




First Aid

Unit 5

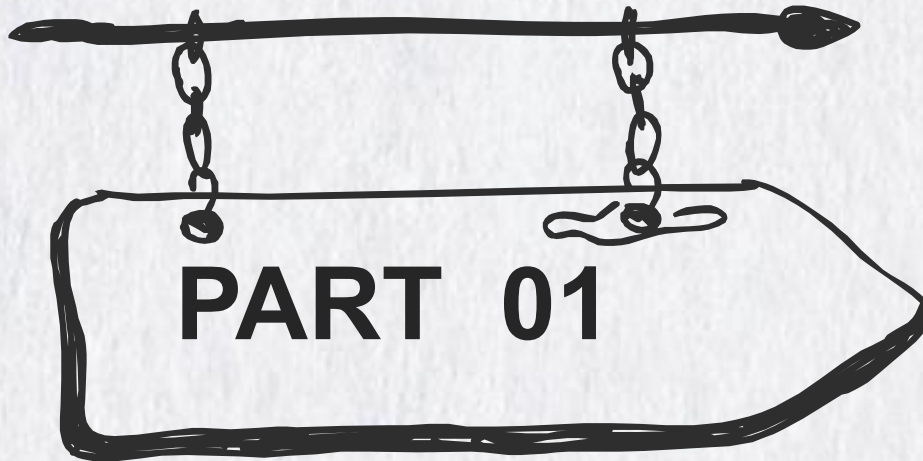
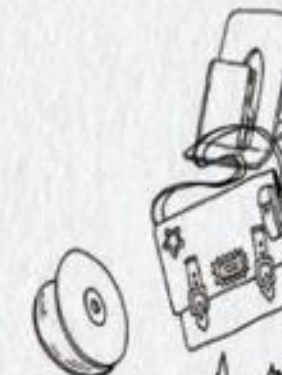
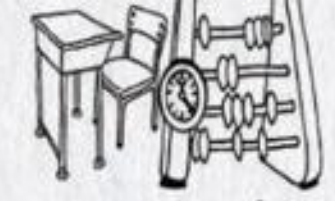




目录

1. 基础知识排查 
2. 核心考点突破 
3. 写作能力提升 





PART 01



基础

知识排查

速记——词汇句型背诵

I. 认阅读单词

1

leaflet

*n.*散页印刷品；传单；小册子

organ

n.(人或动植物的)器官

toxin

*n.*毒素(尤指细菌产生的致病物质)

ray

*n.*光线；光束；(热、电等)射线

radiation

*n.*辐射；放射线

acid

*n.*酸

*adj.*酸的；酸性的



millimetre

*n.*毫米；千分之一米

layer

*n.*层；表层；层次

blister

n.(皮肤上因摩擦、烫伤等引起的)水疱；
(金属等表面的)气泡、水泡

underneath

*prep.& adv.*在……底下；隐藏在下面

fabric

*n.*织物；布料；(社会、机构等的)结构

paramedic

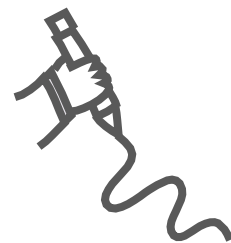
*n.*急救医生；护理人员

bathtub

*n.*浴缸；浴盆

mosquito

n.(*pl.*-oes, -os)蚊子



IV needle

静脉注射针

vital sign

生命体征

ward

*n.*病房

sprain

*vt.*扭伤(关节)

