

## 7.5 First aid

**Level** Intermediate to advanced

**Time** 30–40 minutes

**Aims** **LANGUAGE** Vocabulary of parts of the body, injuries, and treatment; past tenses, third conditional; *should have/shouldn't have*.

**OTHER** To discuss emergency first aid.

**Sample topic** General

**Transfer** Activity can be used with any specialism, particularly those where there is an element of danger.

### Procedure

- 1 Start with a personal anecdote of an injury you had and how you got it. Scars are also a good source of material.
- 2 Whatever anecdote you tell, it should generate a lot of language—lexical and grammatical. Categorize the vocabulary into three groups: parts of the body (tongue, ankle, knee, etc.); injury (swollen, sprained, broken); and treatment (injection, bandage, plaster). Work on the grammar if you want—narrative past tenses, third conditional, *should have/shouldn't have*.
- 3 In pairs, get the students to think of an accident or injury they have had and write down three things:
  - the injury/part of the body
  - the activity that caused the injury
  - where the injury happened.
- 4 Students exchange their piece of paper with their partner. They ask each other about the incident, particularly if anything could have been done to prevent it and if it was anyone's fault. They should also say what treatment they received for the injuries.
- 5 Report back on a few general injuries in class and discuss what you should do to treat them.
- 6 Get students to think specifically about the workplace. Ask them about injuries that can occur in their specialism and recommendations for healthy work practices. Get them to mix and match potential problems (aching wrists, back pain, eye strain, headaches, etc.) with good practices (change your position frequently, take a short break every hour, bend your knees when you lift things, etc.).

### Variation

For pre-work students you can omit step 6. For in-service students you may want to focus on work-based injuries earlier on.

### Follow-up

Prepare a 'First aid for the workplace' guide or poster, listing the possible injuries that can occur in their workplace or specialism, and what should be done to prevent them.