**I. Firs Aid**

Exercise 1. Read and learn the following words.

help [help] помощь

aid [eid] помощь

care [ keə(r) ] забота, уход

victim ['viktim] жертва, потерпевший

accident [ ˈæksɪdənt ] несчастный случай

emergency [ iˈmɜːdʒənsi ] аварийный; экстренный

bleeding [ ˈbliː.dɪŋ ] кровотечение

poison [ ˈpɔɪzn ] яд

breathing [ ˈbriːðɪŋ ] дыхание

injury [ ˈɪndʒəri ] травма

available [ əˈveɪləbl ] доступный

involve [ ɪnˈvɒlv ] охватывать, включать

reassure [ ˌriː.əˈʃɔːr ] успокаивать; уверять, убеждать

relieve [ rɪˈliːv ] успокаивать

require [ rɪˈkwaɪə(r) ] требовать

urgent [ ˈɜːdʒənt ] неотложный, срочный

shock [ ʃɒk ] шок

prevent [ prɪˈvent ] предотвращать

hurt [ hɜːt ] причинить вред; ранить; причинить боль; рана;

повреждения

swelling [ ˈswelɪŋ ] отек, отечность, набухание, припухлость

Exercise 2. Learn the following word combinations.

first aid - первая помощь

sudden illness - внезапная болезнь

additional problems - дополнительные проблемы

to be calm – бать спокойным

act without panic – действовать без паники

moving the victim-транспортировать потерпевшего

life-threatening - опасно для жизни

consult the doctor - проконсультироваться с врачом

X-ray examination - рентген

Exercise 3. Read and translate the text. Memorize the conditions requiring first aid.

Text I. First Aid

Firs aid is the initial assistance or treatment given to casualty for any injury or sudden illness before the arrival of an ambulance, doctor, or other qualified person. When an emergency happens there is very little time to act. Your actions during the first few minutes of an emergency can mean life or death.

Everybody must know how to give first aid. First aid is immediate care rendered to a victim of an accident, sudden illness, or other medical emergency.

Proper first aid can save a victim's life, especially if the victim is bleeding heavily, has stopped breathing or has been poisoned.

First aid also can prevent the development of additional medical problems that might result from injury or illness.

The person who gives first aid must have the best knowledge of it. He or she must be calm and act without panic.

Treatment should be continued until professional medical help is available. First aid also involves reassuring the victim, relieving the pain, and moving the victim, if necessary, to a hospital.

The general steps to take in any situation requiring first aid include the following:

1. call a local emergency medical service or a doctor;
2. provide urgent care (for life-threatening emergencies);
3. examine the victim for injuries;
4. treat the victim for shock.

Exercise 4. **Read, translate and learn the words.** Here is a list of conditions requiring first aid:

|  |  |  |  |
| --- | --- | --- | --- |
| asphyxiation |  | frostbite |  |
| bee **(sting)** |  | hemorrhage |  |
| bleeding |  | hyperthermia |  |
| blister |  | hypothermia |  |
| bruise |  | nosebleed |  |
| burn |  | poison |  |
| cuts |  | rabies |  |
| dislocation |  | shock |  |
| drowning |  | snakebite |  |
| fainting |  | stroke |  |
| fracture |  | sunburn |  |
|  |  | unconsciousness |  |

Exercise 5. **Answer the following questions.**

1.What is first aid? 2What are the most common conditions requiring first aid? 3. Whom is the first aid given to? 4. What measures can save the life of the victim? 5. What can the first aid also prevent? 6.What actions does first aid involve? 7. What must everybody know? 8. How long should the treatment be continued? 9.What does the first aid also involve?

Exercise 6. **Translate the following words and word combinations from Russian into English.**

Потерпевший, включать, лечение, неотложный, первая помощь, быть спокойным, требовать, предотвращать, успокаивать, отек, развитие, знания, несчастный случай, обморожение, шок, бешенство, перелом, ожог, действовать без паники, транспортировать больного.

Exercise 7. **Complete the sentences with the words from the box.**

|  |
| --- |
| a) life or death, b) bleeding , c) an emergency, d) the development, e) the best knowledge,  f) everybody, g) firs aid, h) without panic, i) medical help. |

1. is the initial assistance treatment given to casualty for any injury or sudden illness.

2. When happens there is very little time to act.

3. Your actions during the first few minutes of an emergency can mean .

4. must know how to give first aid.

5. Proper first aid can save a victim's life, especially if the victim is heavily.

6. First aid also can prevent of additional medical problems that might result from injury or illness.

7. The person who gives first aid must have of it.

8. He or she must be calm and act .

9. Treatment should be continued until professional is available.

Exercise 8. **Read the sentences. Are these statements true (T) or false (F)?**

1. Firs aid is the initial assistance or treatment given to casualty for any injury or sudden illness after the arrival of an ambulance, doctor, or other qualified person. 2. When an emergency happens there is very long time to act. 3. Your actions during the first few minutes of an emergency can mean life or death. 4. Everybody must not know how to give first aid. 5. First aid is immediate care rendered to a victim of an accident, sudden illness, or other medical emergency. 6. Proper first aid cannot save a victim's life, especially if the victim is bleeding heavily, has stopped breathing or has been poisoned. 7. Treatment should be continued until professional medical help is available. 8. First aid also does not involve reassuring the victim, relieving the pain, and moving the victim, if necessary, to a hospital.

Exercise 9. **Match the beginning of the sentences to their endings.**

|  |  |
| --- | --- |
| 1. When an emergency happens there is very | a. a victim of an accident, sudden illness, or other medical emergency. |
| 2. First aid is immediate care rendered to | b. if the victim is bleeding heavily, has stopped breathing or has been poisoned. |
| 3. Your actions during the first few minutes of an emergency | c. the best knowledge of it. |
| 4. Proper first aid can save a victim's life, especially | d. can mean life or death. |
| 5. The person who gives first aid must have | e. professional medical help is available. |
| 6. Treatment should be continued until | f. little time to act. |

Exercise 10. Read and learn the following words.

**refers to** [transcription] относиться к

**assess** [ əˈses ] оценить

**address** [ əˈdres ]обращаться

**distress** [transcription][недомогание](http://www.lingvo-online.ru/ru/Search/Translate/GlossaryItemExtraInfo?text=distress&translation=%d0%bd%d0%b5%d0%b4%d0%be%d0%bc%d0%be%d0%b3%d0%b0%d0%bd%d0%b8%d0%b5&srcLang=en&destLang=ru)

**determine** [transcription][определять](http://www.lingvo-online.ru/ru/Search/Translate/GlossaryItemExtraInfo?text=determine&translation=%d0%be%d0%bf%d1%80%d0%b5%d0%b4%d0%b5%d0%bb%d1%8f%d1%82%d1%8c&srcLang=en&destLang=ru), [устанавливать](http://www.lingvo-online.ru/ru/Search/Translate/GlossaryItemExtraInfo?text=determine&translation=%d1%83%d1%81%d1%82%d0%b0%d0%bd%d0%b0%d0%b2%d0%bb%d0%b8%d0%b2%d0%b0%d1%82%d1%8c&srcLang=en&destLang=ru)

**condition** [transcription] [состояние](http://www.lingvo-online.ru/ru/Search/Translate/GlossaryItemExtraInfo?text=condition&translation=%d1%81%d0%be%d1%81%d1%82%d0%be%d1%8f%d0%bd%d0%b8%d0%b5&srcLang=en&destLang=ru), [положение](http://www.lingvo-online.ru/ru/Search/Translate/GlossaryItemExtraInfo?text=condition&translation=%d0%bf%d0%be%d0%bb%d0%be%d0%b6%d0%b5%d0%bd%d0%b8%d0%b5&srcLang=en&destLang=ru)