*n.*扭伤

ankle

*n.*踝 ; 踝关节

diner

n.(尤指餐馆的)就餐者

steak

*n.*牛排 ; 肉排



obstruction

*n.*阻碍；堵塞；阻塞物

motion

*n.*运动；移动

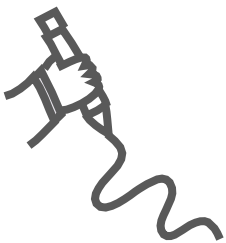
manual

*n.*使用手册；说明书

*adj.*用手的；手工的；体力的；手控的

membership

*n.*会员身份；全体会员；会员人数



II. 记重点单词

1

technique

*n.*技能；技术；技艺

victim

*n.*受害者；患者

nerve

*n.*神经

swallow

*vt. & vi.*吞下；咽下

wrap

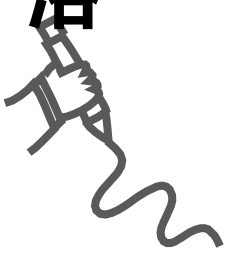
*vt.*包、裹；(用手臂等)围住

bath

*n.*洗澡；(*BrE*= bathtub)浴缸；浴

盆

vt.(*NAmE*= bathe)给……洗澡



7

slip

*vi.*滑倒；滑落；溜走

*n.*滑倒；小错误；纸条

elderly

*adj.*年纪较大的；上了年纪的(婉辞)

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carpet

*n.*地毯

ambulance

*n.*救护车

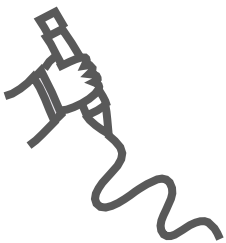
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delay

*vi.& vt.*推迟；延期(做某事)

*vt.*耽误；耽搁

*n.*延误；耽搁(的时间)；推迟



12

needle

n. 针；缝衣针；注射针；指针

drown

vi. & vt. (使)淹死；溺死；浸泡；淹没

panic

vi. & vt. (使)惊慌

n. 惊恐；恐慌

scream

vi. & vt. (因愤怒或恐惧)高声喊；大声叫

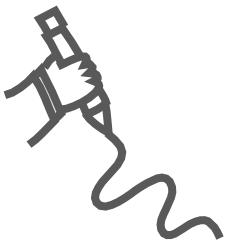
n. 尖叫；尖锐刺耳的声音

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fellow

adj. 同类的；同事的；同伴的；同情况的

n. 男人；家伙；同事；同辈；同类



choke

vi.& vt.(使)窒息；(使)哽咽；噎住

throat

*n.*咽喉；喉咙

desperate

*adj.*绝望的；孤注一掷的；非常需要的

slap

vt.(用手掌)打、拍

n.(用手掌)打、拍；拍击声

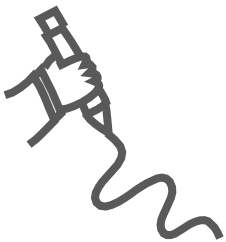
fist

*n.*拳；拳头

grab

*vt.*抓住；攫取

*n.*抓取；抢夺



welfare

*n.*幸福；福祉；安康；福利

collapse

vi.(突然)倒塌；(因病等)昏倒

suburb

*n.*郊区；城外



III. 知拓展单词

1

minor

*adj.*较小的；次要的；轻微的

→ **minority**

*n.*少数；少数民族

2

electric

*adj.*电的；用电的；电动的

→ **electrical**

*adj.*与电有关的

→ **electricity**

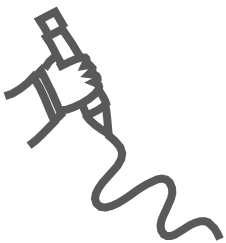
*n.*电；电学

swollen

adj.(身体部位)肿起的；肿胀的

→ **swell**

vi.(swelled, swollen)膨胀，肿胀



loose

adj. 松的；未系紧的；宽松的

→ **loosely**

adv. 松散地；粗略地

→ **loosen**

vi. & vt. (使)变松

urgent

adj. 紧急的；急迫的；急切的

→ **urge**

vt. 力劝；敦促；强烈要求 *n.* 强烈的欲望

ease

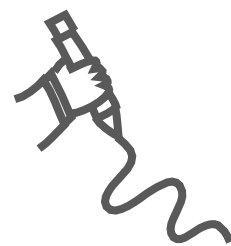
vi. & vt. 使(宽慰)；减轻；缓解 *n.* 容易；

舒

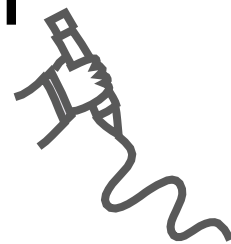
适；自在

→ **easy**

adj. 容易的



operator	<i>n.</i> 电话接线员；操作员
→ operate	<i>vt.</i> 操作；运转；动手术
→ operation	<i>n.</i> 运转；手术
bleeding	<i>n.</i> 流血；失血
→ bleed	<i>vi.</i> (bled, bled)流血；失血
→ blood	<i>n.</i> 血液；血
interrupt	<i>vi.& vt.</i> 打断；打扰 <i>vt.</i> 使暂停；使中断
→ interruption	<i>n.</i> 打扰



