

Accidents and Injuries: Essential English for Emergencies



by Linda Sharman

A man in a grey suit is slipping on a wet floor. He is in the air, with his arms outstretched and legs bent. To his left is a yellow caution sign that says "CAUTION: WET" and has a slip icon. The floor is highly reflective, showing a clear reflection of the man and the sign. The background is a large glass wall.

Causes of Accidents



Falling Down

People often slip on wet floors or trip on uneven surfaces. Falls can happen at home, work, or in public places.



Car Crashes

Vehicle accidents are common on busy roads. They can range from minor fender-benders to serious collisions.



Burns

Burns happen when touching hot objects or liquids. Kitchen accidents with boiling water or hot oil are frequent causes.



Trips and Slips

Obstacles in walkways often cause people to trip. Loose rugs and cables are common hazards at home.



Common Injuries



Bruises

Blue or black marks on skin after impact. They're painful but usually heal within weeks.



Cuts

Open wounds that may bleed. Deep cuts might need stitches to heal properly.



Burns

Skin damage from heat, chemicals, or electricity. Burns can be mild, moderate, or severe.



Broken Bones

Fractures that cause intense pain and swelling. They require medical attention and time to heal.

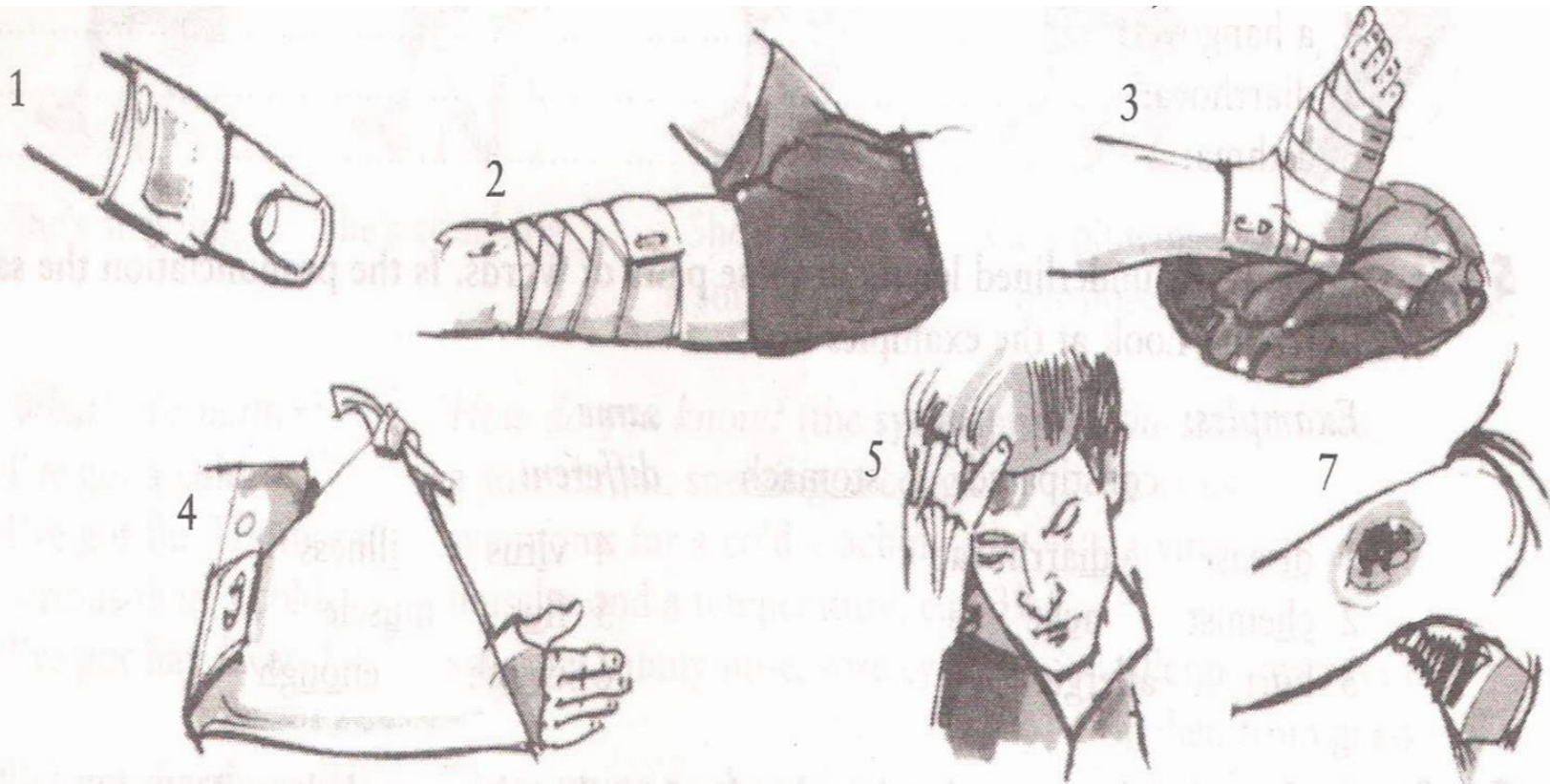
Vocabulary Matching

Words to Learn

Match these important medical terms with their correct definitions. These words will help you describe injuries accurately.

Understanding this vocabulary is essential for emergency situations. Learning these terms will improve your communication skills.

1. Bruise	a. Blue/black skin injury
2. Plaster	b. Sticky cover for cuts
3. Sling	c. Supports broken arm
4. Concussion	d. Head injury/confusion
5. Burn	e. Skin damage from heat
6. Bandage	f. Long strip to cover/support



<i>What's the problem?</i>	<i>How did it happen?</i>	<i>Result</i>	<i>Solution</i>
1 I cut (v, n) my finger	using a knife	it's bleeding a bit	a plaster
2 I cut my leg quite badly	I fell over	it's bleeding quite a lot	a bandage (n, v)
3 I twisted my ankle	running for a bus	I can't walk on it easily	rest
4 I broke my arm	I fell off my bike	I can't use it	plaster (U) and a sling
5 I've got concussion	playing football	I'm confused; don't know where I am	rest
6 I burnt my hand	taking something out of a hot oven	it's very painful	special cream
