



Lesson plan: The Occupational Health of Santa Claus

Topic: occupational health

Timing: 30–40 mins

Lesson type/focus: reading and vocabulary

Level: B2–C1

Aims:

- developing topic-specific vocabulary
- reading for detail

Teaching notes and answer key

Part 1: speaking

Put students into pairs or small groups and ask them to discuss questions 1–3 on the student worksheet. Encourage them to share examples from their own experience.

Do whole class feedback to discuss and share answers.

Part 2: vocabulary

A. Ask students to look at the list of words. Model the pronunciation and have students say each one aloud.

Don't go through the meanings of the words as students are going to look at this in activity B.

B. Have students work in pairs to complete the definitions with words from A.

Go through the answers as a class.

Answers

1j 2g 3m 4k 5i 6a 7c 8n 9f 10l 11d 12h 13b 14e

Part 3: reading

A. Have students work individually or in pairs to read the text. Click the link to access the article.

[The occupational health of Santa Claus](#)

B. Have students work individually or in pairs to complete the activity.

Go through the answers as a class.

Answers

Sleigh safety	Disrupted health/shift work	Work schedules and travel
e) evaluate effectiveness of Rudolph's nose as a light source	d) minimise snacking g) reduce cardiovascular risk factors	b) suggest melatonin supplements for jetlag n) reduce work stress by reorganising tasks



<p>f) set up electronic health record for medical treatment overseas</p> <p>l) avoid driving sleigh under the influence of alcohol</p>		
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Heat stress	Planning for the older worker	Mental health	Workplace ergonomics
<p>h) avoid entry to houses through confined spaces</p> <p>k) explore thermoregulated Santa suit to manage changes in temperature</p> <p>p) consider heat acclimatisation well before Christmas deliveries</p>	<p>c) discuss retirement plans and handover of duties</p> <p>m) initiate workplace health promotion program</p>	<p>a) assess cognitive skills and explore reasons for excessive checking</p> <p>o) set up wellness discussion about concerns regarding tracking by outside agents</p>	<p>i) supply ergonomic equipment to prevent workplace injuries</p> <p>j) assess height differences in equipment used by Santa and his elves</p>