**procedure** [ prəˈsiːdʒə] процедура

**assessment** [ əˈses.mənt ] оценка

**check** [ tʃek ] проверить

**surroundings** [ səˈraʊndɪŋz ]окружающая обстановка

**evaluate** [ ɪˈvæl.ju.eɪt ]оценить

**approach** [ əˈprəʊtʃ ] [подходить](http://www.lingvo-online.ru/ru/Search/Translate/GlossaryItemExtraInfo?text=approach&translation=%d0%bf%d0%be%d0%b4%d1%85%d0%be%d0%b4%d0%b8%d1%82%d1%8c&srcLang=en&destLang=ru), [приближаться](http://www.lingvo-online.ru/ru/Search/Translate/GlossaryItemExtraInfo?text=approach&translation=%d0%bf%d1%80%d0%b8%d0%b1%d0%bb%d0%b8%d0%b6%d0%b0%d1%82%d1%8c%d1%81%d1%8f&srcLang=en&destLang=ru)

**establish** [ ɪˈstæblɪʃ ] установить

**useless** [ ˈjuːsləs ] бесполезно

**safely** [ ˈseɪfli ] безопасно

**breathing** [ ˈbriːðɪŋ ] дыхание

**support** [ səˈpɔːt ] поддержка

**reassuring** [ ˌriː.əˈʃɔː.rɪŋ ] обнадеживающая

**responsiveness** [ rɪˈspɒnsɪvnɪs ]  [чувствительность](http://www.lingvo-online.ru/ru/Search/Translate/GlossaryItemExtraInfo?text=responsiveness&translation=%d1%87%d1%83%d0%b2%d1%81%d1%82%d0%b2%d0%b8%d1%82%d0%b5%d0%bb%d1%8c%d0%bd%d0%be%d1%81%d1%82%d1%8c&srcLang=en&destLang=ru)

**unconscious** [ ʌnˈkɒnʃəs ] бессознательное состояние

**pathogens** [ ˈpæθ.ə.dʒən ] [болезнетворный микроорганизм](http://www.lingvo-online.ru/ru/Search/Translate/GlossaryItemExtraInfo?text=pathogen&translation=%d0%b1%d0%be%d0%bb%d0%b5%d0%b7%d0%bd%d0%b5%d1%82%d0%b2%d0%be%d1%80%d0%bd%d1%8b%d0%b9%20%d0%bc%d0%b8%d0%ba%d1%80%d0%be%d0%be%d1%80%d0%b3%d0%b0%d0%bd%d0%b8%d0%b7%d0%bc&srcLang=en&destLang=ru)

**blood borne** [ blʌd bɔːn ] передающихся с кровью

**airway** [ ˈeə.weɪ ] дыхательные пути

Exercise 11. Read and translate the text in a written form.

**Text II. Basic tasks of first aid.**

Basic tasks of first aid refers to the initial process of assessing and addressing the needs of someone who has been injured or is in physiological distress due to choking, a heart attack, allergic reactions, drugs or other medical emergencies. Basic first aid allows you to quickly determine a person's physical condition and the correct course of treatment. You have to provide always professional medical care as soon as you are able, because following correct first aid procedures can be the difference between life and death.

There are the following stages of assessment of the situation:

I. Check the surroundings. Evaluate the situation. Are there things that might put you at risk of harm? First aid becomes useless if you can't safely perform it without hurting yourself.

II. Call emergency services immediately if you believe someone to be seriously injured. If you are the only person, try to establish breathing in the patient before calling for help. Do not leave the victim alone for a long time.

III. Caring for someone who has just gone through serious trauma includes both physical treatment and emotional support. Remember to be calm and try to be reassuring; let the person know that help is on its way and that everything will be alright.

IV. Determine responsiveness. If a person is unconscious, try to rouse them. If they do not respond to activity, sound, touch, or other stimulation, check these three things:

a) Airway. Does the person have an unobstructed airway?

b) Breathing. Is the person breathing?

c) Circulation. Does the person show a pulse at major pulse points (wrist, carotid artery)?

V. Make sure the person is warm as you wait for medical help.

VI. Protect yourself from blood borne pathogens.

Exercise12. **Answer the following questions.**

1. Whom does basic first aid refer to? 2. What does basic first aid allow you? 3. Whom should you always call when an accident is happened? 4. What should you do at first when an accident is happened? 5. What should you do in the second when an accident is happened? 6.What should you do in the third when an accident is happened? 7.What should you do in the fourth when an accident is happened? 8.What should you do in the fifth when an accident is happened? 9.What should you do in the sixth when an accident is happened?

Exercise13. **Give the English equivalences.**

Окружающая обстановка, дыхание, циркуляция, оценить, защитить, состояние, процесс, включать, чувствительность, приближаться, бесполезно, обращаться , устанавливать, поверять, вызывать, кровь, стадия, бессознательное состояние, деятельность, звук, быть спокойным, поддерживать, физический.

Exercise14. **Match the words from the left column with the words of the right column.**

|  |  |
| --- | --- |
| **1.** initial | **a)** attack |
| **2.** physiological | **b)** reactions |
| **3.** heart | **c)** distress |
| **4.** allergic | **d)** support |
| **5.** emotional | **e)** process |

Exercise15. **Translate part of the sentence in brackets.**

1. (Основные задачи первой помощи относятся к) the initial process of assessing and addressing the needs of someone who has been injured or is in physiological distress.

2. Basic first aid allows you to quickly determine (физическое состояние человека и правильный курс лечения).

3. (Вы должны всегда оказывать профессиональную медицинскую помощь) as soon as you are able, because following correct first aid procedures can be the difference between life and death.

4. (Первая помощь становится бесполезной) if you can't safely perform it without hurting yourself.

5. (Убедитесь, что человеку тепло) as you wait for medical help.

Exercise16. **Give the Russian equivalences.**

Immediate care, a victim, medical emergency, bleeding, shock, stopped breathing, to be poisoned, to be calm and act without panic, general steps, any situation requiring first aid, include, call a doctor, provide urgent care, for injuries, treat the victim for shock.

**II. Trauma of the Extremities.**

Exercise 1. Read and learn the following words.

**fracture**  [ˈfræktʃə]- перелом

**displacement** [dɪsˈpleɪsmənt]- смещение

**apparent** [əˈpærənt]- очевидный, видимый

**tissues** [ˈtɪʃu:]- ткань

**muscle** [ˈmʌsl]- мышца

**edema** [transcription]- отек

**swelling** [ˈswelɪŋ]- опухоль

**limb** [lɪm]- конечность

**numbness** [ˈnʌmnɪs]- нечувствительность, онемение

**improper** [ɪmˈprɔpə]- неправильный

**handling** [ˈhændlɪŋ]- обработка, уход

**consequences** [ˈkɔnsɪkwəns]-последствия

**aggravate** [ˈæɡrəveɪt]- ухудшать

**traction** [ˈtrækʃən]- вытягивать

**immobilize** [ɪˈməubɪlaɪz]- непожвижный

**beforehand** [bɪˈfɔ:hænd]- заранее

**verify** [ˈverɪfaɪ]- проверять

**bandage**[ˈbændɪdʒ]- перевязка

**secure** [sɪˈkjuə]-обеспечивать

**splint** [splɪnt]- шина

**hinder** [ˈhaɪndə]- препятствовать

**dressing** [ˈdresɪŋ]- повязка

Exercise 2. Read the texts about f**ractures. Translate the text.**

**Fractures**

Traumas of the extremities may occur frequently. There are different types of such traumas, in particular, closed and open. Closed traumas are usually caused by a fracture or a displacement of the bone with no apparent injury on the surface of the skin. Open traumas occur when a fragment of the bone breaks through the surrounding tissues and surface of the skin; the bone can thus be seen.

