

Областное государственное бюджетное профессиональное
образовательное учреждение
«Рославльский медицинский техникум»

РАБОЧАЯ ТЕТРАДЬ
ПО ТЕМЕ «ПЕРВАЯ ПОМОЩЬ»

2018

Рабочая тетрадь дисциплины «Английский язык» составлена в соответствии с рабочей программой для специальностей «Сестринское дело», «Лечебное дело». Предназначена для организации самостоятельной работы студентов в урочное и внеурочное время.

Целью является повышение уровня английского языка в области профессиональной деятельности медицинских работников, развитие навыка общения на профессиональные темы, обогащение словарного запаса профессиональной терминологией на английском языке, совершенствование навыка понимания речи по профессиональной тематике как устной, так и письменной.

В профессиональных целях специалистам необходимо уметь извлекать информацию с различной степенью охвата содержания.

Такие умения формируются на основе владения различными видами чтения: ознакомительным, просмотровым, поисковым, изучающим. Умение читать и понимать специальные тексты и извлекать из них необходимую информацию обеспечивается владением определенным лексическим материалом (тематически связанным с профессиональной деятельностью медицинского работника) и грамматическим материалом, представленным конструкциями, наиболее характерными для общемедицинской и специальной научно-практической литературы.

Содержание рабочей тетради базируется на тематическом принципе. Рабочая тетрадь содержит тексты и задания. Тексты насыщены медицинской лексикой, таким образом они повышают интерес обучающихся к изучению иностранного языка и способствуют лучшему усвоению материала. Кроме того, они дают больше возможностей для разговорной речи. Задания предполагают выполнение устных и письменных упражнений, тестов. При выполнении упражнений рекомендуется использовать словари.

First Aid.

Exercise 1. Read and translate the text.

The famous proverb «A stitch in time saves nine» has a great message and could not be more befitting than in the field of First Aid. A little sensible help may make the difference between life and death.

Everybody must know how to give the first aid. The first aid saves many lives. The first aid is the help which you give to an injured person. You must know different methods of helping in accidents. When you give the first aid you must be calm, and act without panic.

Only someone who knows first aid well should try to treat an injured or sick person. Usually, you give first aid until a doctor or an ambulance arrives. Never try to give someone first aid unless you know what to do. The wrong actions can do more harm than good.

If you don't know the phone number of the local doctor or hospital dial an emergency number: 112.

When you call for help you should be able to give correct information. An ambulance needs to know where the injured person is located and what exactly has happened. In some cases, you will be given instructions on what to do until a doctor or ambulance arrives.

Some knowledge of first aid is essential for everyone and should be an essential part of teaching at the medical college.

Active vocabulary:

1. First Aid – первая помощь
2. To save – спасать
3. Knowledge – знание
4. Essential – неотъемлемый
5. A stitch in time saves nine – букв.: Один стежок, сделанный вовремя, стоит девяти. То есть очень важно, чтобы меры были приняты вовремя.
6. Make the difference between life and death – зд.: может спасти человеку жизнь.

Exercise 2. Practice the pronunciation of the following words:

| | | |
|-----------|----------|-----------|
| first aid | method | to act |
| to save | accident | panic |
| injured | calm | knowledge |
| essential | stitch | teach |

Exercise 3. Find in the text English equivalents of the following Russian words and expressions: оказывать первую помощь; спасать жизнь; неотъемлемая часть, быть спокойным; действовать спокойно (без паники).

Exercise 4. Answer the questions.

1. What must everybody know?
2. Does the first aid save many lives?
3. How must you act when you give the first aid?
4. What does «SOS» mean?
5. What can you say about the proverb «A stitch in time saves nine»? Do you agree?

Exercise 5. Translate sentences.

1. Being given first aid at the scene of the accident probably saved his life.
2. Tom had an accident at work and he had to go to hospital.
3. She isn't injured – just shocked.
4. My friend sustained only minor injuries to legs and arms.
5. Gunmen killed two people and wounded six others in an attack.

Exercise 6. Read and translate the text.

Bruise.

When you fall on your knee you get a bruise on it. The bruised place looks red and swollen at first.

If there is a scratch on your knee put iodine on it. If your knee hurts you very much, take some cloth, wet it in cold water and put it on the bruise. It will relieve the pain.

If the bruise is very bad you must consult a doctor:

- ✓ the bruise is accompanied by extreme pain, swelling or redness,
- ✓ the person is taking a blood-thinning medication,
- ✓ bruises appear on skin for no apparent reason,
- ✓ you can't move a joint.