7 I've got a bruise (n, v) on my arm	I hit it on the side of my desk	it's swollen and blue/black in colour	ice pack

Instructions: Write the correct number (1–7) from the pictures to match the problem:

1. ___ I burnt my hand.
2. ___ I twisted my ankle.
3. ___ I've got concussion.
4. ___ I broke my arm.
5. ___ I cut my finger.
6. ___ I cut my leg badly.
7. ___ I've got a bruise.



Identify the Injury

Burn

I burnt my hand on the hot pan while cooking dinner. The skin is red and painful.

Sprain

I twisted my ankle while running. It's swollen and I can't put weight on it.

Fracture

I broke my arm when I fell off my bicycle. I need a cast for six weeks.

Cut

I cut my finger with a knife. It's bleeding and might need stitches.



Role Play – At the Doctor's

Doctor: What's the problem?

Patient: I cut my finger while cooking.

Doctor: How did it happen?

Patient: I was chopping vegetables and the knife slipped.

Doctor: What's the result?

Patient: It's bleeding and very painful.

Doctor: Use a plaster and keep it clean.

Patient: Thank you, doctor.

Gap-Fill Activity

Objective: Use vocabulary in context.

Instructions: Fill in the blanks with the correct word: (cut, broken, swollen, bruised, painful, bleeding, sling, rest)

1. I fell off my bike and _____ my arm.
2. My ankle is _____. I can't walk on it easily.
3. She _____ her finger while using a knife.
4. His head injury gave him a _____ feeling.
5. It's _____ a lot! You need a bandage.
6. You should _____ if you have a concussion.
7. The nurse gave me a _____ for my arm.

Gap-Fill Activity – Answer Key

Instructions: Fill in the blanks with the correct word:
(*cut, broken, swollen, bruised, painful, bleeding, sling, rest*)

1. I fell off my bike and **broke** my arm.
2. My ankle is **swollen**. I can't walk on it easily.
3. She **cut** her finger while using a knife.
4. His head injury gave him a **painful** feeling.
5. It's **bleeding** a lot! You need a bandage

Writing Task

Objective: Write short texts about accidents and treatment.

Instructions: Write a short paragraph (4–5 sentences) about an injury you or someone you know had. Include:

- What happened?
- How did it happen?
- What was the result?
- What did you do to treat it?

Example:

Last week, I twisted my ankle while running for the bus. It was very painful and swollen. I couldn't walk properly. I stayed home and rested for a few days.