**UNIT 5 　FIRST AID**

**Section Ⅰ　Reading and Thinking**

课后·训练提升

一、单词拼写

**1**.After the fall,her ankle began to s　　　　 and she could hardly walk a single step.

答案:swell

**2**.Evidence shows that smoking harms nearly every o　　　　 of the body.

答案:organ

**3**.The windows were shining in the reflected r　　　　 of the setting sun.

答案:rays

**4**.I gave him some medicine to e　　　　　 the pain.

答案:ease

**5**.We looked down from the mountain to the valley u　　　　　　.

答案:underneath

二、单句语法填空

**1**.Once he got 　　　　　　(stick) in a heavy snow,but was helped out by the local villagers.

答案:stuck

**2**.The device uses 　　　　　　　(electricity) shocks to correct abnormal heartbeats that can lead to sudden death.

答案:electric

**3**.The three layers of skin act as a barrier 　　　　　　diseases,poisons and the sun’s harmful rays.

答案:against

**4**.After the flood,people in that area 　　　　　　　(urgent) needed clean water,medicine and shelter.

答案:urgently

**5**.　　　　　　 is reported in the newspaper,talks between the two countries are making progress.

答案:As

**6**.To be useful in a wide 　　　　　(vary) of applications,programmes must be able to store many different types of information.

答案:variety

**7**.The doctor said my eyes would be a little 　　　　　　(swell),so I needed to rest at home for a few days.

答案:swollen

**8**.She felt 　　　　　　(nerve) at the college entrance examination this year,lacking in confidence about herself.

答案:nervous

**9**.The evidence suggests that our sense 　　　　　touch is programmed to diminish with age.

答案:of

**10**.It will be sunny this afternoon.　　　　　 so,we will go swimming.

答案:If

三、阅读理解

**A**

Sunstroke(中暑) is a condition that can quickly go from dangerous to deadly,especially if proper care isn’t given immediately.

Sunstroke,sometimes called heatstroke,is a result of the body temperature rising above the safe limit.This causes the body’s necessary functions to stop working.

It’s usually pretty easy to avoid sunstroke,as long as proper action is taken.In that case,you need to act as quickly as possible to return that person’s body to a safe temperature.Here are a few tips to help treat sunstroke.

**Call** **for** **help**

Call to get an ambulance as quickly as possible.This should be the first thing you do,especially if the sunstroke person has fainted(昏倒).Also,call for help from anyone nearby if you’re in a public place.If there’s no one around,call someone nearby if they can get there sooner than an ambulance.Ask everyone to bring you as much water as possible,if there isn’t much nearby.

**Get** **the** **person** **to** **a** **cooler** **area**

If there’s a building nearby,aim for that.Anywhere with plenty of air conditioners and water is perfect.If a building isn’t available,bring the person to a well-shaded area.

**Get** **the** **water** **flowing**

If the person is still conscious,get him or her to drink water.If there’s a bathtub available,fill it with cool water and put the person in it.

If your water supply is limited,you have to save it.Dampen a towel or shirt and put it on the person’s body.Focus on the face,neck,and chest.

**Fan** **the** **person**

Getting moving air over the person cools him or her down.Use anything,a towel or sheet,a shirt,your hands,or a piece of board.This is where having many people around really helps,as they can combine to fan the entire body.

**1**.When does a person get sunstroke?

A.When the body doesn’t function.

B.When proper care is given immediately.

C.When someone is exposed to the sun too long.

D.When the body temperature goes up beyond what one can bear.

答案:D

解析:细节理解题。根据第二段第一句可知,当体温超过所能承受的安全极限时,就会中暑,即D项正确。

**2**.Which of the following is NOT mentioned in the text?

A.Call for assistance from others.

B.Leave the sunstroke person in the shade.

C.Put a wet towel on the person’s face.

D.Help the person take some medicine.

答案:D

解析:细节理解题。根据Call for help中的第三句可知A项正确;根据Get the person to a cooler area中的第三句可知B项正确;根据Get the water flowing中第二段的第二、三句可知C项正确;D项在文章中没有提到。

**3**.What is mainly discussed in the passage?

A.The first aid for sunstroke.

B.The causes of sunstroke.

C.The chief symptoms of sunstroke.

D.The essential prevention of sunstroke.

答案:A

解析:主旨大意题。文章首先介绍了何为中暑以及中暑的危害,结合第三段的最后一句“Here are a few tips to help treat sunstroke.”可知,下文讲述的是中暑时需要采取的急救措施,即A项正确。

**4**.The text probably comes from a(n) 　　　.

A.guidebook B.book review

C.medical magazine D.official document

答案:C

解析:文章出处题。文章主要介绍了中暑以及中暑后如何急救的相关知识,故有可能选自一本医学杂志,即C项正确。

**B**

First aid is emergency care for a victim of sudden illness or injury until more skilful medical treatment is available.First aid may save a life or improve certain vital signs including a pulse,temperature,a clear airway,and breathing.In minor emergencies,first aid may prevent a victim’s condition from worsening and provide relief from pain.First aid must be given as quickly as possible.In the case of seriously injured,a few minutes can make the difference between complete recovery and loss of life.