Active vocabulary:

1. bruise – ушиб, синяк
2. to fall – падать
3. bruised place – ушибленное место
4. to look – выглядеть, смотреть
5. swollen – опухший
6. scratch – царапина
7. to hurt – причинить боль
8. to relieve – облегчить

Exercise 7. Find in the text English equivalents of the following Russian words and expressions:

синяк; ушибленное место; распухшее место; царапина на колене; помазать йодом; колено болит; взять ткань; намочить в воде; облегчить боль.

Exercise 8. Read and translate the text. What do you think about the behavior of the boy?

A boy fell in the street and hurt his knee badly. His knee looked red and swollen but he didn't go home at once. In an hour when he finished playing with his friends he went home. He took some cloth, wet it in hot water and put it on his bruise.

Exercise 9. Read and translate the text.

Bleeding

Bleeding is the condition of losing blood from your body. Strong bleeding can cause death in minutes. Bleeding from small wounds usually stops after a few minutes because the blood clots. But clotting cannot stop the flow of blood when a wound is big.

The best way to stop bleeding is to press on the wound itself. If possible let the person lie down and raise the bleeding part of the body. Then put a sterile handkerchief, cloth or towel on the wound and press it down with your hand. Sometimes direct pressure cannot stop strong bleeding.

When the blood flows from an artery it is scarlet. When the blood flows from a vein it is dark red. Stop the bleeding as soon as possible (как можно быстрее). The simple method is to put clean cloth over the wound and bandage it tightly. If the bleeding is from an arm or leg raise the limb. If a person has bleeding from a nose after a bad bruise you must put a cold compress on the nose. The person must breathe through his mouth. In severe cases doctors make blood transfusions.

Active vocabulary:

1. bleeding- кровотечение
2. to flow - течь
3. scarlet - алый
4. wound – рана
5. bandage - перевязывать
6. tightly - туго
7. limb – конечность
8. to breathe – дышать
9. severe – тяжелый
10. blood transfusion –переливание крови

Exercise 10. Answer the questions.

1. What is bleeding?
2. What can cause death?
3. What is the best way to stop bleeding?
4. What colour is the blood when it flows from an artery? A vein?
5. How must we bandage the wound?
6. What must we do if the bleeding is from an arm, a leg or nose?

Exercise 11. Read the text and make a dialogue between:

- a) A girl and her grandmother

- b) *Her grandmother and a doctor*
c) *A girl and a doctor*

Yesterday when I was sitting in the room and doing my homework I heard my grandmother's voice: "Ann, help me." My granny was in the kitchen. I immediately ran there and saw that my grandma's hand was bleeding. She told me that while washing a cup she broke it and cut her hand near the thumb. I saw dark blood and understood that the old woman cut her vein. I told her to raise her hand. Then I took a clean cloth and fastened it tightly over the cutting. As the cutting was deep, my granny had to go to the polyclinic to a surgeon for medical aid.

Fractures.

Active vocabulary:

1. fracture - перелом
2. to break - ломать
3. bone - кость
4. closed - закрытый
5. open - открытый
6. to complain - жаловаться
7. to move - двигаться
8. swelling - опухоль
9. to appear - появляться
10. splint - шина
11. to bind - перевязывать
12. X-rays – рентгеновы лучи
13. plaster cast – гипсовая повязка

Exercise 12. Read and translate the text.

A bone fracture is a medical condition in which there is a damage in the continuity of the bone. A bone fracture can be the result of injury. The word "fracture" means a break in a bone.

There are three kinds of fractures: closed, open, compound. In a closed fracture there is no wound on the skin. In an open fracture there is a wound. Open fractures are more serious than closed ones. A compound fracture is one in which the bone completely breaks apart pops out through the skin. This is the worst kind, and it may result in loss of blood as well.

The first step to be taken is to immobilize the limb. It should not be moved at all. Use any handy material to immobilize the limb. You could use a magazine or newspaper for support, and make a sling with the help of some cloth.

If a person breaks his arm or leg he complains of pain in the place of the break. The pain becomes more severe if he presses the place or tries to move.

Swelling appears quickly. Do not let the person move. Use a splint for the broken limb. Bind the splints to the limb but not at the place of the fracture.

