

# Cold Related Emergencies

Name \_\_\_\_\_

Period \_\_\_\_\_

Date \_\_\_\_\_

1. What are two ways frostbite damages tissue?
2. What areas are mainly affected by frostbite?
3. What are the most severe consequences of frostbite?
4. What else might frostbite victims suffer from?
5. What are four signs of superficial frostbite?
6. What are four signs of deep frostbite?
7. In a remote situation, what is the preferred method for treating frostbite?
8. Summarize the steps for treating frostbite using this method.
9. What are some things you should not do in case of frostbite?
10. What is hypothermia?
11. Describe the types of exposure.
12. What are symptoms of mild hypothermia?

13. What are symptoms of profound hypothermia?
14. How do you treat mild hypothermia?
15. How do you treat profound hypothermia if the victim can be transported within twelve hours?
16. How do you treat profound hypothermia if the victim cannot be transported within twelve hours?  
(Look at the hypothermia flowchart on page 6)
17. What are at least six things you should not do with a hypothermia victim?
18. According to the table, Winter Wardrobe, on page 5, which insulator type is best for our weather? Why?
19. What are four things you should do to avoid hypothermia

Use the wind chill table on page 4 to answer the following questions:

20. On a cold winter day you decide to walk to school. The air temperature is 10°F and the wind speed is 15 mph. What is the wind chill?
21. While skiing with friends, the air temperature is 0°F and the wind speed is 20 mph, while you are standing still, waiting to start down the slope. What is the wind chill?
22. Riding your bike downhill on a cool, calm autumn morning, the air temperature is 40°F and your bike speed is 25 mph. What is the wind chill?
23. Your family goes to the beach on a sunny but breezy day, and everyone complains about being cold. You check a thermometer and the air temperature is a pleasant 50°F, but you notice there is a wind of about 20 mph coming off the water. Why does everyone feel cold?