



CAPACITARTE

Es ser líder de tu vida



EJERCITACIÓN MÓDULO 2 – Clase 1

1. Health & safety

1.1 Look at the pictures. Are these people working efficiently? What health and safety risks can you see? Could they result in:

- a) Broken or fractured bones
- b) RSI (repetitive strain injuries)?
- c) Back problems
- d) Something else? (what?)





2. Causes and results

2.1 Ergonomics is the study of ways in which equipment can help people work safely and efficiently. Read the text about ergonomics. Which two pictures does it refer to?

On a well-designed work station, the controls used most often are located within easy reach. The goal is to eliminate any non-essential movements. Poorly designed work stations are not only inefficient, they also can cause discomfort and lead to injuries. In this picture, the user's chair is adjustable and provides good back support. However, the lack of support for the wrist or elbow could result in RSI.

Many injuries and accidents result from lifting. Wherever possible, lifting equipment should be employed to transport heavy loads. When this is impractical, workers should be trained in lifting techniques. Here we can see a worker placing unnecessary strain on their back. The load should be transported by cart or divided between two buckets so it can be balanced. While some accidents are caused by laziness, very often they are due to a lack of training or poor organization of the work flow.

2.2 The prefix *in-* has a negative meaning (efficient / inefficient). Find more prefixes with negative meaning in the text.

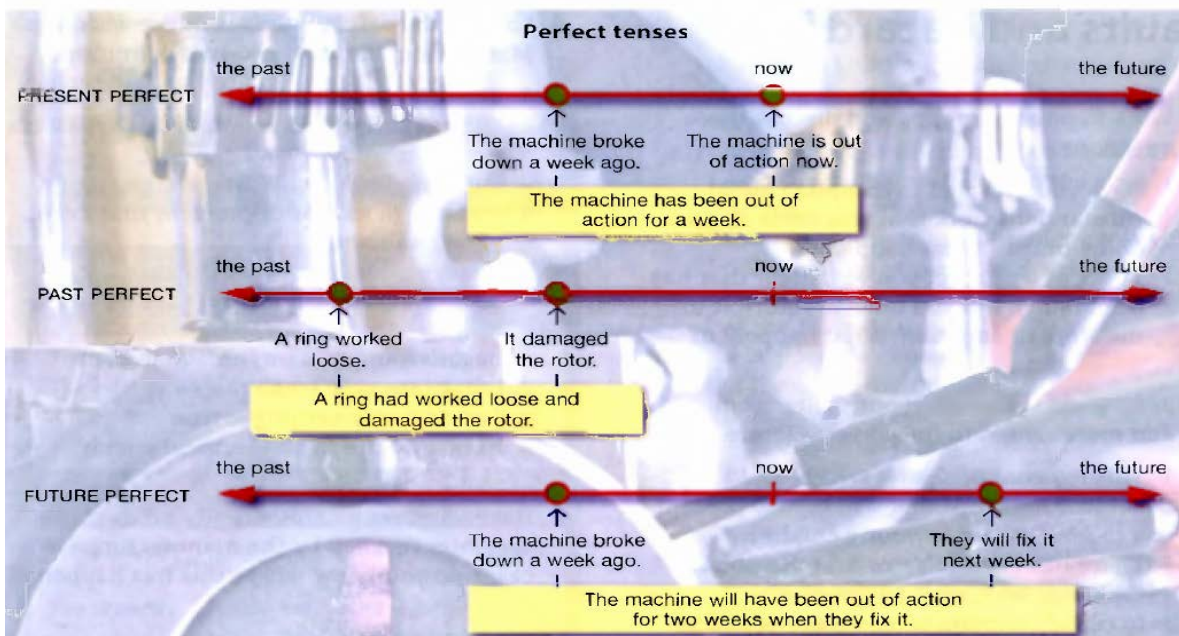
3. Explaining problems

3.1 Explain the following problems using the expressions given in brackets

- 1- Three of the packages in the shipment aren't here (don't seem)
- 2- You're charging us too much (looks like / might be)
- 3- Your purchasing department lost our order (sounds as if / might have).
- 4- There are insufficient funds in your account (appear).
- 5- You put the wrong supplier number on your invoice (seem / have put).
- 6- We're not happy with the installation work. The wiring is loose (looks as if).
- 7- You underestimated the costs (appear / have underestimated).
- 8- You used the wrong kind of cartridges (sounds like / might have).

3.2 Perfect tenses link two times. Which perfect tense links:

- 1- The past and the future?
- 2- The present and the past?
- 3- Two past times?



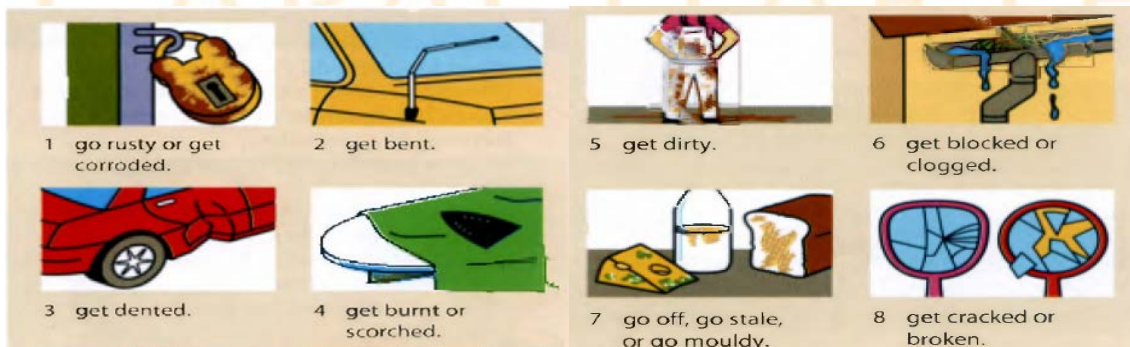
3.3 Make some past perfect sentences. Match each beginning to a suitable ending.

