Hypothermia – A Dangerous Situation

1. What is hypothermia?

2. What causes hypothermia?

3. What are 5 signals of hypothermia?
   - ________________________________
   - ________________________________
   - ________________________________
   - ________________________________
   - ________________________________

4. List 3 ways to prevent hypothermia:
   - ________________________________
   - ________________________________
   - ________________________________

5. What should you do to protect yourself from hypothermia?

6. The length of time you can survive in cold water depends on what 6 things?
   - ________________________________
   - ________________________________
   - ________________________________
   - ________________________________
   - ________________________________
   - ________________________________
7. Name 4 ways that wearing a life jacket can help you survive in cold water:

- __________________________________________
- __________________________________________
- __________________________________________
- __________________________________________
- __________________________________________

8. To care for someone with hypothermia; first _____________________ the scene to see if it is safe and then check the _____________________.

   Send someone to ______________________________.

9. List 5 more ways to help care for someone with hypothermia:

- __________________________________________
- __________________________________________
- __________________________________________
- __________________________________________
- __________________________________________
- __________________________________________