作场所安全

avoid 避免

injuries 受伤

evacuation drills 疏散演习

carpet 地毯

fire extinguishers 灭火器

ergonomic 人体工学

You'll be hearing from my lawyer. 我的律师会与你联系。

请选择一张卡片并听音频。



ergonomic chair:人体工学座椅



fire extinguisher:灭火器



safety expert:安全专家



carpet:地毯



workplace:工作场所



lawyer:律师



emergency exit:紧急出口

阅读课文，然后回答问题。 Health and safety at workNo place is completely safe, and that includes the workplace. Here are a few things you can do at work to stay safe and healthy. * Don't go to work sick. If a colleague is sick at work, avoid contact with them. Perhaps you can even ask them to go home. * In case of fire, know where the fire extinguishers are and how to use them. Also, know where the emergency exits are, and how to safely evacuate the building. * Make sure there are first-aid kits in the workplace. If someone is injured, they might need immediate care. * Use ergonomic equipment. This can help avoid injuries from typing or sitting too long. * If something at work makes you feel unsafe or unhealthy, report it to your manager.



请把词条移至正确的间隔处。 Don't go to work sick. If a colleague is sick at work, (avoid contact) with them. Perhaps you can even ask them to go home.

In case of fire, know where the (fire extinguishers) are and how to use them. Also, know where the emergency exits are, and how to (safely evacuate) the building.

Make sure there are (first-aid kits) in the workplace. If someone is injured, they might need immediate care.

Use ergonomic equipment. This can help to (avoid injuries) from typing or sitting too long. If something at work makes you feel unsafe or unhealthy, report it to your manager.

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[JOAN] She also said we needed new carpet. And she strongly advised that we get new fire extinguishers.

[TODD] Is that all?

[JOAN] She also recommended that we get new ergonomic chairs.

[TODD] Now, that I definitely agree with.

[TODD] Has she demanded safer procedures for, um, cutting bagels?

[SALLY] Very funny. Anyway, it's too late. You'll be hearing from my lawyer. He's the best in the bagel injury business.

What were the recommendations? 有什么建议?

She said we needed ... 她说我们需要.....

She strongly advised ... 她强烈建议.....

She also recommended ... 她还建议.....

She demanded safer procedures for ... 她要求针对.....制定更安全的程序

讨论推荐	
用此类表达来询问推荐：	
What were the final recommendations?	最终建议是什么？
Have they demanded new workplace regulations?	他们有没有要求制定新的工作场所规定？
用此类表达来转述推荐：	
First, the expert said we needed to improve the workplace environment.	首先，专家认为我们需要改善工作场所的环境。
He said we have to do something about the bathroom floor. It's too slippery.	他说浴室地板太滑了，我们得采取一点措施。
He also recommended that we purchase new first-aid kits.	他还建议我们购买新的急救箱。
He strongly advised that we have regular evacuation drills.	他强烈建议我们开展定期的疏散演习。

请选择正确的词。 Can you (advice / advise) me about the new safety regulations?

We need to (evacuation / evacuate) the building immediately.

I thought some of their (demands / demanding) were unreasonable.

Can you (recommendation / recommend) a good consultant to write the report?

There was definitely a (need / needed) for better safety procedures.

I asked the expert to (compilation / compile) a report.

Truth: advise; evacuate; demands; recommend; need; compile

就安全法律提供意见

让我们学习一些就安全政策给出你的观点的语言。

观看视频，学习语言用法。 https://cns2.ef-cdn.com/Juno/13/16/18/v/131618/GE_9.4.4_v2.mp4

[SIMON] What is it?

[JAKE] More rules.

[SIMON] Dear tenant: Please pay attention to the following new rules and regulations. Due to health and safety concerns, the swimming pool will now close at 8 p.m.

[SIMON] Furthermore, a new parking system is being introduced. A one-month permit costs \$50 and can be bought from the apartment management office in Block D.

[SIMON] Fifty dollars a month. For parking. That's outrageous!

[JAKE] I know! I'm sick and tired of the number of rules in this place! And everywhere!

[JAKE] When I managed the coffee shop, a health inspector came to check everything.

[JAKE] She gave us a score from 1 to 10. And I always knew that if our score was below 9, I'd lose my job.

[JAKE] It's a waste of time and energy. I've had it up to here. And this stupid lamp! I hate it!

[SIMON] Whoa, Jake! Take it easy. Not all rules are stupid. Some are necessary. They're there to protect us.

[JAKE] Yeah. I know. It's just that, in my new job, there's a procedure for everything.

