

Years 9-10 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. ___ DEFIBRILLATOR
2. ___ VASODILATION
3. ___ BIOMECHANICS
4. ___ COMPRESSION
5. ___ UNCONSCIOUS
6. ___ THROMBOSIS
7. ___ STRETCHING
8. ___ DIAGNOSIS
9. ___ EMOTIONAL
10. ___ ELEVATION
11. ___ RESPONSE
12. ___ FLEXIBLE
13. ___ ALCOHOL
14. ___ STERNAL
15. ___ MASSAGE
16. ___ MINUTE
17. ___ DISTAL
18. ___ SPRAIN
19. ___ LYMPH
20. ___ CPR

Column B

1. The final 'D' in DRSABCD stands for _____ .
2. If you have called out the injured person's name and there is no response, you can try a _____ rub.
3. If you find someone _____ , you must send for help immediately.
4. Doing this may help prevent injuries.
5. Participation in recreational activities promotes physical and _____ health.
6. After an injury, the fluid drains from the injured area via _____ nodes.
7. This may delay healing if performed too early.
8. The 'R' in DRSABCD stands for _____ .
9. If the injury is still painful or the swelling doesn't resolve within one week or so, you should seek a health professional's _____ .
10. _____ helps minimise bleeding and swelling and provides support for the injured part.
11. The term for 'blood vessels expanding'.
12. This assists with reducing swelling.
13. When applying a bandage to reduce swelling, it should be applied _____ to proximal.
14. If the patient isn't breathing you should commence _____ immediately.
15. As we get older our muscles become less _____ .
16. When performing CPR aim for a compression rate of 100 per _____ .
17. Consuming this can harm an injury.
18. A type of soft tissue injury.
19. Poor _____ may predispose you to Osteoarthritis in your knees.
20. The danger of complete bed-rest is blood clots or _____ .

ars 9-10 Revision Sheet 2 Injury Word Match So...

Column A

- (1) - DEFIBRILLATOR
- (11) - VASODILATION
- (19) - BIOMECHANICS
- (10) - COMPRESSION
- (3) - UNCONSCIOUS
- (20) - THROMBOSIS
- (4) - STRETCHING
- (9) - DIAGNOSIS
- (5) - EMOTIONAL
- (12) - ELEVATION
- (8) - RESPONSE
- (15) - FLEXIBLE
- (17) - ALCOHOL
- (2) - STERNAL
- (7) - MASSAGE
- (16) - MINUTE
- (13) - DISTAL
- (18) - SPRAIN
- (6) - LYMPH
- (14) - CPR

Column B

- The final 'D' in DRSABCD stands for _____.
- The term for 'blood vessels expanding'.
- Poor _____ may predispose you to Osteoarthritis in your knees.
- _____ helps minimise bleeding and swelling and provides support for the injured part.
- If you find someone _____, you must send for help immediately.
- The danger of complete bed-rest is blood clots or _____.
- Doing this may help prevent injuries.
- If the injury is still painful or the swelling doesn't resolve within one week or so, you should seek a health professional's _____.
- Participation in recreational activities promotes physical and _____ health.
- This assists with reducing swelling.
- The 'R' in DRSABCD stands for _____.
- As we get older our muscles become less _____.
- Consuming this can harm an injury.
- If you have called out the injured person's name and there is no response, you can try a _____ rub.
- This may delay healing if performed too early.
- When performing CPR aim for a compression rate of 100 per _____.
- When applying a bandage to reduce swelling, it should be applied _____ to proximal.
- A type of soft tissue injury.
- After an injury, the fluid drains from the injured area via _____ nodes.
- If the patient isn't breathing you should commence _____ immediately.