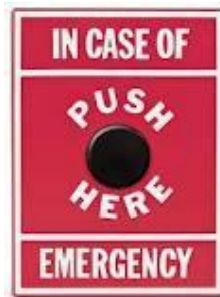


EMERGENCY



How to Prepare for Airplane Emergencies

Flying is the quickest and easiest way for people to travel, but it is important to know how to handle yourself in an airplane emergency. There are many simple steps you can take to help put the odds in your favor of surviving an airplane crash. Read on to learn how to prepare for airplane emergencies.

Instructions

- Count the number of rows in front of you and behind you to get to the emergency exit when you enter the plane. If the plane fills with smoke you may not be able to see the emergency exit, but you will still be able to find it. Also, make sure your seat belt is on and secure.
- Pay close attention when the flight attendants go over all the emergency and safety information. You may be on a different type of plane than your last flight, and some of the information may be different.
- Wear cotton or wool clothing when you fly. Do not wear anything that can melt to your skin, such as nylon or polyester, in case of a fire. Women should not wear nylon hose since they can melt from friction.
- Know how to open all the emergency doors and windows. You may have to do so if the flight attendant is hurt.
- Look outside during take off and landing so you can see what the conditions are like. You may need to know what the weather or terrain is like in a particular area.
- Know where the life jackets are if you are flying over a body of water. You do not want to have to search for them when you are panicked. You will also need to know how to release them from their storage location.
- Know how to brace yourself in case of impact. The correct way is to bend over and grab your knees or ankles making sure to keep your head down. This will help prevent injury so you can escape the plane.

ON THE PLANE: Speaking with flight attendants/passengers 1

Choose the correct, most natural-sounding responses according to the context of the conversation:



YOU: Could I get another _____, please? I'm a little cold.

- Coke
- blanket
- magazine

FLIGHT ATTENDANT: Certainly, sir. Would you like a pillow as well?

YOU: No, thanks. But could you please bring me a _____?

- Coke
- liquid
- soft

FLIGHT ATTENDANT: Sure, would you like ice in that?

YOU: Yes, please... Oh! Could you also lend me a pen to _____ this immigration form?

- write
- fill out
- make

FLIGHT ATTENDANT: I don't have one on me right now, but I'll get one for you.

(THE FLIGHT ATTENDANT COMES BACK WITH YOUR DRINK AND A PEN) YOU: Thanks. Do you know when we will we be _____?

- landing
- on land
- grounding

FLIGHT ATTENDANT: In about 2 hours.

YOU: What's the _____ in Seattle right now?

- degrees hot
- temperature
-

FLIGHT ATTENDANT: I'm not sure... I'll check with the pilot.

Activity 1: Discuss the following questions.

Have you ever flown on a plane? Did the flight have an emergency? How did you feel? Have you ever had an emergency by travelling by bus, on a taxi, by driving? Explain the situation.

Activity 2:

Passenger: You are flying from Mexico to Canada and the plane has problems, how would you react?
Flight attendant: You have to explain to the passenger that the plane has some problems, how would you solve the situation?

Simulate the situation and role play it.

TALKING ABOUT THE SYMPTOMS



Think about a time when you became ill while traveling, describe the symptoms you had then, say the most typical symptoms people suffer when they are out of town.

II. Development: Read and discuss the following text about travel sickness.

Travel sickness

Travel sickness can happen during any form of travel but common examples include car or sea travel. You can also get it on train journeys or planes as well as on fairground rides. You can even get it when you aren't moving at all, such as when taking part in virtual reality games in amusement parks.

Symptoms of travel sickness

If you have travel sickness you may have several symptoms, including:

- feeling sick
- nausea
- vomiting
- dizziness
- a headache

- sweating
- looking pale
- rapid breathing
- fever
- rash

Your symptoms will get better when the motion stops. They also tend to get better or go away completely on long trips, such as on a ship as you're likely to adapt to the motion and will gradually recover. If you have any of these symptoms, see a local Physician or pharmacist when possible for advice.

1. Find the meaning of the underlined words
2. Prepare a short conversation where one of you is a Doctor asking a sick traveler questions about what his or her symptoms are, use language such as: What are your symptoms?- I have been feeling sick- Have you developed any...?

Questions the Doctor Might Ask

Doctor: Do you have a family history of cancer?

Patient: My grandmother had breast cancer.

Doctor: Do you know how old she was when she was diagnosed?

Patient: She died when she was 67 from the cancer and I think she had it for 4 years before that. Doctor: Do you have any allergies?

Patient: I am allergic to dog-hair.

Doctor: Are you allergic to any medications, like penicillin? Patient:

Not that I know of.

Doctor: Are you currently taking any medications? Patient: I take aspirin once in a while for my headaches. Doctor: How often do you get headaches?

Patient: About once a week or so.

Doctor: Do you do a monthly self breast examination? Patient: No, I don't know what that is.

Doctor: The nurse will be happy to explain it to you and show you how to do it. Patient: OK.