

## UNIT 26. LESSON 42

### PROVIDING FIRST AID

#### Get ready!

Before you read the passage, talk about these questions.

1. What situations in which officers use first aid?
2. What are some first aid treatments?

#### VOCABULARY

##### Task 1. Translate the following words and phrases.

**first aid** – is medical care given to someone who is injured.

**cut** - is an injury where the skin breaks.

**sterilize** – to sterilize something is to clean or remove bacteria from it.

**burn** – is an injury caused by heat.

**airway** – is a tube that allows air to travel from the nose or mouth to the lungs. **kit** – is collection of tools.

**bandage** – is material used to wrap an injury.

**pulse** – is throb found in areas of the body with arteries and indicates the heartbeat.

**chest compressions** – is a technique used during first aid that pumps blood through the heart and provides circulation.

**rescue breathing** – is a process used to help someone breath.

**CPR** - cardiopulmonary resuscitation

**defibrillator** – is an electronic device used to restore normal heartbeat

##### Task 2. Match the words (1-6) with definitions (A-F).

1 ____ cut	a. a collection of tools
2 ____ kit	b. a technique that pumps blood
3 ____ airway	c. a tube that brings air to the lungs
4 ____ first aid	d. an injury where the skin breaks
5 ____ chest compressions	e. a process used to help someone breathe
6 ____ rescue breathing	f. medical care given to an injured person

##### Task 3. Use the appropriate word for the sentence.

**sterilize / cut**

1. He cut his chin while shaving..

2. Babies' feeding equipment can be cleaned and **sterilized**.

### **burn / pulse**

1. His blood pulsed through his blood vessels faster and faster as he ran up the stairs.
2. When I arrived one of the vehicles was still burning.

### **bandage / chest**

1. The nurse bandaged up the nasty cut.
2. He felt sharp chest pains and went to see the doctor.

**Task 4. Fill in the blanks with the correct words from the word blank.**

**Word blank:** CPS   pulse   sterilized   burn   bandage   defibrillator

1. Doctors used a *defibrillator* to normalize the woman's heartbeat.
2. The officer applied pressure to wound before he *sterilized* it.
3. The police officer gave *CPS* because the injured man was not breathing.
4. The man covered his cut with a *bandage*.
5. The man spilled boiling water and received a *burn*.
6. A steady *pulse* indicated the man had a normal heartbeat.

## **READING**

**Task 5. Read this page from a training manual. Then, complete the table using information from the first aid manual.**

<b>Medical Problem</b>	<b>Interior of vehicle</b>
Superficial Injury	
Choking	
Cardiac Arrest	

### **First Aid Guidelines**

Until an ambulance arrives, it's your duty to give medical attention and **first aid**. Your initial treatment of an injured person can save lives. Every squad car has a first aid kit – be aware of its location.

Superficial injured – for minor **cuts** and **burns**, **sterilize** the injured area. Then wrap the injury in a **bandage**. For a cut that is bleeding heavily, apply pressure to reduce blood flow.

Choking – clear the **airway**. Use chest thrusts or fingers to remove the object. After the object is removed, check for a **pulse**. If the victim has no pulse, give **CPR**.

CPR – Begin with **chest compressions**. After 30 compressions perform **rescue breathing**.

Cardiac Arrest – Turn on the **defibrillator**. Remove all metal jewelry and the victim's shirt. Secure the pads to the victim's chest. The machine will tell you when to give a shock. After giving the shock, check the pulse. If the heart is beating, but the victim is not breathing, give CPR.

### **Task 6. Listen and read the manual again.**

How does an officer know when to use a defibrillator?

**Task 7. Check the meaning of the words in the margin. Listen to what happens when the police arrive at the scene of the second accident. Then choose the correct answer.**

1. There are *two men / a man and a woman* in the car.
2. Marco has *a leg injury / a head injury*.
3. The second person in the car is *conscious / unconscious*.
4. The policeman first asks if the second person in the car is *breathing / bleeding*.
5. Then the policeman asks if the person is *bleeding / breathing*.
6. The second person in the car has *a head injury / no injuries*.