**Signs and Symptoms**

• Pain

• Deformity at the injury site

• Decreased mobility, sensitivity and muscle strength

• Variation in the colour and temperature of the limb

• Presence or absence of an open wound

• Edema (swelling or puffiness of the limb)

• Numbness of the limb.

When these signs and symptoms are present, the injury should always be treated as a fracture or displacement. All traumas of the extremities must be treated with care, as improper handling can have serious consequences. A fracture can cause injuries to the blood vessels and nerves.

An open wound can also become infected. The first aider must follow certain basic principles when stabilizing the injury. It is recommended that the injured limb be stabilized in the position in which it was found to prevent any movement that could aggravate the injury. The first aider must not apply traction or try to reposition the limb. If the casualty must be moved, the injured limb must be completely immobilized beforehand so as to reduce pain and again, to avoid aggravating the injury.

The colour, heat and feelings of numbness in the extremities must be verified before and after immobilization. The bandages used to secure the bone splint must never be tied over the injury site or a joint, as this could hinder circulation, increase pain and aggravate the injury. The joints above and below the injury must also be immobilized. An open wound must be protected with a dry non-pressure dressing.

Exercise 3. **Answer the following questions.**

1. How may traumas of the extremities occur? 2. What are there different types of fractures? 3. What are the signs and symptoms? 4. When signs and symptoms are present, how should the injury always be treated? 5. What can a fracture cause? 6. What must the first aider follow? 7. How must an open wound be protected?

Exercise 4. **Match the words with their translation.**

|  |  |
| --- | --- |
| 1.injury | a.рана |
| 2. swelling | b.конечность |
| 3.pain | c.повреждение, травма |
| 4.limb | d.сустав |
| 5.joint | e.припухлость |
| 6.wound | f.боль |

Exercise 5. **Fill in the gaps with the words in the box.**

|  |
| --- |
| a) moving b) splint c) swelling d) material e) fracture  f) immediately g) movements h) skin i) X-ray j) injury |

Fracture or a break in the bone can result from any 1) . There is a pain, 2) and tenderness and there may be a deformity. The injured part should be prevented from 3) . Usually, an 4) is necessary to confirm whether there is a fracture or not. The injured part can be immobilized with a 5) . A splint can be ready-made or improvised from any stiff

6) (stick, ruler, magazine and so on). The splint should be wider than the limb being splinted, and long enough to prevent 7) of the joints near the fracture. Bind the splint in place above and below the 8) . If the person has a compound fracture you must take some sterile gauze, put it over the wound and take the patient to the hospital 9) . A compound fracture is more serious, in which broken bone has pierced the 10) .

Exercise 6. **Translate the following words and word combinations from Russian into English.**

Деформация, температура, различные виды переломов, открытая рана, окружающие ткани, сустав, неподвижность, рентген, серьезные последствия, стерильная марля, травмированная часть, онемение, смещение, сломанная кость.

Exercise 7.Tell your fellow students about **symptoms of the fractures and then write them down.**

1 .

2 .

3 .

4 .

5 .

6 .

7 .

**III Bruise.**

Exercise 1. Read and learn the following words.

**bruise** [ bruːz ]-синяк, ушиб, ссадина,

**contusion** [ kənˈtjuː.ʒən ]-ушиб, контузия,

**vessel** [ ˈves.əl ]- сосуд (кровеносный)

**bump** [ bʌmp ]- удар, шишка,

**rupture** [ ˈrʌp.tʃər ]- разрыв,

**seep** [si:p]- просачиваться,

**black eye** [ blæk aɪ ] – синяк под. глаззом

**constrict** [ kənˈstrɪkt ]-, сужать, сжимать, стягивать,

**reduce** [ri'dju:s] уменьшить

**thinners** [ ˈθɪn·ər ]- разжижающие(кровь),

**tenderness** [ ˈtendənɪs ] – чуствительность,

**redness** [ ˈrednɪs ]- покраснение

**streaks** [ striːk ]- полоски, прожилки,

**discharge** [ dɪsˈtʃɑːdʒ ]- выделения

**blow** [ bləʊ ]- удар,

**double vision** [ ˈdʌbl ˈvɪʒn ]- раздвоение зрения

**socket** [ ˈsɒk.ɪt ]- глазная впадина

**multiple** [ ˈmʌl.tɪ.pl̩ ]- несколько, множественный,

**recurrent** [ rɪˈkʌr.ənt ]- повторный; рецидивный,

**pus** [ pʌs ]- гной.

Exercise 2. Read the texts about bruises. **Translate the text.**

Bruises

Bruises (contusions) are usually caused by a bump or a fall, which ruptures small blood vessels under the skin. Blood seeps into the surrounding tissues causing the black and blue color of a bruise.

People who take blood thinners (anticoagulants) or aspirin may bruise easily. A bruise can also develop after blood is drawn.  A bruise on a leg usually will take longer to heal than a bruise on the face or arms.

A black eye is a type of bruise. Apply home treatment for a bruise and inspect the eye.

First Aid:

1. Apply ice or cold packs for 15-minute intervals during the first 48 hours to help vessels constrict and to reduce swelling. The sooner you apply ice, the less bleeding will result.

2. If possible, elevate the braised area. Blood will leave the area and there will be less swelling.

3. Rest the limb so you don't injure it further.

4. If the area is still painful after 48 hours, apply heat with warm towels, a hot water bottle, or a heating pad.

Exercise 3. **Answer the following questions.**

1. What are bruises usually caused by? 2. Where does the blood seep? 3. What may bruise easily? 4. What bruises will take longer to heal? 5. What should you do at first when you get a bruise?

Exercise 4. **Match these English words to the Russian equivalents.**

|  |  |
| --- | --- |
| 1. reduce | a.удар |
| 2. contusion | b.разжижающие |
| 3. bump | c.ушиб |
| 4. thinners | d.лечение |
| 5. bruise | e.покраснение |
| 6. treatment | f.синяк |
| 7. redness | g.уменьшать |

Exercise 5. **Find 10 words in the crossword(↓, →, ↑). Write them down and read.**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| b | u | m | p | m | f | d | h |
| r | e | d | n | e | s | s | e |
| u | g | s | q | r | t | z | a |
| i | n | j | u | r | e | p | t |
| s | h | x | a | r | e | a | i |
| e | y | e | n | o | y | l | n |
| s | w | e | l | l | i | n | g |

**Answers:**

1 .

2 .

3 .

4 .

5 .

6 .

7 .

8 .

**IV. BLEEDING**

Exercise 1. Read and learn the following words.

**bleeding** [ˈbli:dɪŋ]-кровотечение

**medication** [ˌmedɪˈkeɪʃən]-лекарства

**severe** [sɪˈvɪə]-серьезный, тяжелый

**infection** [ɪnˈfekʃən]-инфекция

**bandage** [ˈbændɪdʒ]-перевязка

**tool** [tu:l]-инструмент

**reduce** [rɪˈdju:s]-уменьшать

**distinct** [dɪsˈtɪŋkt]-определенный

**experience** [ɪksˈpɪərɪəns]-опыт

**capillary** [kəˈpɪlərɪ]-капиляр

**minor** [ˈmaɪnə]-маленькая

**quantity** [ˈkwɔntɪtɪ]-количество

**steady** [ˈstedɪ]-постоянный

**relatively** [ˈrelətɪvlɪ]-относительно

**volume** [ˈvɔljum]-объем

**spurt** [spə:t]-струя, рывок

**firm** [fə:m]-твердый, сжимать

Exercise 2. Read and learn the following word combinations.