If a person has fractured his leg, carefully straighten it out. Call for an ambulance. Apply two splints, one on the inner leg from the foot to the inner thigh, and the other, on the outside, from the foot to the armpit. Secure the splints well. Do not move the person until his leg has been completely immobilized. The hand should be moved to a 90-degree angle and kept close to the chest. It should be immobilized in this position. Move the hand as gently as possible, and if the pain is too intense, do not move it at all.

Doctors use X-rays to see the break and put plaster casts on the broken limbs.

Exercise 13. Find in the text English equivalents of the following Russian words and expressions: открытый перелом; закрытый перелом; место перелома; боль становится сильнее; пытаться двигаться; опухоль появляется; не позволяйте кому-либо двигаться; сделать рентген; накладывать гипс

Exercise 14. Read and translate.

Granny: What is the matter with you, Ann? You look pale (бледная).

Ann: There's nothing the matter with me, Granny.

G.: But I see that something is wrong.

A.: Well, I fell on the skating-rink and hurt my right leg badly.

G.: Let me take off your shoe, Ann.

A: Thank you, Granny. I can do it myself.

G.: I am afraid you have a fracture.

A.: Don't be afraid. It's not a fracture. You see there is no swelling on my leg.

G.: But I want you to have an X-ray examination.

A.: All right. I'll consult a doctor.

Exercise 15. Read and translate the text.

Fainting.

Active vocabulary:

1. fainting - обморок
2. cause - причина
3. emotion – душевное волнение
4. want of food – голод
5. fatigue - усталость
6. lose consciousness- терять сознание
7. brain - мозг
8. sweat – пот, испарина
9. to feel dizzy – чувствовать головокружение
10. weak - слабый
11. shallow - поверхностный
12. slow - медленный
13. to lay - положить
14. flat - плоско
15. to loose - ослабить

16. to cover - покрывать
17. to sprinkle - брызгать

The cause of fainting may be different: strong emotion, want of food, fatigue or pain, low blood pressure, heart attack, low blood sugar. In fainting person loses consciousness. The person who faints may fall and injure himself. If you see a person fainting, try to prevent a fall.

Blood doesn't get to the brain. The face of a person before fainting gets very pale and sweat appears on his forehead. He feels dizzy and weak. His breathing is shallow. His pulse is weak and slow.

If you help a person who lost his consciousness:

1. Lay the person flat on his back. Do not try to move the unconscious person to a sitting position.
2. Raise his feet a little.
3. Loose his dress.
4. Cover him warmly and open the window.
5. Sprinkle cold water on his face.
6. Give the person to breathe in ammonia water (нашатырный спирт).
7. Keep in lying-down position at least 15 minutes after regaining consciousness.

Exercise 16. Find in the text English equivalents of the following Russian words and expressions: причина обморока, лицо бледнеет, пот появляется, дыхание учащенное, пульс слабый.

Exercise 17. Read and translate the text.

Shock

Active vocabulary:

1. Shock - шок
2. Dangerous - опасный
3. loss - потеря
4. rapid – учащенный
5. to keep him quiet- не тревожить его

If the blood in your body does not circulate properly it may result in shock. Any serious injury or illness may lead to shock. When a person is in shock blood does not carry enough oxygen and food to the brain and other organs.

Shock is very dangerous. Loss of blood can cause shock.

Severe pain or strong emotion can cause shock too. The face of a person in shock is usually pale and the skin is cold. Breathing is rapid and shallow. The pulse is rapid.

If you help a person who is in shock:

1. Lay him flat on his back.
2. Raise his feet little.
3. Do not raise the person's head.
4. Turn the person on side if he or she is vomiting or bleeding from the mouth.
5. Cover him with blankets to keep him warm.
6. Give him warm drink.

7. Keep him quiet.

Exercise 18. Find in the text English equivalents of the following Russian words and expressions: очень опасен; потеря крови; вызвать шок; кожа холодная; учащенное дыхание; положить на спину; поднять ноги; накрыть одеялом; теплое питье.

Exercise 19. Fill in the missing words from the box:

| |
|---------------------------------------|
| pale, rapid, to keep warm, flat, back |
|---------------------------------------|

1. When a person is in shock his face is....
2. The pulse and breathing of a person in shock are....
3. If you help a person in shock lay him... on his....
4. It is important ... a person in shock.

Exercise 20. Read and translate the text.

Poisoning

Active vocabulary:

1. poisoning - отравление
2. to empty - опорожнять
3. stomach -желудок
4. poison -яд
5. asphyxia – удушье, асфиксия
6. prompt -быстрый

The first aid for poisoning is to empty the stomach. Do it as soon as possible. Give much water to drink—4-8glasses.

