

ENGLISH FOR LABORATORY TECHNICIANS

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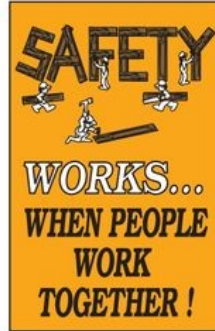
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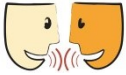
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**UNIT 1: WORK SAFETY**



**WARM-UP ACTIVITY**

Health and safety at work are essential to prevent possible accidents and illnesses. Health professionals' jobs revolve around helping people recover from injuries and illnesses, yet health-care workers have a high risk of injury. Thus, the use of appropriate equipment, safety rules and procedures is essential to help professionals make their professional life as safe as possible.



**In pairs, talk about the importance of safety at work. Ask and answer questions.**

**READING 1**

**SAFETY AT WORK FOR HEALTH-RELATED WORKERS**

It is ironic that work related to the health-care of others can be dangerous itself. Thus, safety at work for health-related personnel is essential for these professionals in order to prevent potential health problems and accidents.

Despite the potential risks of health-care jobs, there are a few basic principles that can be followed to avoid problems. Being careful when handling sharp objects to avoid injuries is one important principle. For example, workers shouldn't separate needles from a syringe manually and should never put needles back in their plastic case again, as they could injure themselves. Used needles should be put in the proper waste bin without being touched.

## Unit 1: WORK SAFETY

One of the most important actions that can be taken to avoid problems is the use of Personal Protective Equipment (PPE). All health personnel should wear proper PPE on a routine basis to avoid direct contact with blood and body fluids from patients. The most basic Personal Protective Equipment includes masks, eye protection, coats, and gloves. These accessories should be used when handling, transporting or cleaning of objects.

An example of basic PPE is patient care gloves. These can protect health-care staff against contact with infectious materials when touching dirty or heavily contaminated areas. However, once used, gloves can become a mean for spreading infection. So gloves should never be washed and used again as it may not be possible to eliminate all microorganisms. In fact, washing can make the gloves more prone to tearing or leaking. Instead, used gloves should be discarded and thrown away in the nearest appropriate receptacle

**1. Find synonyms in the text for the following words (also in the text).**

- a) BIN \_\_\_\_\_ b) PERSONNEL \_\_\_\_\_  
c) EQUIPMENT \_\_\_\_\_

**2. Match some of the words from the text with the definitions below.**

- a. Slender, pointed, steel instruments used in sewing or piercing tissues, as in suturing (lines 5-10)  
\_\_\_\_\_
- b. An often small or portable container for enclosing something, as for carrying or safe-keeping (lines 5-10)  
\_\_\_\_\_
- c. Coverings for the hand with a separate sheath for each finger and for the thumb (lines 15-20)  
\_\_\_\_\_
- d. Having a natural inclination or tendency to. \_\_\_\_\_  
(lines 20-25)



**4. Choose the right option according to the information provided in the text.**

Used gloves should be discarded:

- a) After washing them, if they get broken.
- b) If they are torn or leak.
- c) If they are washed but they are suspected of having microorganisms.
- d) On all occasions, as they may not be safe.

**READING 2**

**INFECTION CONTROL IN HEALTH-CARE SETTINGS**

Infection control is an essential component of any health-care delivery, for both patients and health-care personnel. Implementing safety measures can prevent transmission of disease in health-care settings and the community. Two types of precautions are often identified: Standard Precautions and Transmission-Based precautions.

**Infection  
Control**



Standard precautions are applied to the care of all patients in all health-care settings, regardless of the suspected or confirmed presence of infectious agents. These precautions are based on the principle that all blood, body fluids, secretions, excretions like urine – but not sweat -, and mucous membranes may contain transmissible infectious agents. These measures include hand hygiene, use of PPE and safe injection practices. Also, equipment or items in the patient environment possibly contaminated must be handled carefully, cleaned properly. Disinfecting and sterilizing reusable equipment before use on another patient is also essential.

Transmission-based precautions, also known as additional infection control precautions, are routine infection prevention and control practices applied to patients who are known or suspected to be infected or colonized with infectious agents. There are three categories of transmission-based precautions: contact, droplet and airborne.