1. extremely serious-чрезвычайно серьезное

2. life-threatening- [опасный для жизни](http://www.lingvo-online.ru/ru/Search/Translate/GlossaryItemExtraInfo?text=life-threatening&translation=%d0%be%d0%bf%d0%b0%d1%81%d0%bd%d1%8b%d0%b9%20%d0%b4%d0%bb%d1%8f%20%d0%b6%d0%b8%d0%b7%d0%bd%d0%b8&srcLang=en&destLang=ru)

3. personal factors-персональные данные

4. a first aid kit-аптечка

5. emergency situations- [чрезвычайная ситуация](http://www.lingvo-online.ru/ru/Search/Translate/GlossaryItemExtraInfo?text=emergency%20situation&translation=%d1%87%d1%80%d0%b5%d0%b7%d0%b2%d1%8b%d1%87%d0%b0%d0%b9%d0%bd%d0%b0%d1%8f%20%d1%81%d0%b8%d1%82%d1%83%d0%b0%d1%86%d0%b8%d1%8f&srcLang=en&destLang=ru)

6. further care-дальнейшее лечение

7. open wounds-открытая рана

8. small bandage-небольшой перевязочный материал

9. long rolls-длинные бинты

10. minor scrape-маленькая царапина

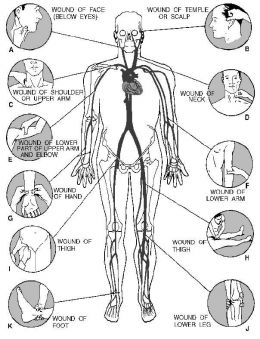
11. clotting mechanism-механизм свертывания крови

12. firm pressure-устойчивое давление

Exercise 3. Read and translate the text.

**Bleeding**

Bleeding is the name commonly used to describe blood loss. Bleeding can take many forms and be anything from simple to being extremely serious and life-threatening, and the treatment for bleeding will depend on what is bleeding and how much bleeding is happening. Bleeding can be internal or external.First aid also depends on personal factors, especially medications the bleeder is taking. A first aid kit should be in every home and car for emergency situations. If the wound is severe, the person should be taken to the hospital for further care, but until then, there are some simple first aid steps that should be taken. Antiseptics are important cleaning tools that reduce the [risk of infections](http://www.healthmango.com/fungal-infections.html) in open wounds. Small bandages for bandage cuts and long rolls should also be available in all first aid kits to close the wound immediately and protect it.



**Different types of bleeding.**

**There are three main types of bleeding.**

In preparing yourself to identify and treat different types of bleeding, you must first have a good understanding of the three distinct types of bleeding that a person can experience.

**Capillary Bleeding**

Capillaries are the smallest blood vessels in your body; they are about as thin as the hairs on your head.

When a minor scrape or cut opens some capillaries, the bleeding is almost always very slow and small in quantity. Your body's natural clotting mechanism is able to stop most cases of capillary bleeding within seconds to minutes.

**Venous Bleeding**

Deep cuts have the potential to cut open veins. A cut vein typically results in a steady but relatively slow flow of dark red blood.

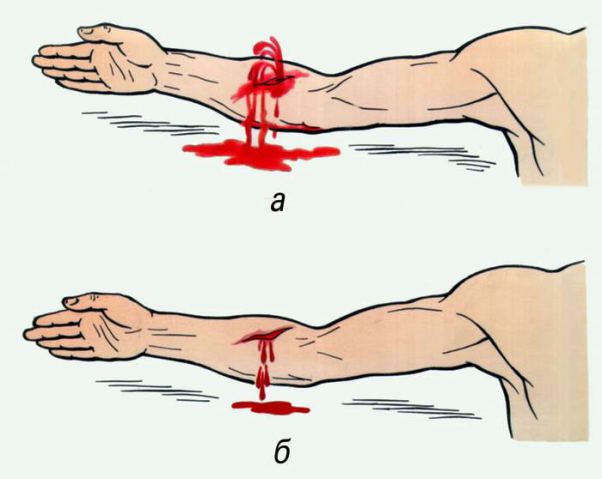
The best way to stop most cases of venous bleeding is to put direct pressure on the wound.

**Arterial Bleeding**

This is the least common and most dangerous type of bleeding. It involves bright red blood that comes out in large volume, and in spurts that correspond with each beat of your heart.

In most cases of arterial bleeding, direct and extremely firm pressure on the wound is the best way of stopping it. If direct pressure is not applied, a severe arterial wound can cause you to death within a few minutes.

Exercise 4.Give the names of the **bleeding:**



A………………………. B…………………………

Exercise 5. **Answer the following questions.**

1. What is bleeding? 2. How many forms of bleedings may occur in the person? 3. What are important cleaning tools that reduce the [risk of infections](http://www.healthmango.com/fungal-infections.html) in open wounds? 4. What should you do if the wound is severe? 5. What should also be available in all first aid kits to close the wound immediately and protect it? 6. How many **types of bleeding do you know? 7. What is capillary? 8. What** is the most dangerous type of bleeding?

Exercise 6. **Match the beginning of the sentences to their endings.**

|  |  |
| --- | --- |
| 1.Many people | a. the bleeding as soon as possible. |
| 2.They may | b. you should raise the limbs. |
| 3.You should know that when the blood flows from the artery | c. get into different accidents. |
| 4.When the blood flows from the vein | d. put clean cloth over the wound and bandage it tightly. |
| 5.You should stop | e. it is bright red blood. |
| 6.The simple method is to | f. you should put a cold compress on it. |
| 7.If the bleeding is from an arm or leg | g. make blood transfusions. |
| 8.If a person has nosebleed | h. have bleeding and need the first aid. |
| 9.In severe cases doctors | i. it is dark red blood. |

**V. A** **burn**

Exercise 1. Read and learn the following words.

**burn** [bə:n]-ожег

**damage** [ˈdæmɪdʒ]-повреждение

**severity** [sɪˈverɪtɪ]- степень тяжести

**painful** [ˈpeɪnful]-болезненный

**swell** [swel]-припухлый

**scarring** [ˈskɑ:rɪŋ]-рубцевание

**blister** [ˈblɪstə]-пузырь

**leak** [li:k]-протекать

**wet** [wet]-влажный

**patchy** [ˈpætʃɪ]-очаговый

**char** [tʃɑ:]-обугленный

**waxy** [ˈwæksɪ]-восковый

**despite** [dɪsˈpaɪt]-не смотря на

**prone** [prəun]-склонный

**grafts** [ɡrɑ:ft]-пересадка ткани

Exercise 2. Read and translate the text.

**Text Burns**

A burn is damage to the skin or underlying tissue usually caused by heat, but also by chemicals, electricity, or radiation such as with a sunburn. There are 3 levels of severity: first, second, and third.

**First Degree Burns**

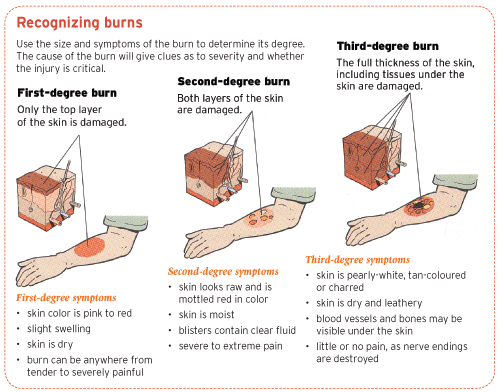
A first degree burn damages only the top layer of skin. The skin is red, dry, and painful. The area may swell. Most sunburns are first degree burns. These types of burns heal within 5 or 6 days without permanent scarring.

