

# MEDICAL MYSTERY

This exercise contains several mini problem-solving activities. It is a quick and lively exercise that gets the participants thinking about the subject of safety and accidents in a fun and challenging way.

## WHEN TO USE THIS EXERCISE

This exercise is excellent to use as a session starter when you are conducting training courses on general safety, first aid, rehabilitation, and so on. It can also be used as an activity during any safety meeting.

## DURATION

Allow approximately 10 minutes.

## MATERIALS REQUIRED

Handouts of the 'Medical Mystery' Exercise Sheet  
A pen for each participant.

## HOW TO RUN THIS EXERCISE

**STEP 1** Distribute copies of the 'Medical Mystery' Exercise Sheet to the participants and have them place the sheets face down in front of them.

**STEP 2** Inform the participants that the sheet they have just received has on it several commonly used terms and phrases that relate to medical safety in the workplace. What they are required to do is see how many of these items on this sheet they can decipher in five minutes.

Say: "Before we begin, let me show you a couple of examples that may help you to understand what you need to do for this exercise".

**man**

Write **board** on the whiteboard.

Say: "This translates to man overboard".

**Bridge**

Write **H<sub>2</sub>O** on the whiteboard.

Say: "This translates to water under the bridge."

Say: The key to solving many of these problems is trying to figure out the phrase".

Ask the participants if they have any questions. Answer any questions that are raised.

**STEP 3** Commence the exercise - ask the participants to turn over their exercise sheet and begin.

**STEP 4** Stop the exercise when the five-minute time period is up. Inform the participants of the correct answers.

**GUIDANCE NOTES FOR GROUP DISCUSSION**

There is no group discussion required for this exercise.

**ATTACHMENTS**

The 'Medical Mystery' Exercise Sheet

The 'Medical Mystery' Answer Page.

# 'MEDICAL MYSTERY' EXERCISE SHEET

## MEDICAL MYSTERY EXERCISE SHEET

1. **O\_\_ER\_\_T\_\_O\_\_**

2. **D  
E  
G  
A  
D  
N  
A  
B**

3. \_\_\_\_\_  **ACCIDENT**

4. **D  
HOSPITAL  
A  
L**

5. **DUMP F DUMP  
E  
DUMP E DUMP  
L  
DUMP I DUMP  
N  
DUMP G DUMP**

6. **INSULT + INJURY =**

7. **BREAT BREATH**

8. **SKULL**

9. **B  
O  
N  
E**

10. **ACCIDENTAL INJURY**

## **'MEDICAL MYSTERY' ANSWER PAGE**

1. Painless Operation
2. Bandaged Up
3. Lost Time Accident
4. Laid up in Hospital
5. Feeling Down in the Dumps
6. Add Insult to Injury
7. Short of Breath
8. Fractured Skull
9. Broken Bone
10. Two Black Eyes.