## Unit 1: WORK SAFETY

Contact precautions try to prevent transmission of infectious agents which are spread by direct or indirect contact with the patient or the patient's environment. These measures apply where the presence of excessive wound drainage, faecal incontinence, or other discharges from the body suggest an increased potential for extensive environmental contamination and risk of transmission. A single-patient room is preferred for these patients. In multi-patient rooms, spatial separation is advised. Health-care personnel wear a gown and gloves for all interactions involving contact.

Droplet Precautions are intended to prevent transmission of pathogens spread through close contact with respiratory secretions of patients. A single patient room is preferred and a curtain between patient beds in multi-bed rooms. Health-care personnel wear a mask – a respirator is not necessary – for close contact with infectious patients.

Finally, Airborne Precautions prevent transmission of infectious agents that remain infectious over long distances when suspended in the air (e.g. measles and chickenpox). The preferred placement for these patients is a single-patient airborne infection isolation room (AIIR), equipped with special air handling and ventilation capacity. Health-care personnel in these cases wear a mask or respirator, depending on the disease-specific recommendations given prior to room entry.

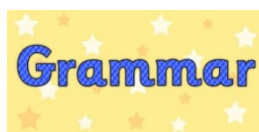
### 1. Match some of the words from the text with the definitions below.

- a) In spite of; without regard for (lines 5-10)  
\_\_\_\_\_
- b) Elimination in a cell or gland of a substance that fulfills some function within the organism (lines 5-10)  
\_\_\_\_\_
- c) Making free from live bacteria or other microorganisms (lines 10-15)  
\_\_\_\_\_
- d) Small amount of liquid; bead (lines 20-25)  
\_\_\_\_\_
- e) Emptying of fluids, as urine, etc., from the body (lines 25-30)  
\_\_\_\_\_
- f) Agents that cause infection or disease, especially a microorganism like a bacterium, protozoan, or virus (lines 40-45)  
\_\_\_\_\_



2. Complete the following chart using information from the text.

TYPE OF PRECAUTIONS	PATIENTS	SPECIFIC PRECAUTIONS
Standard precautions		
Transmission-based precautions		



• PRESENT SIMPLE – PRESENT CONTINUOUS

Present Simple	Present Continuous
<p>Things which are always true:</p> <ul style="list-style-type: none"> <li>Water <b>boils</b> at 100 degrees.</li> </ul>	<p>Things which are happening at the moment of speaking:</p> <ul style="list-style-type: none"> <li>The water <b>is boiling</b> now, so you can put in the pasta.</li> </ul>
<p>Permanent situations (or nearly permanent; true for a few years at least):</p> <ul style="list-style-type: none"> <li>Julie <b>lives</b> in London.</li> </ul>	<p>Temporary situations:</p> <ul style="list-style-type: none"> <li>Julie <b>is living</b> in Paris for a few months (usually she lives in London).</li> </ul> <p>Situations which are slowly changing:</p> <ul style="list-style-type: none"> <li>I'm <b>getting</b> better and better at speaking</li> </ul>

## Unit 1: WORK SAFETY

	English.
<p>Habits or things we do regularly:</p> <ul style="list-style-type: none"> <li>• I <b>drink</b> coffee every morning.</li> </ul>	<p>Temporary or new habits:</p> <ul style="list-style-type: none"> <li>• I'm <b>drinking</b> too much coffee these days because I'm so busy at work.</li> </ul> <p>Annoying habits (usually with 'always'):</p> <ul style="list-style-type: none"> <li>• My flatmate <b>is always leaving</b> the kitchen in a mess!</li> </ul>
<p>Future events which are part of a timetable:</p> <ul style="list-style-type: none"> <li>• My plane <b>leaves</b> at eight tonight.</li> </ul> <p>To talk about the future after certain words ('when' 'until' 'after' 'before' 'as soon as'):</p> <ul style="list-style-type: none"> <li>• I'll call you <b>when I get</b> home.</li> </ul>	<p>Definite future plans:</p> <ul style="list-style-type: none"> <li>• I'm <b>meeting</b> John after class today.</li> </ul>
<p>To talk about what happens in books, plays and films:</p> <ul style="list-style-type: none"> <li>• At the end of the book, the detective <b>catches</b> the killer.</li> </ul>	<p>To talk about people in pictures and photos:</p> <ul style="list-style-type: none"> <li>• In this photo, my mother <b>is walking</b> beside a lake.</li> </ul>

### Remember:

- We use the present simple with **stative verbs**. We can't use any continuous tense (including the present continuous tense, of course) with stative verbs.

Examples: - She likes chocolate.  
 - I like reading detective stories.