**Task 8. Listen again. Complete the dialogue. Use the words from vocabulary.**

**Woman:** Is ambulance coming? There are two people kept in the car over there. They can't get out of it.

**Officer:** Ok. I'm coming. Can you start dealing with witnesses and CLO. Can you hear me?

**Marco:** Yes, I can hear you. Please help me.

**Officer:** What's your name?

**Marco:** Marco.

**Officer:** Ok, Marco. The ambulance is on its way and we will be here very soon.

**Officer:** Are you injured? Does anything 1\_\_\_\_\_?

**Marco:** My leg 2\_\_\_\_\_. I can't move it. I think it's 3\_\_\_\_\_.

**Officer:** Don't move, Marco. It's very important to keep still. The ambulance is on its way. Don't worry we'll get you out of there soon. Is there another person with you?

**Marco:** There is my friend - she's 4\_\_\_\_\_.

**Officer:** Is she 5\_\_\_\_\_ normally? Can you see?

**Marco:** Yes, I think she is 6\_\_\_\_\_. But there is a lot of 7\_\_\_\_\_.

**Officer:** Is she still 8\_\_\_\_\_, Marco? Where's the blood coming from?

**Marco:** She's bleeding from a cut on her head.

**Officer:** If I pass you something Marco, can you put it on the cut on her head? We need to try to stop the bleeding.

## **LISTENING**

**Task 9. Listen to a conversation between two police officers. Choose the correct answers.**

**1.** What is the primary focus of this discussion?

- a. the steps of CPR
- b. how to care for the wound
- c. when the ambulance will arrive
- d. the condition of the injured man

**2.** What can you infer about this scenario?

- a. the man was injured in a car accident

- b. the man has other injuries that are untreated
- c. the injured man will not survive his injury
- d. the cut is worse than the man originally thought

### Task 10. Listen again and complete the conversation.

**Officer 2:** I came as soon as I could. The 1\_\_\_\_\_ was bad.

**Officer 1:** I know. I wish the ambulance would hurry up and get here. This guy is in 2\_\_\_\_\_.

**Officer 2:** Looks like it. What can I do to help until the ambulance arrives?

**Officer 1:** Well, he has a pretty big 3\_\_\_\_\_ where he hit head on the steering wheel. We'll need to 4\_\_\_\_\_ it.

**Officer 2:** Okay.

**Officer 1:** I'll get the 5\_\_\_\_\_ while you apply pressure to the wound.

**Officer 2:** Sure.

**Officer 1:** Let's 6\_\_\_\_\_ Oh. That doesn't look too bad.

**Officer 2:** No, it's not as bad as I was 7\_\_\_\_\_. The bleeding stopped I think.

**Officer 1:** Yeah. I think now is good time to sterilize the wound. You can hold back his hair while I swab area.

### SPEAKING

### Task 11. With a partner, act out the roles below based on Task 10. Then, switch roles.

#### USE LANGUAGE SUCH AS:

*What can I do ...*

*We'll need to ...*

*Now is a good time to ...*

**Student A:** You are a police officer. Talk to Student B about:

- The severity of an injury
- How to treat an injury

**Student B:** You are a police officer. Talk to Student A about what first aid to provide the victim.

## WRITING

**Task 7. Use the manual and the conversation from Task 10 to fill out the report**



### Injury Assessment

Nature/Severity of the injury: \_\_\_\_\_

First aid given: \_\_\_\_\_

Status of victim after treatment: \_\_\_\_\_

### TASK FOR FREE-WORK:

**Task 1. Read the topic “First aid guidelines” and translate it in written form.**

**Task 2. Complete the sentences. Use the correct form of the words from the table.**

Verb	Noun	Adjective
to injure	an injury	injured -e.g. <i>Her legs injured.</i>
to bleed		
to cut		
to breathe		
to break		

to lose		
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1. The driver of the vehicle had serious injured and was taken to hospital.
2. He hit his head on the windscreen and lost conscience.
3. He's badly injured. He is still bleeding, but he might not survive.
4. Can you put into this bag, please, sir?
5. She cut her hand and it blooded a lot.
6. He fell and broke two bones in his leg.