Some poisons cause shock, others—asphyxia. In every case the patient needs prompt medical care.

Exercise 21. Find in the text English equivalents of the following Russian words and expressions: первая помощь при.....; очистить желудок; в каждом случае; пациенты нуждаются в быстрой медицинской помощи .

Exercise 22. Read and translate the text.

Sunstroke

Active vocabulary:

1. sunstroke –солнечный удар
2. dry -сухой
3. headache – головная боль
4. to cool - прохладный
5. sponge - губка
6. blood circulation -кровообращение

It is very dangerous to fall asleep (засыпать) in the open air when the sun is hot or to be in the hot sun for a long time without a hat. You may get a sunstroke.

When a person has a sunstroke, he has a high temperature. His skin is very hot, dry and red. He has a bad headache and can even lose consciousness. If you help a person who has a sunstroke:

1. Take the patient into a cool and shady(тенистое)place.
2. Put him on his back.
3. Raise his head and shoulders a little.
4. Put cold cloth on his head.
5. Cool his body with cold water.
6. Rub his skin with a sponge to keep up blood circulation.

Exercise 23. Find in the text English equivalents of the following Russian words and expressions: на открытом воздухе; высокая температура; сухая красная кожа; сильная головная боль; потерять сознание; перенести в прохладное место; слегка приподнять голову; обтереть кожу губкой.

Exercise 24. Make up sentences.

- You'd better + глагол = выражение совета.
Вам бы лучше... You'd better... лечь в постель.
For example: You'd better go to bed.
You'd better.... Помазать руку йодом; намочить ткань в холодной воде и положить ее на голову; положить компресс на ухо; поднять голову, ноги; дышать носом.
- Let me... (разрешите мне)
For example: Let me help you.
Let me... положить девочку на кровать; расстегнуть ей платье; накрыть ее одеялом; открыть окно; дать вам питье
- Help me...(помогите мне).
For example: Help me to wash the ward.
Help me Остановить кровотечение; положить компресс на голову; растереть его кожу губкой; положить больного в машину; положить мальчика на спину

Exercise 25. Read and translate the text.

Burns.

The first aid treatment of burns depends on how severe the burns are. First degree burns show a reddening of the skin. Second degree burns damage deeper skin layers and third degree burns destroy tissue of deeper layers of skin.

To treat a first and second degree burn put ice on it or run cold water over it. Then put on sterile bandages to reduce the risk of infection. Do not put any medicine on the burned area. A person who has third degree burns should not be treated at home.

When you treat burns never open blisters and do not put oil or other greasy substances on the burn. Do not put ice or butter on the burned area, because these measures do not help and can damage the skin tissue.

Exercise 26. Answer the questions:

1. How many degrees of burns do you know?
2. What does first degree show?
3. What does second degree damage?
4. Do third degree burns destroy tissue of deeper layers of skin?
5. What is the first aid?
6. Can you put any medicine on the burned area?

Exercise 27. Fill in the missing words from the box:

| |
|---|
| Microbes, body ,skin, affect protects, regulate, sweat, organ, harmful chemicals. |
|---|

The skin serves three functions that contribute to survival.

- 1) The skin _____ the body from injury and hazards such as _____ , from excessive fluid loss, and from ultraviolet radiation.
- 2) The skin also helps to _____ body temperature by regulating the secretion of _____ and blood flow near the skin`s surface, allowing heat to be lost from the _____.
- 3) The skin functions as an enormous sense _____. The body is kept informed of changes in its environment with millions of nerve endings in the _____.

Burns constitute one of the most serious problems that _____ the skin. Burns can be caused by fire, exposure to ultraviolet light (sunburn) , electric current or _____ such as acid .

Exercise 28. Give English equivalents to the following words and word combinations : лечение ожогов, покраснение кожи, слои кожи, положить лёд, повреждать ткань.

Exercise 29. Complete the following sentences:

1. When a doctor was filling in a patient`s case history he paid attention to the symptoms that accompanied ...
2. The woman that is being examined now suffers from burn that is caused by...
3. When the doctor had finished a check-up of the patient he...
4. As soon as a patient with burns was admitted to the hospital he...
5. After my mother was operated for...

Exercise 30. Read and make a dialogue between:

- a) Mary and her mother
- b) Mary and a doctor
- c) Mary`s mother and a doctor

Home can be a dangerous place

Doctor Smith, who has been in charge of the casualty department at Croydon Hospital for the last two years warned of the injuries that can be caused by accidents in the home. Mary Fox, who is six years old and has been in hospital since Christmas. While Mary's mother was busy, she went to the kitchen and spilt boiling soup over her arms and legs.