**Second Degree Burns**

A second degree burn damages both layers of skin i.e. the epidermis and the dermis. Heat, very severe sunburn, and some chemicals can cause this type of burn. The skin is red and has blisters that may open and leak clear fluids making the skin appear wet. The burned skin may look patchy and is usually feels painful. This type of burn heals in 3 or 5 weeks with some scarring possible.

**Third Degree Burns**

A third degree burn destroys both layers of skin as well as any or all of the underlying structures i.e. nerves, blood vessels, fat, muscles, and bones. Severe heat, fire, and electricity such as lightning can cause this kind of burn. These burns look either charred or waxy white. They are usually painless because the nerve endings in the skin have been destroyed. Despite the lack of pain, these kinds of burns are prone to infection and can be life threatening. Treatment often involves skin grafts.



Exercise 3. **Translate the following words and word combinations from Russian into English.**

Тепло, химические вещества, электричество, радиация, повреждение, солнечный ожег, слой кожи, пузыри, влажный, жидкость, лечение, боль, инфекция, нервные окончания, безболезненный, пересадка ткани.

Exercise 4. **Give the title for each logical part using the key-words:**

1. ……………….. burn damages both layers of skin i.e. the epidermis and the dermis. The skin is red and has blisters that may open and leak clear fluids making the skin appear wet. The burned skin may look patchy and is usually feels painful.

2. ………………. damages only the top layer of skin. The skin is red, dry, and painful. The area may swell.

3. ………………. destroys both layers of skin as well as any or all of the underlying structures i.e. nerves, blood vessels, fat, muscles, and bones.

**The key-words:**

First degree burns, second degree burns, third degree burns.

Exercise 5. Read and translate the text in written form.

**First Aid for Burns**

For first and second degree burns you should cool the area immediately with gently running cold water for about 10-15 minutes or until the burned area has cooled. This will help remove the heat from the tissue so the burning will stop. Do not apply ointments unless told to do so by a physician or pharmacist. And do not break any blisters. Keep the area as clean as possible.

For third degree burns do not put anything on the burn. Instead seek professional medical help immediately and treat the person for shock. Third degree burns are life threatening even when only a small body part is effected.

For electrical burns, check for an exit wound as well as treating for the entrance wound.

For chemical burns, flush the area with lots of water to get it off the person's skin.

Never apply ointments, butter, or other home remedies on burns, as this may make the burn worse, keep the heat trapped in, or cause an infection.

Exercise 6. **Look at the pictures and tell what should you do at every stage of a burn?**

|  |  |  |
| --- | --- | --- |
| **http://www.amazine.co/wp-content/uploads/2013/02/luka-bakar.jpg**  The first degree burn:  1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_  2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_  3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | **http://helpiks.org/helpiksorg/baza5/327242234214.files/image013.jpg**  The second degree burn:  1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_  2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_  3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | http://yahooeu.yahooeu.ru/uploads/posts/2012-05/1336772976_oiv.jpg  The third degree burn:  1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_  2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_  3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Exercise 7. Work in pairs. Tell to each other what it is impossible to do at this stage of **burns:**

1. For first and second degree burns \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

2. For third degree burns \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

3. For other burns \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

Exercise 8. Read and learn the following words.

**over-exposure** [ˌoʊvərɪkˈspoʊʒər]-облучение

**consequences** [ˈkɔnsɪkwəns]-последствие

**ranging** [ˈreɪndʒɪŋ]-распределение

**premature** [ˈprɛmətʃ]- преждевременное

**aging** [ˈeɪdʒɪŋ]-старение

**cancer** [ˈkænsə]-рак

**overcast** [ˈəuvəkɑ:st]-пасмурная

**ultraviolet** [ˈʌltrəˈvaɪəlɪt]-ултрафиолетовое излучение

**northern** [ˈnɔ:ðən]-северное

**hemisphere** [ˈhemɪsfɪə]-полушарие

**promote** [prəˈməut]-повышать

**occur** [əˈkə:]-вызывать, проявляться

**actinic** [ækˈtɪnɪk]-актинический

**keratoses** [ˌkɛrəˈtəʊsɪs]- керотозы

**scaly** [ˈskeɪlɪ]-чешуйчатый

**lesion** [ˈli:ʒən]-поражение, повреждения

**tanning** [ˈtænɪŋ]-загар

**pigment** [ˈpɪɡmənt]-пигментация

**melanin** [ˈmelənɪn]-меланин

**readily** [ˈredɪlɪ]-быстро

**vulnerable** [ˈvʌlnərəbl]-уязвимый

**susceptible** [səˈseptəbl]-восприимчивый

**heavier** [ˈhevɪə]-более плотный

**layer** ['leɪə]-слой

**harmless** [ˈhɑ:mlɪs]-безопасный

**research** [rɪˈsə:tʃ]-исследование

**indicate** [ˈɪndɪkeɪt]-указывать

**prolonge** [prəuˈlɔŋd]-длительный

**exposure** [ɪksˈpəuʒə]-воздействие

**irreversible** [ˌɪrɪˈvə:səbl]-необратимый

**suffer** [ˈsʌfə]-страдать от

**blistering** [ˈblɪstərɪŋ]-вызывающий пузыри

**anesthetic** [ˌænɪsˈθetɪk]-анестезирующее

**benzocaine** [ ˈbenzəkan ]-бензокаин

**ointment** [ˈɔɪntmənt]-мазь

**lotion** [ˈləuʃən]-лосьен

# **Exercise 9. Read and translate the text.**

# Sunburn

Over-exposure to the sun is by far the leading cause of [skin burns](http://infolific.com/health-and-fitness/first-aid/skin-burns/), with consequences ranging from mild sunburn to premature aging and even skin cancer. Most sunburns are also classified as first-degree, more severe, second-degree burns and third-degree sunburns are rare.

The Sun can harm a person's skin all year round whether the sky is clear or overcast weather. Of course, the amount of damage depends upon the intensity of ultraviolet, or UV, radiation. Ultraviolet radiation has two components: the shorter UVB rays, which are responsible for most sunburns, and the longer UVA rays. Both types cause skin damage as well as promote skin cancer. Over-exposure to UV rays may also occur actinic keratoses; these are scaly lesions that may be precancerous.

The tanning process is the body's way of protecting the skin from the sun's damage. Pigment-producing cells send an increasing amount of melanin to the skin's surface to block the harmful incoming rays. This means that fair-skinned, blue-eyed people who do not readily tan are the most vulnerable to sunburn. Those with dark skin are also susceptible, but their heavier layer of melanin helps to protect them against sunburn.

While mild sunburn may seem harmless, research indicates that any prolonged exposure to the sun causes irreversible damage and increases the risk of cancer. Especially dangerous are blistering sunburns suffered in childhood; even one or two at an early can more than double the risk of developing melanoma - the skin cancers.

**First Aid for Sunburns**

Mild sunburn may be relieved with a cool shower or cold-water compresses or by sitting in a pool of cool water to which a cup of cornstarch has been added. Doctors advise against self-care with ointments or lotions that contain the anesthetic benzocaine. They recommend ice packs to alleviate severe pain or itching.

