



Listen to exercises
on dealing with injuries
on our CD/cassette

- **Read the dialogues** below to see how English is used in everyday situations.
- **Look at the tips** for the dos and don'ts of social English.
- **Study the vocabulary lists** and learn useful words and phrases.
- **Complete the exercises** and test your language knowledge.
- **Pull out this page** and use it as a reference tool and learning aid.

Dealing with injuries

Fortunately, many injuries are not serious. They happen around the house and do not require a visit to a doctor. Read these five scenes and discover some words and expressions that are useful when talking about and dealing with injuries.

1. I scalded it

Stuart comes home from work with a bandage around his hand.

Helen: What happened to you?
Stuart: I **scalded it** — quite badly, actually.
Helen: How did you do that?
Stuart: I dropped the kettle while I was making some tea.
Helen: You mean **boiling** water went over it?
Stuart: That's right.
Helen: Well, what did the doctor say?
Stuart: He said the skin will **eventually** fall off, and new skin will grow. There might be a scar.

- Tip!** If you scald your skin, you burn it with hot liquid.
Tip! Stuart says "it" and not "my hand" because Helen can see his hand as he speaks to her.
Tip! "Boil" and "cook" both refer to food substances having reached a certain temperature. However, "boil" is used mainly with liquids, such as water and oil. "Cook" is used with solids.
Tip! "Eventually" means "in a while".

| | |
|---------------------------------|-----------------------|
| bandage ['bændɪdʒ] | Verband |
| eventually [ɪ'ventʃuəli] | irgendwann |
| injury ['ɪndʒəri] | Verletzung |
| kettle ['ketl] | Teekessel |
| scald sth. [skɑːld] | (sich) etw. verbrühen |
| scar [skɑː] | Narbe |

2. Cuts and bruises

Phil's 11-year-old son, James, fell off his bike. Phil's neighbour, Chris, saw what happened.

Chris: How's he getting on?
Phil: He's fine, thanks — just a few cuts and bruises, and he's grazed his arm. It's a bit swollen.
Chris: Did you take him to hospital?
Phil: No, we didn't **in the end**.
Chris: I suppose the main thing was he didn't land on his head.
Phil: **You can say that again!** From now on, he's got to wear a helmet.

- Tip!** "Cuts and bruises" is a fixed expression. It would be highly unusual to say "bruises and cuts".
Tip! Here, the expression "in the end" means "after a period of thinking".
Tip! "You can say that again!" expresses strong agreement with what has been said.

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|--|---------------------------|
| bruise [bruːz] | Prellung |
| graze sth. [greɪz] | etw. aufschürfen |
| helmet ['helmt] | Helm |
| swollen ['swɒlən] | (an)geschwollen |
| You can say that again! [ˌju kən seɪ 'ðæt əˌɡen] | Das kannst du laut sagen! |

3. What's up?

Jackie is getting up. Martin is half-asleep.

Jackie: Oh, dear!
Martin: **What's up?** Are you OK?
Jackie: I can hardly get up. My legs are really stiff.
Martin: Your legs?
Jackie: Yeah. I wonder why they're **aching** so much?
Martin: I know. It's probably all the crouching down you did yesterday.
Jackie: You mean that little bit of gardening I did?
Martin: **Come on!** You were out there the whole afternoon.
Jackie: Yeah, that's true. And I don't get any other sort of **exercise**.

- Tip!** In Britain, "What's up?" usually means "What's wrong?".
Tip! Don't mix up "ache" and "hurt". If a part of your body aches, you feel a constant but not very strong pain. If a part of your body hurts, you feel more acute pain.
Tip! Here, Martin uses "Come on!" to tell Jackie that he thinks there is more to her story.
Tip! You use the word "exercise" to talk about physical activity designed to keep you fit and healthy: "Do you get enough exercise if you sit at the computer all day?"

| | |
|------------------------------------|---------------------|
| ache [eɪk] | (dumpf) schmerzen |
| crouch down [ˌkraʊtʃ 'daʊn] | in der Hocke sitzen |
| exercise ['eksəsaɪz] | Bewegung |

4. They rushed him to hospital

Tracy is telling her friend Julia about her father.