Active vocabulary:

1. to be in charge- отвечать за что-либо
2. casualty –несчастный случай
3. warn –предупреждать
4. to spill – проливать
5. to boil - кипеть

Exercise 31. Read and translate the text.

Frostbite.

Frostbite occurs when a person has been in extremely cold weather for a long time. It mostly affects the skin of the ears, fingers, nose or toes. Frostbitten skin appears pale or grayish blue and feels numb. It should be treated gently. Warm the affected area with the heat of your hand or cover it with clothes until you can get the victim indoors. If you get blisters do not open them.

1. Move a person to a warm environment if possible.
2. Remove any wet clothing and cover the person with blankets. Pay special attention to the hands, feet and face area.
3. Use warm water on the frostbitten area. Never use water that is hotter than 40°C.
4. Do not rub or massage the frostbitten area. This may cause further damage to the injured tissue.
5. Take the person to the nearest hospital.

Exercise 32. Read the text "Frostbite" and make a dialogue between a student of the medical college and his teacher. Use the expressions:

| <i>To ask questions use:</i> | <i>To introduce a problem, answer questions and make comments use:</i> |
|--|--|
| What are the priorities...? What should we monitor...? What can the nurse do to...? How would you know if...? How would you characterize...? What do you have to do...? | I will focus on... I'd like to deal with... I would like to emphasize... It is important to note... From the reading I know that... We have to... |

Exercise 33. Find terms and notes that suit the definitions:

| | |
|---------------|--|
| 1. Bleeding | A. It is a purple or brown mark on your skin that you get because you have fallen, been hit etc. |
| 2. Shock | B. It is the condition of losing blood from your body. |
| 3. Sunstroke | C. It is a broken part in a bone. |
| 4. Frostbite | D. It is a medical condition in which someone looks pale and his heart and lungs are not working correctly, usually after a sudden very unpleasant experience. |
| 5. Bruise | E. It is a medical condition in which someone has fever, weakness, caused by being outside in the sun for too long. |
| 6. Fracture | F. It is illness caused by swallowing, touching, or breathing in a poisonous substance. |
| 7. First aid | G. It is an injury or mark caused by fire, heat or acid. |
| 8. Burns | H. It is a condition caused by extreme cold, that makes your fingers, toes, etc. swell, become darker and something drop off. |
| 9. Wound | I. It is an injury, especially a cut or hole made in your skin. |
| 10. Poisoning | J. It is simple medical treatment that is given as soon as possible to someone who is injured or who suddenly becomes ill. |

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Exercise 34. Say whether these statements are right or wrong. Correct them if they are wrong:

1. First aid is always given by a doctor.
2. Patients with fractures apply to an emergency department.
3. In case of the concussion of the brain a person may lose consciousness.
4. Bleeding can be stopped by putting a tourniquet.
5. Major burns are treated at an out-patients' department.
6. An ambulance always arrives at the place of accident on time.
7. The patient with concussion of the brain must be moved.
8. When the blood flows from an artery it is dark red.
9. There is no wound on the skin in a closed fracture.
10. The pulse of a person in shock is rapid.
11. Remain calm and talk to the injured person.
12. Give water to a person who is unconscious.
13. Do not move a person who may have a broken bone.
14. The best way to stop bleeding is to press on the wound itself.
15. If necessary move the victim away from the sun or put them into the shade.

| To agree use: | To disagree use: |
|---|---|
| Yes, I agree... I entirely (completely) agree with you ... That is correct... It is true... You are right... | No, I don't agree... No, I can't agree with you... I don't think you are right... It is false... You are wrong... |

Exercise 35. Fill in the missing words from the box:

Types, body, the skin, dangerous, displaced, surgical repair, physical, osteoporosis, cold, the capillaries, an injury.

Types of Injuries

Injury is damage or harm caused to the structure or function of the _____ caused by an outside agent or force, which may be _____ or chemical. The most common _____ of injuries are the following:

Bruise is a kind of injury to biological tissue in which _____ are damaged, allowing blood to seep in to the surrounding tissue. Bruises often induce pain but are not _____.

Wound is a type of physical trauma where _____ is torn, cut or punctured (an open wound), or where blunt force trauma causes a contusion(a closed wound).

Burn may be an injury caused by heat, _____, electricity, chemicals, friction or radiation.