Exercise 10. **Answer the following questions.**

1. What is sunburn? 2. What can harm a person's skin? 3. When can the Sun harm a person's skin? 4. How many components has the ultraviolet radiation got? 5. What can cause skin damage? 6. What kind of skin damages may also occur? 7. What do the pigment-producing cells do? 8. What is the tanning process? 9. What treatment doctors advise when you have sunburn?

Exercise11. **Match the** word combinations **from the left column with their translation of the right column.**

|  |  |
| --- | --- |
| 1. [skin burns](http://infolific.com/health-and-fitness/first-aid/skin-burns/) | 1. рак кожи |
| 1. overcast weather | 1. светлокожие люди |
| 1. ultraviolet radiation | 1. актинические кератозы |
| 1. the skin cancer | 1. голубоглазые люди |
| 1. actinic keratoses | 1. ультрафиолетовое излучение |
| 1. scaly lesions | 1. солнечный ожог, вызывающий волдыри |
| 1. fair-skinned people | 1. ожоги кожи |
| 1. blue-eyed people | 1. чешуйчатые повреждения |
| 1. blistering sunburns | 1. пасмурная погода |

Exercise 12. Work in pairs. Discuss the problem

A person with white skin has sunburn. What should you do at first? What is first aid for sunburn?

**VI Sunstroke**

Exercise 1. Read and learn the following words.

**sunstroke** [ˈsʌnstrəuk]-солнечный удар

**heatstroke** [ˈhi:tstrəuk]-тепловой удар

**exposure** [ɪksˈpəuʒə]-воздействие

**rid** [rɪd]-избавлять

**excess** [ɪk'ses]-избыток

**vigorous** [ˈvɪɡərəs]-жизненный

**dehydrate** [transcription]-обезвоживать

**headache** [ˈhedeɪk]-головная боль

**dizziness** [ˈdɪzɪnɪs]-головокружение

**nausea** [ˈnɔ:sjə]-тошнота

**vomiting** [ˈvɔmɪt]-рвота

[**beverages**](http://www.medicinenet.com/drinks_and_beverages_quiz/quiz.htm)[ˈbevərɪdʒ]-напиток

**cooling** [ˈku:lɪŋ]-охлаждение

**effort** [ˈefət]-усилие, попытка

**armpit** [ˈɑ:mpɪt]-подмышка

**groin** [ɡrɔɪn]-пах

**EXERCISE 2. Give the Russian equivalents to the following word combinations before reading the text:**

A life-threatening condition, the body's heat-regulating system, the high temperature,

the hot environment, a very dry skin, a dehydrated skin, rapid pulse, headache, dizziness, nausea, vomiting, the armpits, sweating, evaporation.

**EXERCISE 3.** Read and translate the text.

**Sunstroke**

Sunstroke, also known as heatstroke, is a life-threatening condition in which the body's heat-regulating system fails due to exposure to high temperatures. It happens when the body is unable to rid itself of excess heat due to vigorous activity or a very hot environment.  
Symptoms of sunstroke include:  
• elevated body temperature  
• very dry or dehydrated skin  
• rapid pulse  
• headache  
• dizziness   
• nausea or vomiting

If sunstroke is not treated, eventually it can damage organs. Even death may occur if symptoms are prolonged.

**First Aid for** **sunstroke**:

Apply cool water to the skin (for example, you may spray the person with cool water), fan the victim to promote sweating and evaporation, and place ice packs under the armpits and groin.

If the person is able to drink liquids, have them drink cool water or other cool [beverages](http://www.medicinenet.com/drinks_and_beverages_quiz/quiz.htm) that do not contain alcohol or [caffeine](http://www.medicinenet.com/caffeine/article.htm).

Monitor body temperature with a thermometer and continue cooling efforts until the body temperature drops to 101 to 102 F (38.3 to 38.8 C).

Exercise 4. Choose the excess word from every line

1. Headache, nausea, vomiting, cool water, dizziness.

2. Sunstroke, heatstroke, a life-threatening condition, death, rapid pulse.

3. To rid, to include, the skin, to apply, to drink.

Exercise 5. **Fill in the gaps using the words in the box**

|  |
| --- |
| a) environment; b the skin); c) temperature; d) heatstroke; e) organs |

1. Sunstroke, also known as \_\_\_\_\_\_\_\_\_\_, is a life-threatening condition in which the body's heat-regulating system fails due to exposure to high temperatures.

2. It happens when the body is unable to rid itself of excess heat due to vigorous activity or a very hot \_\_\_\_\_\_\_\_\_\_\_\_\_.  
3. If sunstroke is not treated, eventually it can damage \_\_\_\_\_\_\_\_\_.

4. Apply cool water to \_\_\_\_\_\_\_\_\_ fan the victim to promote sweating and evaporation, and place ice packs under the armpits and groin.

5. Monitor body \_\_\_\_\_\_\_\_\_\_\_\_\_ with a thermometer and continue cooling efforts until the body temperature drops from38.3 to 38.8 C.

Exercise 6. Work in pairs. Discuss the questions

Have you ever experienced a people with sunstroke?

What symptoms have the people?

What should you do in this case?

VII Shock

Exercise 1. Read and learn the following words.

**shock** [ʃɔk]-шок

**occur** [əˈkə:]-происходить, случаться

**illness** [ˈɪlnɪs]-болезнь

**injury** [ˈɪndʒərɪ]-травма, повреждение

**circulatory** [ˈsə:kjulətərɪ]-сердечнососудистая

**pale [ peɪl ]-**побледнеть, бледный

**clammy** [ˈklæmɪ]-липкий

**dilate** [daɪˈleɪt]-расширять

**weakness**[ˈwi:knɪs]-слабость

**shallow** [ˈʃæləu]-неглубокий

**breathing** [ˈbri:ðɪŋ]-дыхание

**thirst** [θə:st]-жажда

**nausea** [ˈnɔ:sjə]-тошнота

**vomiting[**ˈvɒmɪtɪŋ]-рвота

**confusion** [kənˈfju:ʒən]- частичное затемнение сознания

**anxiety** [æŋˈzaɪətɪ]- тревога, беспокойство

**dizziness** [ˈdɪzɪnɪs]-головокружение

**consciousness** [ˈkɔnʃəsnɪs]-сознание

**EXERCISE 2.** **Translate and learn by heart the following words and word combinations:**

1. cool, pale, clammy skin\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. dilated pupils eyes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. weakness, rapid pulse\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. shallow, rapid breathing\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. low blood pressure\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. thirst, nausea, or vomiting\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. confusion or anxiety\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. dizziness or loss of consciousness\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**EXERCISE 3.** Read and translate the text.

**Shock**

Shock may occur due to sudden illness or injury. When the circulatory system is unable to get enough blood to the vital organs, the body goes into shock. Sometimes, even a mild injury will lead to shock.

The signs of shock include:

* cool, pale, clammy skin
* dilated pupils eyes
* weakness, rapid pulse
* shallow, rapid breathing
* low blood pressure
* thirst, nausea, or vomiting
* confusion or anxiety
* dizziness or loss of consciousness.

Shock is a life-threatening condition. Prompt care can save lives.



First Aid

Take the person lie down and elevate his legs 12 inches (30.48 sm) or more. If the injury is to the head, neck, or chest, keep the legs flat. If the person vomits, roll him to one side to let fluids drain from the mouth.

Control any bleeding and splint any fractures.

Keep the person warm, but not hot. Place a blanket underneath him and cover him with a sheet or a blanket, depending on the weather. If the person is in a hot place, try to keep him cool. Take and count the person’s pulse every five minutes. Comfort and reassure him to relieve anxiety. Call for help immediately if signs of shock develop.