- Julia: He fell out of a tree?
 Tracy: Yes. He was up there picking apples. At his age!
 Julia: Did he break anything?
 Tracy: My Mum thought he was **unconscious**. She rang for an **ambulance**, and they rushed him **to hospital**.
 Julia: Was he OK?
 Tracy: Well, he was **suffering from concussion**, but it was nothing more serious than that. Now he's at home, resting up and enjoying his apples.

Tip! "Unconscious" means not able to see or feel because you are injured. "**Subconscious**" describes a feeling of which you are not aware or do not want to think about.

Tip! Britons say "to hospital" and "in hospital"; Americans say "to/in *the* hospital".

Tip! "Suffer" is often followed by the preposition "from".

Tip! Britons talk about "concussion" as an uncountable noun, and Americans talk about "a concussion".

| | |
|----------------------------------|---------------------|
| ambulance ['æmbjələns] | Notarztwagen |
| concussion [kən'kʌʃən] | Gehirnerschütterung |
| subconscious [sʌb'kɒnʃəs] | unterbewusst |
| unconscious [ʌn'kɒnʃəs] | bewusstlos |

5. The end of my skiing holiday

Sara is talking to her sister Emma on the phone.

- Emma: So, how was your holiday?
 Sara: You won't believe it. On the **very** first day, I fell over and **broke my leg**.
 Emma: You're joking!
 Sara: No, really. So, no more skiing for me.
 Emma: And was it painful?
 Sara: Very. Anyway, I've got it in **plaster** now, and I'm **hobbling** around on **crutches**.
 Emma: Oh, dear! How long for?
 Sara: Another four weeks, **they** say.

Tip! The word "very" can be used as an adjective to **emphasize** a following noun: "The train left at the very moment we arrived."

Tip! Remember that you normally need possessive pronouns to talk about parts of the body: "She broke her arm", not "She broke the arm".

Tip! This kind of "plaster" is called a "a cast" in US English.

Tip! When Sara uses the word "they", she is talking in a general way about the doctors at the hospital.

| | |
|-----------------------------------|---------------|
| crutch [krʌtʃ] | Krücke |
| emphasize sth. ['emfəsaɪz] | etw. betonen |
| hobble ['hɒbəl] | humpeln |
| plaster ['plɑːstə] | Gips(verband) |

Spotlight 11/04

EXERCISES

1. Choose the correct word.

- If you burn your skin with hot liquid, you **scald/scold** it.
- You use a kettle to **boil/cook** water.
- If you hurt your arm, you can tie a **bandage/plaster** around it.
- A permanent mark following an injury is a **line/scar**.
- After sitting around all day, you should go out and get some **exercise/exercises**.

2. Which word ends which sentence?

bruised • cut • grazed • swollen

- If there's blood on your hand, it's...
- If your finger is larger than it normally is, it's...
- If there are dark blue marks on your arm, it's...
- If your leg has red marks, but there's no blood, it's...

3. Put the beginnings and the ends together to make logical sentences.

- | | |
|------------------|--------------------------|
| a) I'll do... | 1. when it's still dark. |
| b) I get up... | 2. a helmet. |
| c) I fell off... | 3. some gardening. |
| d) I'll make... | 4. my bike. |
| e) I wear... | 5. tea for everyone. |

4. Complete the sentences using the correct preposition.

- He fell out a pear tree.
- He was rushed hospital.
- He was suffering concussion.
- He's home now and feeling much better, thanks.

5. What is the correct word? The first letter is given.

- This special vehicle takes you to hospital: **a**
- You need these to walk when you've broken your leg: **c**
- This holds a broken bone in place: **p**
- Unable to see or feel because one is injured: **u**