Bone fracture is a medical condition in which a bone breaks. A bone fracture can also occur as a result of certain medical conditions that weaken the bones, such as _____ or certain types of cancer.

Joint dislocation occurs when bones in a joint become _____ or misaligned. It is often caused by a sudden impact to the joint.

Sprain is _____ which occurs to ligaments caused by a sudden overstretching. The ligament is usually only stretched, but if it is completely torn, a longer period of immobilization and _____ may be necessary.

Exercise 36. Answer the typical questions a doctor asks his patients:

D.: How were you injured?

P.: _____

D.: Where were you given first aid?

P.: _____

D.: Did you apply to a casualty department?

P.: _____

D.: How long is it since the injury occurred?

P.: _____

D.: Did you vomit (lose consciousness) after your fall?

P.: _____

D.: Did you have serious injuries (fractures) before?

P.: _____

Exercise 37. Listen to the story. Be ready to answer the question:

Why didn't the old man feel any pain when the student examined him?

Two patients shared a hospital ward. One was old, another a young man of twenty. Both were suffering from the same injury: a dislocation of a shoulder. A student came in to examine them. First he examined the young man. He twisted (выкручивал) the injured arm, while the patient screamed and moaned and almost died with pain.

The old man received the same kind examination he sat quietly with a smile on his face. He seemed interested in watching the student. When the examination was over and the student was gone, the young patient turned to the old man.

"I'm amazed at you?", he said. "I've never seen anyone who could stand (терпеть) such pain with a smile."

"It's not a question of standing pain," said the old man. "It's a question of common sense (здравый смысл). Do you think I was so foolish as to let the student examine my INJURED arm?"».

Make up questions to the text.

- 1.....?
- 2.....?
- 3.....?
- 4.....?
- 5.....?

Exercise 38. Point out a wrong word:

1. Measles, scarlet fever, mumps, fracture, smallpox
2. Sick person, patient, ward nurse, surgeon, cough
3. Poisoning, sunstroke, syringe, fainting, frostbite
4. Fever, ward, chill, red face, hot skin
5. Student, lecture, vaccination, college, knowledge.

Exercise 39. Choice the right variant:

1. If you have a person who has a bleeding from an arm or leg:
 - a) Loose his dress.
 - b) Raise the limb.
 - c) Put iodine on the arm or leg.
 - d) Put clean cloth on over the wound and bandage it tightly.
 - e) Put cold cloth on his head.
2. If you have a person who has a sunstroke:
 - a) Take the person into a cool and shady place.
 - b) Raise his head and shoulders a little.
 - c) Cover him with blankets.
 - d) Cool his body with cold water.
 - e) Give him a glass of hot milk.

3. If you help a person with poisoning:

- a) Rub his skin with a sponge.
- b) Empty his stomach as soon as possible.
- c) Give him much water to drink.
- d) Call in a doctor as soon as possible.
- e) Put a cold compress.

4. If you have a person who is in shock:

- a) Lay him flat on his back and raise his feet a little.
- b) Cover him with blankets to keep him warm.
- c) Put a sticking plaster.
- d) Examine the person's mouth.
- e) Give him a warm drink.

5. If you have a person who has fainting:

- a) Lay him flat on his back and raise his feet a little.
- b) Bind the splints.
- c) Give him a warm drink.
- d) Cover him warmly and open the window.
- e) Sprinkle cold water on his face or give the person to breathe in ammonia water.

6. If you help a person with a bruise:

- a) Put iodine.
- b) Take some cloth and wet it in hot water, put it on the bruise.
- c) Take some cloth and wet it in cold water, put it on the bruise.
- d) Give him much water to drink.
- e) Put mustard plasters.

7. If you have a person who has a fracture:

- a) Let the person move
- b) Do not let the person move.
- c) Use a splint.
- d) Raise the arms or legs.
- e) Consult a doctor.

8. If you help a person with a burn:

- a) Put ice.
- b) Do not let the person move.
- c) Never open blisters.
- d) Raise the upper limbs.
- e) Put butter on the burned area.

9. If you have a person who has frostbite:

- a) Lay him flat on his back.
- b) Put plaster casts.
- c) Do not rub or massage the frostbitten area.
- d) Cover him warmly.
- e) Sprinkle cold water on his face.

10. If you help a person with fracture of the leg:

- a) Apply two splints
- b) Empty his stomach as soon as possible.
- c) Give him antibiotics.
- d) Consult a doctor.
- e) Put a cold compress.

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