

## Preparing for your Out-of-Hours Training

When you do your out-of-hours training, you may hear some unfamiliar language. The aim of this worksheet is to teach you some of the expressions you will hear and to help you to remember what they mean.

Before your training session, please take some time to study this sheet. If any of the words or phrases are new to you, it is important to learn their PRONUNCIATION as well as their MEANING, because it is a practical session. You will be hearing them spoken by native speakers of English, so if you have a British friend or neighbour, ask them to say the words for you to repeat.

### 1. The Most Important Words

There are only three:

Word	Pronunciation	Meaning in English	in your language
emergency	ɪm'ɛ:dʒənsi	a situation that you must deal with NOW	
casualty	'kæʒuəlti	a person who is ill or injured	
first aid	'fɛ:st 'eɪd	simple medical help given as soon as possible	

### 2. Parts of the Body (only the less obvious ones that you might need to deal with)

Word	Pronunciation	Meaning in English	in your language
airway	'eəweɪ	the passage in your throat that you breathe through	
circulation	ˌsɜ:kju'leɪʃən	the movement of blood around the body	
limb	lɪm	an arm or leg	
tongue	tʌŋ	the thing that moves in your mouth!	
vital organs	ˌvaɪtəl'ɔ:gənz	essential part of the body, eg. heart and lungs	

### 3. Things that can go wrong

Word	Pronunciation	Meaning in English	in your language
bleeding (n)	'bli:diŋ	blood escaping from the body	
blisters	'blɪstə	a swelling filled with liquid on your skin	
blocked (adj.)	blɒkt	as in 'blocked airway': something is preventing the air from moving into or out of the lungs	
burn (n)	bɜ:n	an injury caused by strong heat	
burst (v)	bɜ:st	break open suddenly	
drowsy (adj)	'draʊzi	wanting to sleep	
faint (v,n)	feɪnt	suddenly become unconscious for a short time	
feel funny (v)	ˌfi:l 'fʌni	feel slightly ill	
foreign body (n)	'fɔ:rən 'bɒdi	an object or substance that shouldn't be in a person's body	
germs (n)	dʒɜ:mz	small organisms that cause infection, e.g. bacteria	
hazard	'hæzəd	something dangerous	
heart attack (n)	'hɑ:tətæk	someone's heart stops working normally	
life-threatening	'laɪfθretnɪŋ	dangerous enough to kill someone	

poisoning (n)	'pɔɪznɪŋ	eating/drinking/breathing in a dangerous substance	
raw (adj)	rɔ:	with the skin removed	
scald (v,n)	skɔld	an injury caused by very hot liquid or steam	
be sick (v)	ˌbɪ'sɪk	vomit (see below)	
tight (adj)	tɑɪt	fitting the body very closely	
trip (v)	trɪp	catch your foot on something and fall	
trivial (adj)	'trɪviəl	unimportant, small	
unconscious (adj)	ʌn'kɒnʃəs	unable to see, hear, feel, move or respond normally	
vomit (v,n)	'vɒmɪt	send food/drink from the stomach out through the mouth	
wound (n)	wu:nd	an injury that you can see	

#### 4. Making things better

Word	Pronunciation	Meaning in English	in your language
bandage (n)	'bændɪdʒ	long, narrow strip of fabric to hold a covering over a wound	
barrier (n)	'bæriə	protection	
dispose of hazardous waste properly	dɪs'pəʊzəv 'hæzədəs 'weɪst	if you can see any material which might be dangerous (e.g. needles, broken glass, spilt acid), get rid of it safely	
sterile dressing (n)	'sterail 'dresɪŋ	extremely clean, germ-free soft pad attached to a bandage	
elevate (v)	'elɪveɪt	raise, lift	
improvise (v)	'ɪmprəvaɪz	use anything that will do the job	
medical attention	'medɪkələ'tenʃən	a doctor, nurse or paramedic	
non-adhesive (adj)	ˌnɒnəd'hi:sɪv	not sticky	

physical contact	'fɪzɪkəl 'kɒntækt	touching a person	
plaster (n)	'plɑːstə	small, sticky strip to cover a wound	
reassure (v)	ˌriːʃʊ	talk kindly to make the casualty feel better	
regain consciousness (v)	rɪ'geɪn 'kɒnʃəsnəs	become able to respond, see, hear, speak etc. after being unconscious	
remedy (n)	'remədi	a method of making things better	
safety conscious (adj)	'seɪftɪ,kɒnʃəs	careful about making things safe	
tilt (v) (the head)	tɪlt	move the head backwards so that the chin is higher	



### 5. Miscellaneous\*

Word	Pronunciation	Meaning in English	in your language
a coherent sentence	əkəʊ'hi:rənt 'sentəns	a grammatical sentence which you can understand easily	
common sense	ˌkɒmən'sens	the ability to behave in a sensible way and make practical decisions	
legal duty	'li:gəl 'dju:ti	what the law says you must do	
miscellaneous*	ˌmɪsəl'eɪniəs	anything which does not fit into the above categories!	
shouting distance	'ʃaʊtɪŋ dɪstəns	near enough to someone for them to hear if you shout	