

Structures		
I	<ul style="list-style-type: none"> protected injured hurt 	myself
you (one person)		yourself
he		himself
she		herself
it		itself
we		ourselves
you (several people)		yourselves
they		themselves

15.3 Follow-up

Complete the text below using the names of parts of the body. Then check your answers in Reading 15.3.

The designers of protective clothing for work and sports have made significant technological progress over the years. Increasingly high-strength, lightweight materials have been developed to make gloves that stop knives from cutting **1 f** or skin from getting burned, boots with protective **2 t** caps, **3 k** and **4 e** pads, safety glasses to protect the **5 e** **6 e** protectors to stop hearing damage, body armor to protect against bruises and broken **7 b** – and even to stop bullets.

Reading 15.3



Practice Exercise 1

Audio link: <https://www.inlingua.com/audios>

15.3 Listening (Track 57)



Look at the extract below, from a presentation on a safety training course. Fill in the missing parts of the three incomplete words. Then listen and check.

"When there's a danger you can hurt **1** (self), there's a need to make things safer. Improving protective clothing is a very good way to stop people injuring **2** (selves). These days, we can use technology to protect **3** (selves) very effectively."

Practice Exercise 2

Complete the sentences using the correct words below.

myself yourself himself herself itself ourselves yourselves themselves

- 1 She's the boss. And she's decided to give _____ a few days off.
- 2 We found _____ in a very difficult situation.
- 3 He doesn't like going running, but he forces _____ to go.
- 4 Make sure you two don't hurt _____.
- 5 How do fire-eaters protect _____ from the heat of the flames in their mouths?
- 6 I was lucky I didn't injure _____ when I fell off the chair.
- 7 Can you imagine _____ in that situation?
- 8 A mouse can push _____ through a tiny hole.

ANSWERS

follow up 15.3

1. fingers
2. toes
3. knee
4. elbow
5. eyes
6. ear
7. bones

Practice Exercise 1

1. yourself
2. themselves
3. ourselves

Practice Exercise 2

1. herself
2. ourselves
3. himself
4. yourselves
5. themselves
6. myself
7. yourself
8. itself