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Li: Owwww! My finger! My finger!

Chris: What's wrong?

Li: I've cut myself. Look it's bleeding. It's bleeding.

Chris: Ooh, that looks nasty. You need a helping hand!

Li: Yes, I need **a helping hand**. 帮助。

Chris: Lucky for you, I know first aid!

Li: **First aid**? 急救护理?

Chris: Yes, I did some first aid training once.

Li: You did first aid training? When?

Chris: Well, a while ago – but don't worry, I'll soon have you feeling as fit as a fiddle.

Li: **As fit as a fiddle**. 非常健康 Hmm... cool phrase. Here's how you use it.

Chris: I was really ill last week, but I've recovered and I'm now feeling as fit as a fiddle.

Li: My grandma is 90 years old but she's as fit as a fiddle.

Chris: Right, let's take a look at your finger.

Li: Oh, I feel **faint**! 快点吧, 我要昏过去了!

Chris: Hold on... OK, I need bandages... Ah-ha!

OK, I need... scissors!

A plaster...

A safety pin...

Chris: That should do it. Leave that on for a couple of days and you'll soon be on the mend.

Li: I'll soon be **on the mend**. 我很快就会恢复健康了。On the mend 恢复健康.

Chris: OK, does anyone else need a helping hand? ... Anyone?

Vocabulary:

First aid 急救护理

A helping hand 帮助

As fit as a fiddle 非常健康

On the mend 恢复健康