Exercise 4. **Answer the following questions:**

1. When may shock occur? 2. What is shock? 3. When will a mild injury lead to shock? 4. What will lead to shock sometimes? 5. What are the signs of shock? 6. What must you do if you see a person in a shock?

Exercise 5. **Chose the appropriate word**

1. Shock may occur (before, due to, after) sudden illness or injury.

2. When (the circulatory system, the respiratory system, the nervous system) is unable to get enough blood to the vital organs, the body goes into shock.

3. Shock is (infectious disease, a joint disorder, a life-threatening) condition.

Exercise 6. Find the following words and **word combinations** in the text

Сердечно-сосудистая система, расширенные зрачки глаз человека, низкое кровяное давление, жажда, растерянность, тошнота, потеря сознания, голова, шея, кровотечение, перелом, беспокойство.

**VIII** Spinal Injuries

Exercise 1. Read and learn the following words.

**accident** [ˈæksɪdənt]-несчастный случай

**spinal** [ˈspaɪnl]-спинной

**injury** [ˈɪndʒərɪ]-травма

**permanent** [ˈpə:mənənt]-постоянный

**paralysis** [pəˈrælɪsɪs]-паралич

**immobilize** [ɪˈməubɪlaɪz]- делать неподвижным,

**correctly** [kəˈrektlɪ]-правильно, безошибочно

**severe** [sɪˈvɪə]-серьезный, тяжелый

**bruise** [bru:z]-синяк, ушиб

**tingling[**ˈtɪŋɡəlɪŋ]- чувство покалывания

**numbness[**ˈnʌmnəs]- оцепенение, нечувствительность

**bowel** [ˈbauəl]-кишечник

**bladder** [ˈblædə]-мочевой пузырь

**unconsciousness[**ʌnˈkɒnʃəsnəs]- бессознательное состояние

**drag[**dræɡ]- тащить

**diving[**ˈdʌɪvɪŋ]- ныряние; прыжки в воду

**damage[**ˈdamɪdʒ]- вред, повреждение

**float[**fləʊt]- держаться на поверхности

**splint[**splɪnt]- шина

**EXERCISE 2.** Read and translate the text.



Any accident involving the neck or back must be considered a possible spinal injury. Permanent paralysis may be avoided if the injured person is immobilized and transported correctly.

Signs of a spinal injury include:

* severe pain in the neck or back
* bruises on the head, neck, shoulders, or back
* weakness, tingling, or numbness in the arms or legs
* loss of bowel or bladder control
* bleeding or clear fluid discharge from the ears or nose
* unconsciousness

First Aid

If you suspect a spinal injury, do not move the person unless there is an immediate threat to life, such as fire. Don't drag victims from automobile accidents.

If the person is in immediate danger, keep the head and neck supported while you move him to safety.

If it was a diving accident, don't pull the injured person from the water as you may cause permanent damage. Float the person face up in the water until help arrives. The water will act as a splint and keep the spine immobile.

If you suspect a spinal injury, call a health professional to transport the injured person.

Exercise 3. **Answer the following questions:**

1. What must be considered a possible spinal injury? 2. What may be avoided if the injured person is immobilized and transported correctly? 3. What are the signs of a spinal injury? 4. What must you do if you suspect a spinal injury? 5. What must you do if the person is in immediate danger? 6. What must you do if it was a diving accident?

Exercise 4. Tick( \*)the right sentences

1. Any accident involving the neck or back must be considered a possible injury of extremities.

2. Permanent paralysis may be avoided if the injured person is immobilized and transported correctly.

3. If you suspect a spinal injury, move the person unless there is an immediate threat to life, such as fire.

4. If the person is in immediate danger, keep the head and neck supported while you move him to safety.

5. If it was a diving accident, pull the injured person from the water as you may cause permanent damage.

Exercise 5. Make **word combinations using a word from each box then write down them and translate**

|  |  |
| --- | --- |
| severe  spinal  the injured  bladder  diving  permanent | damage  pain  control  injury  paralysis  accident |

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**IX** Unconsciousness

Exercise 1. Read and learn the following words.

unconscious [ʌnˈkɔnʃəs]-бессознательное состояние

**unaware** [ˈʌnəˈwɛə]-не сознающий

**purposeful** [ˈpə:pəsful]-целеустремленный

**fainting[**ˈfeɪntɪŋ]-обморок, ослабевший

**stroke** [strəuk]-удар

**epilepsy** [ˈepɪlepsɪ]-эпилепсия

**exhaustion** [ɪɡˈzɔ:stʃən]-истощение, тепловой удар

**suffocation** [ˌsʌfəˈkeɪʃən]-удушье, асфиксия

**drunkenness** [ˈdrʌŋkənnəs]-опьянение

**attack** [əˈtæk]-приступ

**dizziness** [ˈdɪzɪnɪs]-головокружение

**breathe** [bri:ð]-дышать, вздыхать

**airway** [ˈɛəweɪ]-дыхательные пути

**rescue** [ˈreskju:]-спасение, спасать

**cardiopulmonary[**ˌkɑːdɪəʊˈpʌlmənəri]-сердечно-легочная

**resuscitation[**rɪˌsʌsɪˈteɪʃən]- реанимация

**treat** [tri:t]-лечить

**diabetes** [ˌdaɪəˈbi:ti:z]-диабет

**allergy** [ˈælədʒɪ]-аллергия

insulin [ˈɪnsjulɪn]-инсулин

diabetic[dʌɪəˈbɛtɪk]-диабетическая

coma [ˈkəumə]-кома

**EXERCISE 2. Give the Russian equivalents to the following word combinations before reading the text:**

An unconscious person, purposeful movements, a brief unconsciousness, prolonged state of unconsciousness, a heat exhaustion, a spinal injury, a heart attack, a lightheadedness, a mild form of shock, a more serious problem, an emotional stress, the cardiopulmonary resuscitation, a medical problem, the insulin shock, the diabetic coma.

**EXERCISE 3.** Read and translate the text.

Unconsciousness

An unconscious person is completely unaware of what is going on and is unable to make purposeful movements. Fainting is a form of brief unconsciousness; a coma is a deep, prolonged state of unconsciousness.

Causes of unconsciousness include stroke, epilepsy, heat exhaustion, diabetic coma, insulin shock, head or spinal injury, suffocation, drunkenness, shock, bleeding, and heart attack.

Fainting is a partial loss of consciousness. Lightheadedness is a mild form of shock, and is usually not serious. If it happens often, there may be a more serious problem. Dizziness and fainting can also be the result by sudden emotional stress or injury.

First Aid

Make sure the unconscious person can breathe. Check for breathing and, if necessary, open the airway and begin rescue breathing. Put the person lying down.

Check the pulse. If there is none, call for help and start cardiopulmonary resuscitation (CPR).

Treat any injuries.

Do not give the person anything to eat or drink.

Look for medical identification, such as a card that identifies a medical problem such as epilepsy, diabetes, or drug allergy.

If the person has diabetes, he or she may have insulin shock (low blood sugar) or be in a diabetic coma (too much sugar in the blood).

Exercise 4. **Answer the following questions:**

1. What is an unconscious person? 2. What is fainting? 3. What do causes of unconsciousness include? 4. What is a mild form of shock? 5. What can also be brought on by sudden emotional stress or injury? 6. What must you do at firs if you see the unconscious person? 7. What must you check? 8. What must you not give the patient?

