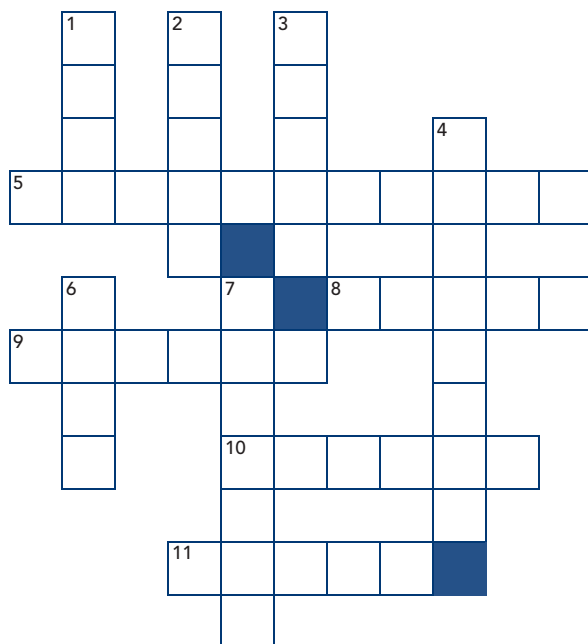


First aid

Before watching

1 Do the first aid crossword.



Across

- 5 not able to see, think or feel things
 8 to lose 2 down from your body
 9 physical damage to the body
 10 a tube that carries air into your body
 11 you have one under each eye

Down

- 1 the part of your face under your mouth
 2 a red liquid in your body
 3 it's between your neck and your stomach
 4 it's between your eyes and your hair
 6 you have one in the middle of each leg
 7 take air into your body

While watching

- 2a Watch the video about putting someone in the recovery position. Make a list of the parts of the body you have to move in the correct order. Some words are repeated twice.



- | | |
|---------|---------|
| 1 | 2 |
| 3 | 4 |
| 5 | 6 |
| 7 | 8 |

- 2b Watch again and complete the notes with one or two words in each gap.

The recovery position

It's for when someone's (1) but breathing.
 It helps them to (2)
 Don't move someone with a serious (3)
 First you need to open the (4)
 Then make sure their (5) is moving up and down.
 When moving the body, keep the person's hand against their (6)

- 3 VIDEO SKILLS Read the video skills box. Then write what the underlined pronouns in sentences 1–6 refer to. Watch again to check.

- 1 Place it on the person's forehead.
 2 Gently move it backwards.
 3 Place them on the casualty's chin and lift it.

 4 Place it at a right angle.
 5 Pull it up until it is flat on the floor.

 6 Position it at a right angle.
 7 Ensure that they are breathing.

VIDEO SKILLS: Follow instructions

Look up any new words in a dictionary.

- Listen for the order: *first, then, after, until*
- Listen for what to do: *move, place, position, lift, pull*
- Is everything OK? *check, make sure, ensure*

After watching

- 4a Do you think you could put someone in the recovery position? See if you can note down all the steps in the correct order without looking at this worksheet. If necessary, watch the video again to see if you were right.

- 4b SKILLS 4 LIFE The recovery position is an example of first aid that can save someone's life. Another is the Heimlich manoeuvre. Go online or look in a reference book and find out what it is. Make notes on how to do it and find a photo or illustration to show how you do it.

REFLECT ON IT

First aid can save a person's life but very few people know how to put people in the recovery position or perform the Heimlich manoeuvre, for example. Why do you think that is? What can we do to make sure more people know about first aid?