

# Hypothermia

Name \_\_\_\_\_

Period \_\_\_\_\_

Date \_\_\_\_\_

**Instructions:** Read the article on hypothermia and answer the following questions.

1. Hypothermia has also been called \_\_\_\_\_.
2. What is hypothermia?
3. When is hypothermia a special threat?
4. **True / False:** Hypothermia occurs only in winter weather.
5. **True / False:** You could get hypothermia in an 80-degree room if you sat still with your clothes off.
6. a) Study the diagram. List 5 ways your body can lose heat.  
  
b) Study the diagram. List 3 ways to make your body gain heat.
7. Cold water robs your body of heat about \_\_\_\_\_ times faster than air of the same temperature?
8. What is the first symptom of hypothermia? Why does this happen?
9. As the body continues to lose heat, the \_\_\_\_\_ may become numbed. The person may lose physical \_\_\_\_\_, \_\_\_\_\_ may be slurred, and mental \_\_\_\_\_ and \_\_\_\_\_ can occur. This may eventually lead to \_\_\_\_\_.
10. Your best protection against hypothermia is to keep your "inner furnace" warm. You can maintain your inner body core temperature by doing \_\_\_\_\_, by wearing \_\_\_\_\_, and by \_\_\_\_\_ high \_\_\_\_\_.

**Now do the wind chill questions on the back...**

## Wind Chill Questions

**Instructions:** Use the wind chill chart to answer the questions in each condition below. Write your answers on the lines to the right of each question.

1. The temperature is 40°F and the wind is calm. What is the wind chill? \_\_\_\_\_
2. The temperature is 40°F and the wind is 20 mph. What is the wind chill? \_\_\_\_\_
3. The temperature is -10°F and the wind is 30 mph. What is the wind chill? \_\_\_\_\_
4. The temperature is -20°F and the wind chill factor is -79°F. How fast is the wind blowing? \_\_\_\_\_
5. The wind speed is 35 mph and the wind chill factor is -49°F. What is the air temperature? \_\_\_\_\_
6. A person is traveling at 15 mph on a bike. The wind is still and the temperature is 20°F. What is the wind chill on the biker? \_\_\_\_\_
7. The temperature is 0°F and the wind is blowing 20 mph. What is the wind chill? \_\_\_\_\_
8. The temperature is -35°F and the wind is blowing 40 mph. What is the wind chill? \_\_\_\_\_
9. The temperature is 10°F and the wind is blowing 45 mph. What is the wind chill? \_\_\_\_\_
10. The temperature is -30°F and the wind is blowing 17 mph. What is the wind chill? \_\_\_\_\_