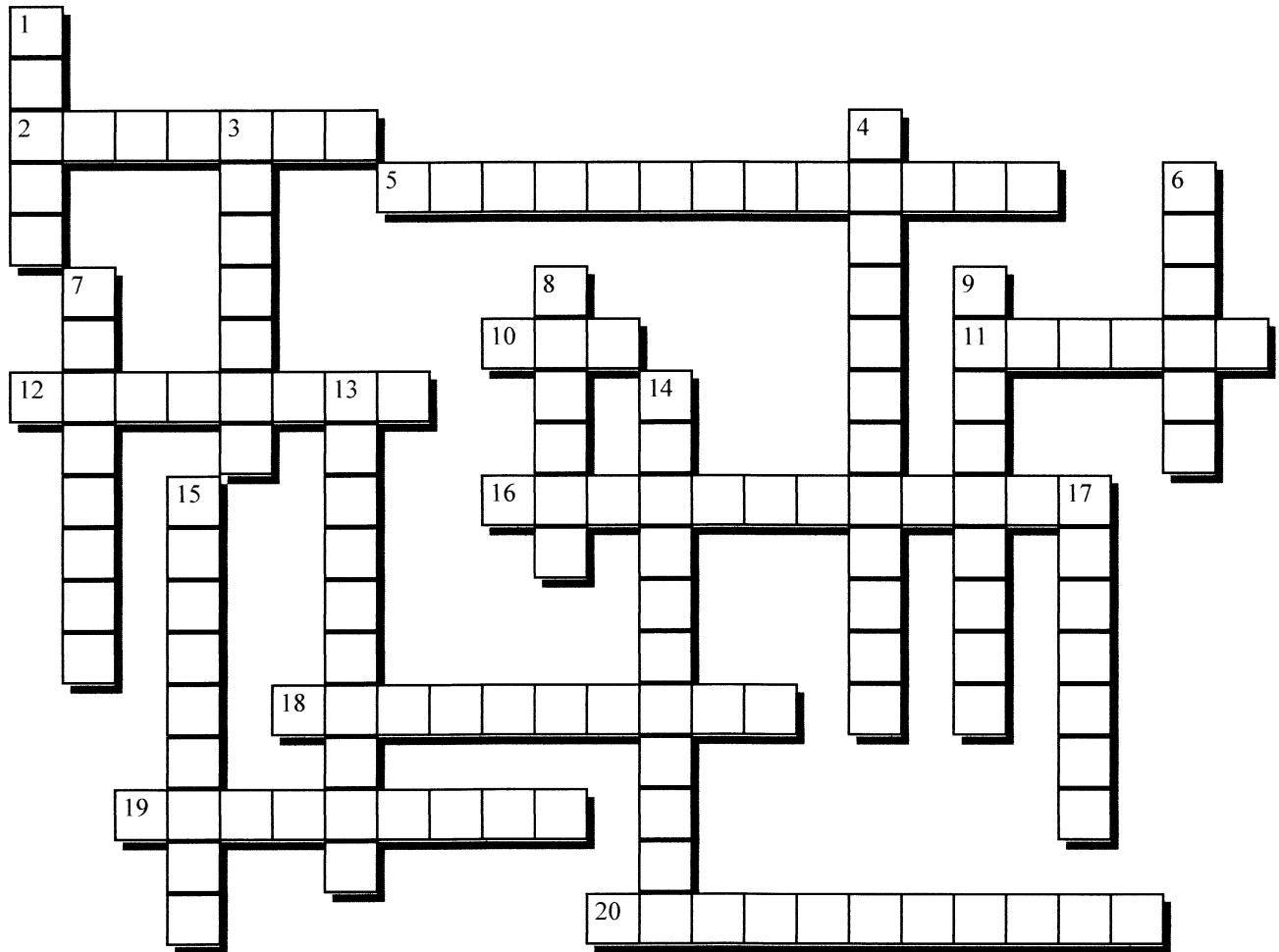


Years 9-10 Revision Sheet 1 Injury Crossword

Instructions: Fill in each answer by using the clues below.



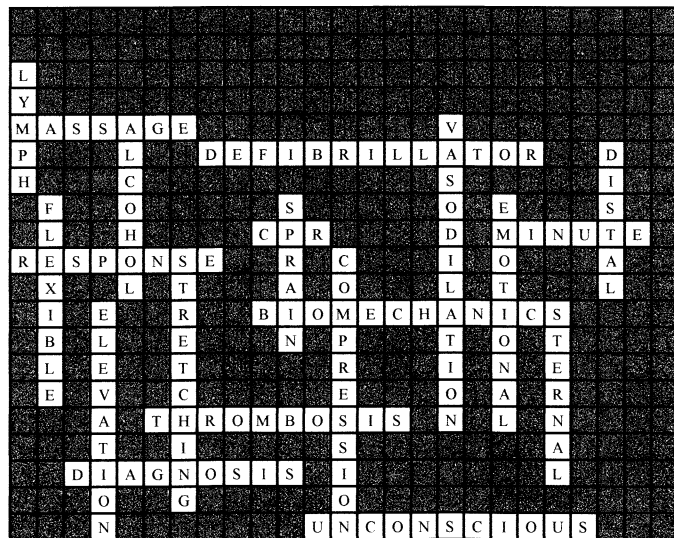
Across Clues

- 2) This may delay healing if performed too early. (7)
- 5) The final 'D' in DRSABCD stands for _____ . (13)
- 10) If the patient isn't breathing you should commence _____ immediately. (3)
- 11) When performing CPR aim for a compression rate of 100 per _____. (6)
- 12) The 'R' in DRSABCD stands for _____. (8)
- 16) Poor _____ may predispose you to Osteoarthritis in your knees. (12)
- 18) The danger of complete bed-rest is blood clots or _____. (10)
- 19) If the injury is still painful or the swelling doesn't resolve within one week or so, you should seek a health professional's _____. (9)
- 20) If you find someone _____, you must send for help immediately. (11)

Down Clues

- 1) After an injury, the fluid drains from the injured area via _____ nodes. (5)
- 3) Consuming this can harm an injury. (7)
- 4) The term for 'blood vessels expanding'. (12)
- 6) When applying a bandage to reduce swelling, it should be applied _____ to proximal. (6)
- 7) As we get older our muscles become less _____. (8)
- 8) A type of soft tissue injury. (6)
- 9) Participation in recreational activities promotes physical and _____ health. (9)
- 13) Doing this may help prevent injuries. (10)
- 14) _____ helps minimise bleeding and swelling and provides support for the injured part. (11)
- 15) This assists with reducing swelling. (9)
- 17) If you have called out the injured person's name and there is no response, you can try a _____ rub. (7)

ars 9-10 Revision Sheet 1 Injury Crossword So...



ACROSS:

2.MASSAGE 5.DEFIBRILLATOR 10.CPR
11.MINUTE 12.RESPONSE
16.BIOMECHANICS 18.THROMBOSIS
19.DIAGNOSIS 20.UNCONSCIOUS

DOWN:

1.LYMPH 3.ALCOHOL 4.VASODILATION
6.DISTAL 7.FLEXIBLE 8.SPRAIN
9.EMOTIONAL 13.STRETCHING
14.COMPRESSION 15.ELEVATION
17.STERNAL