

Hypothermia Video

Name _____
Period _____
Date _____

Instructions: Answer the questions while viewing the video.

1. **True / False:** Most of us have been hypothermic at one time or another.
2. **True / False:** Hypothermia takes a long time to develop.
3. Hypothermia is the lowering of the body's _____ temperature.
4. The core includes the _____, brain, and lungs.
5. _____ are the most efficient shelter to protect our body from the environment.
6. Over half of the body's heat loss is through the _____.
7. The best prevention for hypothermia is to _____.
8. In midwinter water, it is doubtful that people can swim more than _____ feet.
9. Do not give any _____, especially _____ to a person suffering from a severe case of hypothermia.
10. A victim's _____ is often the decisive factor in whether or not he or she will survive.

Cold Water Near-Drowning Video

Instructions: While viewing the video, answer the associated study questions.

1. Water has to be below _____ in order to increase your chance for survival because _____ processes _____ down.
2. The three stages in giving aid to a near-drowning victim are:
 - 1) _____ the victim,
 - 2) _____ the victim,
 - 3) Get _____ help.
3. A cold water near-drowning victim looks _____ , but may still be _____ .
4. As soon as the victim is pulled from the water, start _____ and don't stop until he or she is _____ .
5. A victim may _____ during CPR.
6. **True / False:** Revived victims sometimes say that they were aware of things that happened during the rescue.
7. _____ is a complication associated with cold water near-drowning.
8. Often a drowning victim will _____ help and claim he or she _____ .
9. It is possible to remain under water for up to _____ and still live.