[JAKE] My mentor's always correcting me, and I'm fed up with it. Also, she's observing my class on Monday, and I'm nervous.

[SIMON] I'm sure you'll do fine.

[JAKE] Yeah. I guess I just had to let off some steam.

[SIMON] Do you really hate the lamp?

[JAKE] The lamp's, uh, okay, I guess.

tenant 承租人
 furthermore 此外
 permit 许可证
 outrageous 过高的
 health inspector 卫生检查员
 protect 保护
 procedure 程序
 mentor 导师
 observing 观察

阅读课文，然后回答问题。 Rules, rules,
 rulesFrom:dan.heath@downtowncoffee.comTo:healthandsafety@govmt.orgDear Health
 Inspector,I just read your report on our coffee shop. I think it's outrageous. You mustonly have
 spent maybe 30 minutes observing us, and then you compile a terrible report. A score of six?
 Really? I'll probably lose my job for this, you know.You even claimed one of my employees,
 Karen, was using dirty cups. Untrue!She's a new employee. I am her mentor, I observe
 everything she does, and shedoes NOT use dirty cups. Furthermore, you stated that we do
 nothing to protectthe customers from coffee that's too hot. We always ask our customers how
 hotthey want their coffee. I really don't understand why you were so critical.I demand a review.
 Our coffee shop is not a six. Our coffee shop is a 10! Andwe have hundreds of happy customers
 who would agree with that.Dan HeathManager, Downtown Coffee

现在完成时的被动语态	
你可使用现在完成时的被动语态来谈论过去的动作，或者对现在有影响的事件。	
New regulations have been announced by the government.	新规定已经被政府宣布。
The report has been compiled by a safety expert.	这份报告是由一名安全专家编写的。
A decision has been made by the local council.	一项决定已在当地议会做出。
记住，我们通常在动作的宾语比主动者（换言之，实施该动作的人或事物）更重要时使用被动语态。实际上，主动者有时可以完全省略。	
New regulations have been announced.	新规定已经被宣布。
The report has been compiled.	报告已编写完成。
A decision has been made.	决定已经做出。

选择现在完成时被动语态的正确形式。

The new rules (has / have / had) been criticized by the staff.

The report has been (compile / compiles / compiled) by a safety expert.

The rule has been (broken / broke / break) too many times.

New laws have been (announce / announces / announced) .

Truth: have; compiled; broken; announced

请把词条移至正确的间隔处。 The tenants (have been informed) about the new rules and regulations by the management. The safety report (has been made) available online if anyone wants to read it. Several tenant questions and comments have already (been received) . A meeting date (has been announced) so everyone can discuss the situation.

观看视频，学习语言用法。 https://cns2.ef-cdn.com/Juno/13/16/18/v/131618/GE_9.4.4_v2.mp4

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[JAKE] The lamp's, uh, okay, I guess.

That's outrageous! 太离谱了!

I'm sick and tired of ... 我真是烦透了.....

It's a waste of time and energy. 完全是浪费时间和精力。

I've had it up to here. 我忍无可忍了。

My mentor's always correcting me. 我的导师总是在纠正我。

I'm fed up with it. 我受够了。

I just had to let off some steam. 我必须发泄一下。

请听音频。请把词条移至正确的间隔处。 BILL: What's the matter, Patsy?

PATSY: Oh. Hey, Bill. Well, it's just the boss is always correcting me. No matter what I do. I'm (sick and tired of it) .

BILL: I know what you mean. The rules and regulations change so often, I'm totally confused.

PATSY: So, I worked late last night to finish a project. I think I left here around 8:15. Then, this morning, the boss tells me I broke an office rule by working after 8!

BILL: (That's outrageous) ! You were finishing a project!

PATSY: I know! I am (so fed up with) this place.

BILL: Me, too. I've (had it up to here) .

PATSY: Hey, all this complaining is a (waste of time) and energy. It's Friday. Let's leave a bit early. Go (let off some steam) .

BILL: I hear you! I know a great place just down the street.

PATSY: So let's go!

BILL: Uh, what time is it?

PATSY: Five fifty-five.

BILL: Well, at least you won't get in trouble for leaving too late tonight.

阅读课文，然后回答问题。 Australia has some of the strictest laws in the world regarding the use of cellphones while driving. It is prohibited to talk, text, play games, or take photos or videos. In general, you can't use your phone at all while driving. It's also illegal to use your phone when the car is stopped, unless you are in a parking space. What that means is, for example, you can't use your phone at a red light. Drivers who break these laws have to pay an expensive fine, and they also have to pay more for their car insurance.

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