Exercise 5. **Read the sentences. Are these statements true (T) or false (F)?**

1. An unconscious person is completely understand of what is going on and is unable to make purposeful movements.
2. Fainting is a form of brief unconsciousness; a coma is a deep, prolonged state of unconsciousness.
3. Causes of unconsciousness don`t include stroke, epilepsy, heat exhaustion, diabetic coma, insulin shock, head or spinal injury, suffocation, drunkenness, shock, bleeding, and heart attack.
4. Fainting is a partial loss of consciousness.
5. Dizziness and fainting cannot also be brought on by sudden emotional stress or injury.

Exercise 6. Underline the correct word in these sentences

1. A conscious/an unconscious person is completely unaware of what is going on and is unable to make purposeful movements.
2. Fainting is a form of brief/ prolonged unconsciousness.
3. Lightheadedness is a severe/a mild form of shock.
4. Dizziness and fainting can also be the result by sudden emotional stress/good health or injury.

# X. Poisoning

Exercise 1. Read and learn the following words.

**poisoning[**ˈpɔɪzənɪŋ]- отравление

**poison[**ˈpɔɪzn]- яд; отрава

**substance[**ˈsʌbstəns]- вещество

**inhale[**ɪnˈheɪl]- вдыхать

**absorbe[**əbˈzɔːb]- впитывать, абсорбировать

**ingest[**ɪnˈdʒɛst]- глотать, проглатывать

**injected[**ɪnˈdʒɛkt]- впрыскивать, вводить

**swallow[**ˈswɒləʊ]- глотать, проглатывать

**item[**ˈaɪtəm]- отдельный предмет

**pesticide[**ˈpɛstɪsʌɪd]- средство для борьбы с вредителями

**breathe[**briːð]- вдыхать

**lung[**lʌŋ]- лёгкое

**fume[**fjuːm]- дым, испарения

**monoxide[**məˈnɒksʌɪd]-угарный

**carbon** [ˈkɑːrbən]- углерод, газ

**exhaust[**ɪɡˈzɔːst]- выхлопной

**faulty[**ˈfɔːlti]- испорченный, повреждённый

**furnace[**ˈfəːnɪs]- печь

**heater** [ˈhiːtə]- обогреватель, радиатор

**nitrous[**ˈnʌɪtrəs]- закись азота, веселящий газ

**chlorine[**ˈklɔːriːn]- хлор

**facilities[**fəˈsɪlɪtɪz]- оборудование

**glue[**ɡluː]- клей

**solvent[**ˈsɒlvənt]- растворитель

**ivy[**ˈaɪvi]- плющ обыкновенный

**sumac[**ˈsjuːmak]- сумах ядовитый

**soluble[**ˈsɒljʊbəl]- растворимый

**stripper[**ˈstrɪpə]- жидкость для снятия краски

**insecticide[**ɪnˈsɛktɪsʌɪd]- средство для истребления насекомых

**sting[**stɪŋ]- жало, жалить

**bee[**biː]- пчела

**wasp[**wɒsp]- оса

**insect[**ˈɪnsɛkt]- насекомое

**spider[**ˈspʌɪdə]- паук

**tick[**tɪk]- кровососущие клещ

**cloth[**klɒθ]- ткань

**EXERCISE 2.** Read and translate the text.

**A poison**

A poison is any substance which causes injury, illness, or death. It can be inhaled, absorbed through the skin, ingested, or injected.

**Ingested Poisons**

These poisons are swallowed or come in contact with the mouth and lips. They include many items found in the home such as medications, cleaning products, pesticides, and plants. Many substances not poisonous in small amounts are poisonous in larger amounts.

**Inhaled Poisons**

These types of poisons are breathed into the lungs. These include gases and fumes such as carbon monoxide from a car exhaust or faulty furnace or heater; nitrous oxide, chlorine gas found in commercial swimming facilities; and fumes from household and industrial products, such as glues, paints, and cleaning solvents.

**Absorbed (Dermal) Poisons**

These poisons enter the body through the skin. They include plants such as poison ivy, poison sumac and fat-soluble chemicals, paint strippers, and insecticides.

**Injected Poisons**

These poisons enter the body through bites or stings of bees, wasps, insects, spiders, ticks, animals, and snakes, or as drugs injected with a needle.

**First Aid for All Poisoning Emergencies**

Call your emergency medical system if the person is having trouble breathing, is unconscious or anything else which you think may be serious.

Stay with the person and monitor their condition while waiting for the paramedics.

For inhaled poisons move the person to fresh air immediately as long as it is safe to do so.

For absorbed poisons use lots of running water to flush the area. If it is a powder chemical first brush it off with a cloth.

For ingested poisons do not automatically induce vomiting as this may cause burning of the airway if it is a corrosive substance. Do not give fluids to drink as some substances may react more.

For injected (e.g. needle, insects) poisons remove the object if you can do so without causing further harm.

Exercise 3. **Answer the following questions:**

1. What is a poison? 2. How can poisons enter the body? 3. What substances can be poisons?

4. How can a poison be? 5. What are the ingested poisons? 6. What are the absorbed poisons?

7. What are theinjected poisons? 8. How can we help the victim for inhaled poisons? 9. How can we help the victim for absorbed poisons? 10. How can we help the victim for ingested poisons? 11. How can we help the victim for injected poisons?

Exercise 4. **Match the** word combinations **from the left column with their translation of the right column.**

|  |  |
| --- | --- |
| 1. ingested poisons | 1. яды, которые вводятся подкожно |
| 1. inhaled poisons | 1. вещества для очистки |
| 1. absorbed poisons | 1. выхлопные газы автомобилей |
| 1. injected poisons | 1. яды, которые можно вдохнуть |
| 1. cleaning products | 1. угарный газ |
| 1. small amounts | 1. веселящий газ, закись азота |
| 1. carbon monoxide | 1. поврежденная печь |
| 1. car exhaust | 1. яды, которые можно проглотить |
| 1. faulty furnace | 1. небольшое количество |
| 1. nitrous oxide | 1. яды, которые всасываются через кожу |

Exercise 5. **Translate the following words from Russian into English.**

Повреждение, болезнь. смерть, кожа, яд, газ, легкие, рот, губы, дым, испарения, жирорастворяющие, растворитель, растения, плющ, краска, пчела, оса, паук, змея, игла, клещ, ткань, вещество, вред.

Exercise 6. Choose the excess word from every line

1. Medications, paramedics, cleaning products, pesticides, and plants.

2. Gases, carbon monoxide, nitrous oxide, water, industrial products.

3. Bees, wasps, insects, spiders, ticks, cloth.

Exercise 7. **Look at the pictures and say: What kind of poisons do you see?**

|  |  |
| --- | --- |
| **Pictures** | **Choose the correct variant** |
| **http://www.cc.utah.edu/~sa11170/EMT/DOTRefresh/Poison/Resources/contact.jpeg** | **Picture A**  Ingested Poisons  Inhaled Poisons  Absorbed Poisons  Injected Poisons |
| http://images.easyfreeclipart.com/880/poison-ivy-you-can-still-get-it-even-as-the-weather-changes-by-our--880860.jpg | **Picture B**  Ingested Poisons  Inhaled Poisons  Absorbed Poisons  Injected Poisons |
| http://pergavitae.com/pergavitae/wp-content/uploads/2015/06/set-insects-21902625.jpg | **Picture C**  Ingested Poisons  Inhaled Poisons  Absorbed Poisons  Injected Poisons |
| http://cx.aos.ask.com/question/aq/700px-394px/toxic-effects-propane-gas-inhalation_5f7270a25eb090bd.jpg | **Picture D**  Ingested Poisons  Inhaled Poisons  Absorbed Poisons  Injected Poisons |