

INTERMEDIATE

Bad bosses can cause Heart attacks



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respected their bosses were healthier and had fewer heart problems.

The report is published in the journal Occupational and Environmental Medicine. It suggests that companies should re-train bosses to improve worker health. A healthier workforce will improve the overall health of the company. Investing in providing leadership skills to senior managers could be a good long-term investment. The researchers said a more supportive and understanding boss would reduce the chances of workers developing high blood pressure and stress-related illnesses. Magnus Larsson, an engineer for a large IT company, agreed with the report's findings. He believes his heart attack last year was because of his boss: "The guy was a monster. Working for him was a daily nightmare for eight years," Larsson said.

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READING / LISTENING

TRUE / FALSE

Look at the article's headline and guess whether these sentences are true (T) or false (F):

- A bad boss can increase your risk of having a heart attack.
- Managers who don't have a lot of money develop heart disease.
- Interviewers questioned 3,000 men and women for their research.
- Workers who respected their bosses had a few heart problems.
- A report says that training managers would make staff healthier.
- The report says training bosses is a good investment in the long run.
- The report says bosses are good at understanding blood pressure.
- An IT worker had a bad time every day and worked for a monster.

SYNONYM MATCH

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10. monster j. outlay

PHRASE MATCH

Match the following phrases from the article

(sometimes more than one. combination is possible):

- | | |
|--|--------------------------------|
| 1. Having a bad boss | a. of 3,000 male workers |
| 2. increase their employee's risk of | b. related illnesses |
| 3. data on the health | c. improve worker health |
| 4. communicated well and offered | d. term investment |
| 5. who respected their bosses were | e. developing heart disease |
| 6. companies should re-train bosses to | f. understanding boss |
| 7. a good long- | g. could be bad for your heart |
| 8. a more supportive and | h. nightmare |
| 9. high blood pressure and stress- | i. positive feedback |
| 10. Working for him was a daily | j. Healthier |