First aid measures depend upon a victim’s needs and provider’s level of knowledge and skill.Knowing what not to do in an emergency is as important as knowing what to do.Improperly moving a person with a neck injury,for example,can lead to permanent spinal(脊柱的) injury and paralysis(瘫痪).

Despite the variety of injuries possible,several basic rules of first aid apply to all emergencies.The first step is to call for professional medical help.The victim,if conscious(有意识的),should be reassured that medical aid has been requested,and ask for permission to provide any first aid.Next,assess the scene,asking other people or the injured person’s family or friends about details of the injury or illness,any care that may have already been given,and pre-existing conditions such as diabetes(糖尿病) or heart trouble.The victim should be checked for the medical card that describes special medical conditions.Unless the accident scene becomes unsafe or the victim may suffer further injury,do not move the victim.

First aid requires rapid assessment of victims to determine whether life-threatening conditions exist.One method for assessing a victim’s condition is known by ABC,which stands for:

A　Airway:is it open and clear?

B　Breathing:is the person breathing?Look,listen,and feel for breathing.

C　Circulation:is there a pulse?Is

the person bleeding extremely?

Check the skin colour and temperature for additional indications of circulation problems.

**5**.Before we give first aid to a victim,it is very important for us to 　　　.

A.make sure we know what to do and what not to do

B.refer to all kinds of handbooks on first aid

C.remove the ring or bracelet he/she may be wearing

D.take him/her to a hospital at once

答案:A

解析:细节理解题。根据第二段中的“Knowing what not to do in an emergency is as important as knowing what to do.”可知,知道在紧急情况下不应该做什么和知道该做什么一样重要。由此可知,在急救之前,确保该做什么,不该做什么事,非常重要。故选A项。

**6**.According to this article,first aid is usually provided by 　　　.

A.professional doctors

B.the victim’s family members

C.the victim’s friends

D.those who are not necessarily professional doctors

答案:D

解析:推理判断题。根据第一段中的“First aid is emergency care for a victim of sudden illness or injury until more skilful medical treatment is available.”可推断出,急救通常由那些不一定是专业医生的人提供。故选D项。

**7**.Which of the following is NOT true when you assess a victim’s condition?

A.Checking whether there is a pulse.

B.Looking,listening and feeling for breathing.

C.Replacing his/her medical card.

D.Examining whether the airway is open and clear.

答案:C

解析:细节理解题。根据第三段中的“The victim should be checked for the medical card that describes special medical conditions.”可知,应检查受害者是否有描述特殊医疗条件的医疗卡。由此可知,更换受害者的医疗卡是不正确的。故选C项。

**8**.The purpose of the passage is to tell readers 　　　.

A.the importance of protecting the accident scene

B.some basic knowledge about first aid

C.what professional medical help is

D.who can give first aid

答案:B

解析:推理判断题。这篇文章主要介绍了急救的重要性以及急救的几个基本原则,所以作者写这篇文章的目的是告诉读者一些关于急救的基本知识。故选B项。

四、七选五阅读理解

In our daily life,we can’t predict when accidents will happen.　1　 The things you put in your first-aid kit are important.As you can observe,first-aid kits are just small boxes.　2　First-aid kits are only for relieving(减轻) pain while waiting for a physician to arrive.The complete treatment will be provided by the expert.There are so many ways in which first-aid kits can be a great help.

In a sports event,it is very important to have first-aid kits beside you.　3　 No matter how much you take care of yourself,no one can predict accidents.They can happen anytime.Only bring those medicines that are appropriate for the possible accidents that lie ahead.

First-aid kits are very important even in your house.　4　 Put in it medicines for burns,small cuts and other important things to prepare for your family members.Sometimes children are being careless because it is in their nature.　5　 You need to have painkillers in your first-aid kit.

A.The price of first-aid kits is low.

B.So first-aid kits are very necessary.

C.The security of your family should be your first concern.

D.It could help in times of an accident while doing physical sports.

E.It is because you don’t need to use all of your medicines or other unnecessary things during an accident.

F.If you’re staying at a hotel,you’ll probably just need a backpack of clothing,and of course first-aid kits,anything else you might need out there on the road.

G.Children play around the house not minding what they can destroy or even what could happen to them.

答案:1~5 BEDCG

五、微写作

结合课文主题,使用本单元所学内容写一篇80词左右的短文。

**1**.一天早上,大卫在他的家庭办公室工作时,发现他的女儿捡起了什么东西,放在她嘴里。(be doing...when...)

**2**.然后,她开始动起来,好像是窒息了似的。(choke)

**3**.然而,她并没有哭,也没有发出声音。(however)

**4**.他迅速抓住她,把她的脸朝下放在他的腿上。(grab;face down;lap)

**5**.他小心地打开她的嘴,看看是否有阻塞物。(obstruction)

**6**.没有发现什么,然后他用力地拍打了她的背部几下。(slap)

**7**.啊,真灵!几秒钟内,一个小按钮被拍出,她又开始呼吸了。(force;breathe)

参考范文

One morning,David was working at his home office when he noticed that his daughter had picked something up and put it in her mouth.Then she began to move as if she was choking.However,she was not crying or making a sound.He quickly grabbed her and held her face down on his lap.

He carefully opened her mouth to see if there was obstruction.Not finding anything,he then gave her a few hard slaps on her back.It worked!Within seconds a small button was forced out,and she began to breathe again.