



**1** Label the picture of a first aid kit with the words from the box.

bandage ointment painkillers  
plasters thermometer

**2** Say when you might need these things.

*You would need a bandage if you had a bad cut, and you needed to keep it clean.*

**3** Listen to an interview with someone who had a hiking injury. Answer the questions in one to four words.

- 1 What can you do if you hurt yourself very badly at home? \_\_\_\_\_
- 2 Was Mark's injury very painful? \_\_\_\_\_
- 3 Where did he spend the night? \_\_\_\_\_
- 4 What time of year was it? \_\_\_\_\_
- 5 Who found him the next morning? \_\_\_\_\_

**4** Here is some advice for hikers. Listen again and make notes on whether Mark followed the advice.

- 1 Always go hiking with other people.  
*He didn't. He was alone on the mountain.*
- 2 Always wear good hiking boots.  
\_\_\_\_\_
- 3 Know how to make a fire.  
\_\_\_\_\_
- 4 Take enough to eat and drink.  
\_\_\_\_\_
- 5 Take some plasters, painkillers, etc.  
\_\_\_\_\_
- 6 Tell somebody where you are going.  
\_\_\_\_\_

**5** Have you, or someone you know, ever had an accident when doing a sport or leisure activity? Tell the class about it.

Once, when I was playing hockey ...