

Transkrypcje nagrań

Zad. 1.

Tekst 1

Operator: 911, what's your emergency?

Caller: Hi, I need help. My friend has fallen off his bike and he's not moving.

Operator: Is he conscious and breathing?

Caller: He's unconscious, but he's breathing.

Operator: Can you see any visible injuries?

Caller: Yes, he has a bad cut on his leg, and it's bleeding a lot.

Operator: OK, keep pressure on the wound with a clean cloth and wait for the ambulance. Help is on the way.

Tekst 2

Operator: 911, what's your emergency?

Caller: My neighbour fell from a ladder while cleaning his windows. He's in a lot of pain and can't move his leg.

Operator: Can you see if there's any visible injury on his leg?

Caller: Yes, it looks swollen and bent in a strange way.

Operator: Don't move him and try to keep him still. Help is on the way.

Tekst 3

Operator: 911, what's your emergency?

Caller: My little sister swallowed something and now she's choking. She can't breathe!

Operator: Is she coughing or making any noise?

Caller: No, she's completely silent and turning blue.

Operator: You need to perform the Heimlich maneuver. Stand behind her, wrap your arms around her waist, and press hard into her abdomen, just above the navel.

Tekst 4

Operator: 911, what's your emergency?

Caller: My brother is having trouble breathing. He's wheezing a lot and he looks very pale.

Operator: Does he have any known medical conditions, like asthma?

Caller: Yes, he has asthma, but he doesn't have his inhaler with him.

Operator: Try to keep him calm and sitting up. Help is on the way.

Tekst 5

Operator: 911, what's your emergency?

Caller: I think my grandmother is having a stroke. She suddenly can't speak clearly and one side of her face is drooping.

Operator: Can she raise both arms?

Caller: No, she can only lift one arm.

Operator: It sounds like she may be having a stroke. Stay with her and keep her comfortable. Help is on the way.

Zad. 2**Wypowiedź 1**

If someone is choking and cannot breathe, stand behind them and give firm thrusts to their abdomen just above the navel. This is called the Heimlich maneuver.

Wypowiedź 2

If a person is bleeding heavily, press firmly on the wound with a clean cloth to stop the bleeding. Keep pressing until help arrives.

Wypowiedź 3

If someone is unconscious but breathing, place them on their side in the recovery position. This helps keep their airway open and prevents choking.

Wypowiedź 4

If someone has a burn, cool the burn with cold running water for at least 10 minutes. Do not apply ice or any creams.

Zad. 3.

If someone faints, first make sure they are lying down. Raise their legs to help blood flow to the brain. Check if they are breathing. If they are not, call emergency services immediately. Keep them lying down for at least 10 minutes, even if they wake up. If they do not regain consciousness quickly, seek medical help. Make sure they have fresh air and are comfortable until they recover.

Zad. 4.**Wypowiedź 1**

In an accident, it is crucial to stay calm. Take deep breaths and focus on what you need to do. This helps you think clearly and provide better assistance.

Wypowiedź 2

To give psychological support, talk to the injured person in a soothing voice.

Wypowiedź 3

For a wound, clean it gently with antiseptic to prevent infection.

Wypowiedź 4

If someone has a burn, rinse the area with cool water for at least 10 minutes.