

Years 5-6 Revision Sheet 2 Injury Word Match

Find the word or phrase from Column B that best matches the word in Column A

Column A

1. ___ DANGER
2. ___ ICE
3. ___ TWENTY
4. ___ AIRWAY
5. ___ FORTY
6. ___ HEART
7. ___ HEALTHY
8. ___ PHYSICAL
9. ___ PAIN
10. ___ CIRCULATION
11. ___ BURN
12. ___ MESSAGE
13. ___ MUSCLES
14. ___ CLOTS
15. ___ HEAT
16. ___ BLEEDING
17. ___ IMPACT
18. ___ SWELLING
19. ___ HANDS
20. ___ FRACTURE

Column B

1. The soft tissues in the body susceptible to injury includes _____, tendons and ligaments.
2. Overuse injuries commonly affect the _____.
3. A broken bone is called _____.
4. Regular exercise serves to keep joints _____.
5. High _____ sports may lead to joint damage in later life.
6. What may contribute to swelling following an injury?
7. An ice-pack should be applied for no longer than _____ minutes.
8. _____ activity is important for good health.
9. Compression assists to reduce _____.
10. _____ usually makes us aware of an injury.
11. This can harm an injury.
12. This assists in reducing swelling.
13. The first 'D' in DRSABCD stands for _____.
14. Applying an ice-pack directly onto the skin can give you an ice _____.
15. The 'H' in the acronym HARM stands for _____.
16. For elevation to be effective, the limb must be positioned over your _____.
17. Complete bed rest may lead to blood _____, which can be fatal.
18. The first _____-eight hours are vital in the effective management of any soft tissue injury.
19. The 'C' in DRSABCD stands for _____.
20. The 'A' in DRSABCD stands for _____.

Years 5-6 Revision Sheet 2 Injury Word Match Sol...

Column A

- (13) - DANGER
- (12) - ICE
- (7) - TWENTY
- (20) - AIRWAY
- (18) - FORTY
- (16) - HEART
- (4) - HEALTHY
- (8) - PHYSICAL
- (10) - PAIN
- (19) - CIRCULATION
- (14) - BURN
- (11) - MASSAGE
- (1) - MUSCLES
- (17) - CLOTS
- (15) - HEAT
- (6) - BLEEDING
- (5) - IMPACT
- (9) - SWELLING
- (2) - HANDS
- (3) - FRACTURE

Column B

- The first 'D' in DRSABCD stands for _____.
- This assists in reducing swelling.
- An ice-pack should be applied for no longer than _____ minutes.
- The 'A' in DRSABCD stands for _____.
- The first _____-eight hours are vital in the effective management of any soft tissue injury.
- For elevation to be effective, the limb must be positioned over your _____.
- Regular exercise serves to keep joints _____.
- _____ activity is important for good health.
- _____ usually makes us aware of an injury.
- The 'C' in DRSABCD stands for _____.
- Applying an ice-pack directly onto the skin can give you an ice _____.
- This can harm an injury.
- The soft tissues in the body susceptible to injury includes _____, tendons and ligaments.
- Complete bed rest may lead to blood _____, which can be fatal.
- The 'H' in the acronym HARM stands for _____.
- What may contribute to swelling following an injury?
- High _____ sports may lead to joint damage in later life.
- Compression assists to reduce _____.
- Overuse injuries commonly affect the _____.
- A broken bone is called _____.