- | | |
|--|---|
| <ol style="list-style-type: none"> 1. After we`d finished carrying all the boxes upstairs, 2. Alf had worked in the assembly shop for twelve years 3. The bicycle had been left outside in the rain 4. The engine seized up 5. Nobody came to the web conference 6. I clicked `send` and then I realized | <ol style="list-style-type: none"> a. before he got a job in planning. b. I`d copied the whole company. c. because I hadn`t been serviced for months. d. Harry offered to come and help us. e. so it was rusty. f. because we`d forgotten to email the invitations. |
|--|---|

3.4 Study the sentences in 3.3

- 1- All these things happened in the past, but which things happened first and which things happened later?
- 2- What tense do we use for the things that happened first?
- 3- What tense do we use for the things that happened later?

3.5 Make a list of different things that can:



3.6 Complete these sentences with phrase from 3.5

1. Don't put coffee grinds down the sink. The drain could...
2. Use a larger knife to open that paint can. That little one could...
3. Carry those eggs carefully. I don't want any to...
4. Take off your boots. We don't want the carpet to...

5. We may need to store some of these medicines in the fridge so they don't...
6. Use a blowtorch to remove the paint, but make sure the window frame doesn't...
7. I'm always nervous when I'm parking in a tight spot. I don't want my new car to...
8. Don't leave the tools outside in the rain. They could...



RESPUESTAS

1. Health & safety

1.1 Look at the pictures. Are these people working efficiently? What health and safety risks can you see? Could they result in:

- Broken or fractured bones
- RSI (repetitive strain injuries)?
- Back problems
- Something else? (what?)

No, they are not working efficiently. I can see many H&S risks, namely:

- Not balancing a heavy load could cause back problems.
- Having to hold a drill in this position could result in RSI (a repetitive strain injury).
- The ladder is badly positioned and stretching to reach the bulb could result in the man falling off the ladder and breaking his arm or leg.
- The conveyor belt is positioned too high, which could lead to RSI.
- The worker is using a poor lifting technique. Bending your back like this and not putting your hands under the box could result in back injury.

2. Causes and results

2.1 Ergonomics is the study of ways in which equipment can help people work safely and efficiently. Read the text about ergonomics. Which two pictures does it refer to?

It refers to pictures 7 and 1.

2.2 The prefix in- has a negative meaning (efficient / inefficient). Find more prefixes with negative meaning in the text.

Non- (essential)

In- (efficient)

Dis- (comfort)

Im- (practical)

un- (necessary)

3. Explaining problems

3.1 Explain the following problems using the expressions given in brackets

1. Three of the packages in the shipment don't seem to be here
2. It looks like you might be charging us too much
3. It sounds as if your purchasing department might have lost your order.
4. There appear to be insufficient funds in your account.
5. You seem to have put the wrong supplier number on your invoice.
6. We're not happy with the installation work. The wiring looks as if it is loose.
7. You appear to have underestimated the costs.
8. It sounds like you might have used the wrong kind of cartridges.

3.2 Perfect tenses link two times. Which perfect tense links:

- 1- The past and the future? Future Perfect
- 2- The present and the past? Present Perfect
- 3- Two past times? Past Perfect

3.3 Make some past perfect sentences. Match each beginning to a suitable ending.

1. After we'd finished carrying all the boxes upstairs, d) Harry offered to come and help us.
2. Alf had worked in the assembly shop for twelve years a) before he got a job in planning
3. The bicycle had been left outside in the rain e) so it was rusty.
4. The engine seized up c) because I hadn't been serviced for months.

5. Nobody came to the web conference f) because we`d forgotten to email the invitations.
6. I clicked `send` and then I realized b) I`d copied the whole company.

3.4 Study the sentences in 3.3

- 1- All these things happened in the past, but which things happened first and which things happened later?
 Things that happened first: 1, 2, 3 // b, c, f
 Things that happened later: 4, 5, 6 // a, d, e
- 2- What tense do we use for the things that happened first? *The Past Perfect*
- 3- What tense do we use for the things that happened later? *The Past Simple*

3.5 Make a list of different things that can:



1. Go rusty or get corroded - cars, chains, locks (memories can also get rusty)
2. Get bent - a key, cutlery such as a spoon.
3. Get dented - side panels of a car, cardboard boxes.
4. Get burnt or scorched - furniture, clothes when you're ironing them, food.
5. Get blocked or clogged - a pipe, a tube, a filter.
6. Go off (AmE go bad) - milk, butter. Go stale - bread. Go mouldy - cheese.

7. *Get cracked* – ceramics, bones, ribs. *Get broken* – a glass, teeth, a leg, a pencil, an agreement, a promise, a rib, a heart.

3.6 Complete these sentences with phrase from **3.5**

1. Don't put coffee grinds down the sink. The drain could *get blocked or clogged*
2. Use a larger knife to open that paint can. That little one could *get bent*
3. Carry those eggs carefully. I don't want any to *get cracked or broken*
4. Take off your boots. We don't want the carpet to *get dirty*
5. We may need to store some of these medicines in the fridge so they don't *go off*
6. Use a blowtorch to remove the paint, but make sure the window frame doesn't *get burnt or scorched*
7. I'm always nervous when I'm parking in a tight spot. I don't want my new car to *get dented*
8. Don't leave the tools outside in the rain. They could *go rusty or get corroded*