When preparing your things for your stay, remember to bring your appointment card with you too.

At some hospitals, you’ll be asked to attend a pre-operative assessment, which may be an appointment with a nurse or doctor, a telephone assessment or an email assessment.

If the assessment involves a visit to the hospital, some tests may be carried out, including a blood test.

You’ll be given clear information on: … whether you should cease taking your usual medications before going into hospital.

If your doctor has instructed you to fast before the operation, it’s really important that you don’t eat or drink anything – this includes light snacks, sweets and water. You need an empty stomach during surgery, so you don’t vomit while you’re under anaesthetic.

You’ll need to remove all make-up and nail polish before your operation, as the doctors will need to see your skin and nails to make sure your blood circulation is healthy.

There is so much to organise in just packing for the move that important things are often over-looked. Use a checklist to make sure you’ve got everything covered.

Contact your local rates office to let them know the date you move out of your current property and when you move into your new one, so they bill you correctly for council tax.

If you’ve moved area, you may need to register with a new doctor’s surgery (GP) or dentist.

To deal with this, redirect your post to your new address. You can download a form from the Post Office website. It can take up to 10 days to set up and there is a charge.

On your moving day, you will need to read the meters in both properties, so the right bills can be issued.

Sections of the East High Street will be closed from Monday, April 6, for up to 12 weeks to allow for Campion Gas to replace and reinforce gas networks. Your local council is taking the closure as an opportunity to carry out street lighting improvements at the same time so as to minimise possible future disruption.

There is nothing in the text relating to this and so the answer is ‘not given’ in the text.
14. FALSE One lane only on South Street will also be closed.

15. (The) (staff) management For us, the main issue is the staff management of those who work on their own and away from the main business base.

16. Loneliness For you, it can include overcoming feelings of loneliness.

17. Promotion Often, being away from the managers who are responsible for promotion is felt to be the greatest disadvantage.

18. (The) (employee’s) post Homeworking can also be used in conjunction with other arrangements, such as flexible hours, working part-time, term-time working or working our core hours. The employee’s post will determine whether this is possible.

19. (A) (risk) assessment As the employer of all our staff, we have a duty of care for all our employees, and the requirements of the health and safety legislation apply to homeworkers. We are responsible for carrying out a risk assessment.

20. (An) appeal Any refusal will be accompanied by an explanation and employees can make an appeal if they are not satisfied.

21. prevention Don’t wait for it to make you ill before you do something about it.

22. bed You may feel like lying down, but this won’t help and could make things worse.

23. technique Incorrect procedure when using a computer keyboard and mouse, mobile phone or hand-held device can all cause RSI.

24. breaks If you work on a computer a lot, it’s important to leave the computer periodically. That means for every hour at your keyboard, you should rest for at least five to ten minutes.

25. commute Many of us spend long hours at work and may have long and tiring journeys to and from work.

26. fitness But getting active at work is easier than you may think. Try and cycle or walk to work, take stairs rather than the lift or use your lunch break as an exercise slot. Working out and losing weight will also benefit your posture and help prevent injury.

27. performance What we eat and drink affects not just our health, but our efficiency and success too.

28. ix Various information within Paragraph A.
29. iv Various information within Paragraph B.

30. v Various information within Paragraph C.

31. ii Various information within Paragraph D.

32. vii Various information within Paragraph E.

33. vii Various information within Paragraph F.

34. x Various information within Paragraph G.

35. B* Rocky terrain and difficult weather conditions made the task appear impossible and the bridge’s detractors publicised this.

36. C* Aesthetes and environmentalists worried the bridge would mar the natural beauty of San Francisco’s world-famed harbour.

37. E* A series of other accusations followed: an enemy fleet could demolish the bridge and bottle-up the US fleet.

38. G* The floor of the Golden Gate Strait would not support the weight of the bridge.

39. H* Voters, despite the financial uncertainty that was used as further grounds to oppose the bridge.

40. C This is a holistic answer and involves synthesis of the whole text. This text in its entirety fits “To provide an overview of the construction and use of the Golden Gate Bridge.” better than the other three answers.