10

practical

*adj.*切实可行的；实际的；实践的

→ **practice**

*n.*练习；实践；惯例 *v.*练习

→ **practically**

*adv.*几乎；差不多；实际上

11

tightly

*adv.*紧紧地；牢固地；紧密地

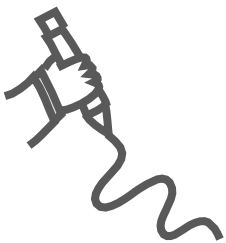
→ **tight**

*adj.*牢固的；紧身的；绷紧的；严密的

*adv.*紧紧地；牢固地

→ **tighten**

v.(使)变紧；(使)更加严格



12

justify

*vt.*证明.....有道理；为.....辩护；是.....
的正当理由

→**justice**

*n.*正义；公正

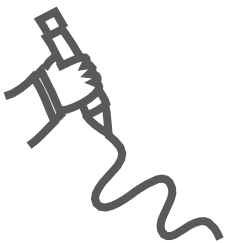
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foggy

*adj.*有雾的

→**fog**

*n.*雾

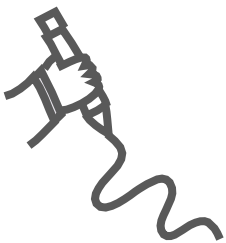


kidnap	<i>vt.& n.</i>拐走；绑架
kindergarten	<i>n.</i>幼儿园
kitchen	<i>n.</i>厨房
knowledge	<i>n.</i>知识；学问
landscape	<i>n.</i>风景；景色
lame	<i>adj.</i>跛的；瘸的；残废的
laughter	<i>n.</i>笑；笑声
launch	<i>vt.</i>发射；发起(运动)



IV.背核心短语

sense of touch	触觉
electric shock	触电 ; 电击
help sb to one' s feet	帮助某人站起身来
face up/down	面朝上(朝下)
sleep in	迟起 ; 睡过头 ; 睡懒觉
out of shape	健康状况不好



prevent...from...

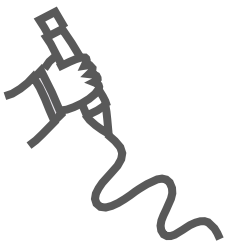
阻止

a variety of

各种各样的

suffer from

遭受



V. 悟经典句式

As you can imagine , getting burnt can lead to very serious injuries.(as引导的非限制性定语从句)

正如你能想象的，被灼伤可能会导致非常严重的损伤。

Remove any clothes using scissors if necessary , unless you see the fabric sticking to the burnt skin.(unless引导的条件状语从句)

如有必要，用剪刀剪掉烧伤部位的衣服，除非你看到衣服与被烧伤的皮肤粘连在一起。



3

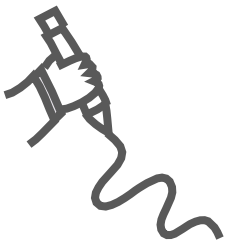
If the victim is suffering from second or third-degree burns , there is an urgent need to take him/her to the hospital at once.(there is an urgent need to do sth 急需做某事)

4

如果伤者是二度或三度烧伤，必须立刻送往医院。

They suggested he eat more slowly and take smaller bites before they left.[suggest (that) sb (should) do sth 建议某人做某事]

离开前，他们建议他吃饭要细嚼慢咽，小口进食。

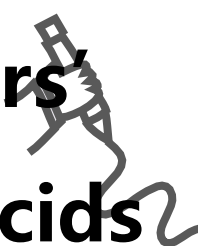


填词——语境词汇串记

请先从表格中选用本单元所学词汇完成下列短文，然后核对答案并背诵该短文。

tightly , choke , urgent , panic , delay ,
bleed

Many leaflets and manuals offer practical techniques on first aid , which state that calling emergency numbers ~~delay~~ without 1. _____ is the first step. But before paramedics in the ambulance come , you can save yourself or look after others' welfare by using first aid. If you get burned ~~panic~~ by radiation , acids



tightly , choke , urgent , panic , delay ,

bleed

instead , remove any clothes unless you see fabric sticking to the burned skin. Then wash it under the running water. With your skin swollen and full of blisters or with your nerves damaged , there is an 3. _____ need to rush to the hospital. Swallowing foods too quickly can cause you to get 4. _____ on steak , toast or anything else with ease. Then , people abund you can slap on your back , forcing the obstruction out. As for a 5. _____ nose , neither should you keep your face up , nor should you press the nose 6. _____



**tightly , choke , urgent , panic , delay ,
bleed**

**You can apply cold water to the sprained ankle. All in all ,
learning some knowledge about first aid makes a great
difference.**



核 心

考点突破

提示：题干中加底纹词汇为本单元词汇

ease

*n.*容易；舒适；自在 *vt.& vi.*减轻；缓解；使安心；(使)宽慰

with ease 容易地；不费力地

at ease 舒适；悠闲；自在

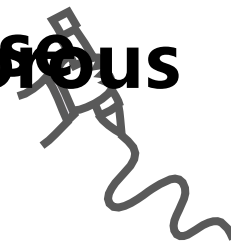
put/set sb at ease 使某人放松/自在

~~(在)因为极度紧张我的心怦怦跳，但是她的热情欢迎很快使我放松了下来。~~

她既聪明又幽默，和她在一起我感到很自在。(读后续写之情绪描写)

My heart pounded with extreme nervousness , but her warm welcome soon put me at ease .She was smart and humorous

and I felt at ease with her.



(2)打篮球是缓解我们巨大学习压力的最好方法，同时我们也能从中找到一些乐趣。(话题写作之体育运动)

Playing basketball serves as ^{ease our great study pressure} the ^{best} way to
_____ and find some pleasure at the same time.

(3)如果你每天坚持用英语写日记，你会很容易提高你的书面英语。(话题写作之语言学习)

①If you insist on keeping diaries in English every day, you
can improve your written English with ease

Insist on keeping diaries in English every day, and you can im

②your written English with ease.



panic

vi. & *vt.* (panicked ; panicked ; panicking) (使)惊慌 *n.*
惊慌 ; 惊恐

- **panic sb into doing sth 使某人仓皇行事**
- **get into a panic 陷入恐慌**
- **in panic 惊慌失措地 ; 处在恐慌中**



(1) When people heard the urgent news , they fled the village _
panic.

(2) 简陷入恐慌，她的心如此剧烈跳动，她感觉快要窒息了。(读后续写
之恐惧心理描写) Jane got into a panic

_____ , and her heart beat so violently that
she felt nearly choked.

(3) 野狼的嚎叫吓得我尖叫起来，我不知道如何缓解这无法抗拒的恐惧。

(读后续写之恐惧心理描写) panicked me into
screaming

The roar of the wild wolf _____ the overwhelming panic _____ , and I
wasn' t aware of how to ease _____ .



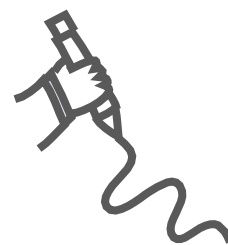
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desperate

adj. 绝望的；孤注一掷的；非常需要的(*desperately adv.* 绝望地；拼命地；极严重地；非常需要)

be desperate for sth 渴望某物

be desperate to do sth 渴望做某事



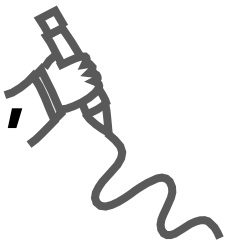
(1) I desperately (desperate) need your assistance because I have an **urgent** matter to handle.

(2) 看到考试的结果，我是如此绝望，以至于我感觉好像被撕成了碎片，我一时间失去了信心。(读后续写之绝望心理描写)

① Seeing the result ~~I was so desperate that I felt as if I~~ ~~of the exam,~~ ~~were torn into pieces~~

~~so desperate was I that I felt as if I~~ ~~and confidence seemed to desert me for a~~ ~~were torn into pieces~~ ~~moment.~~

② Seeing the result of the exam,



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