

# 10: hypothermia

## suggested answers

- 1) Hypothermia affects both **perception & judgement**. So the student wasn't together enough to keep his shoe on, while Beck Wethers wasn't together enough to keep his jacket done up.
- 2) If people venture into the outdoors alone & become hypothermic, without the support of others, they may be incapable of making decisions that are necessary to save themselves.
- 3) Their survival time would normally be significantly less in water than out of water, even if they were able to stay afloat without becoming fatigued. If someone has to be rescued from cold water, rescue speed is critical.

ways we lose heat	how it happens	how to prevent it
1) convection	wind whisking away warm air around our bodies.	wear a shell layer/shelter from the wind
2) conduction	direct contact with <b>cold surfaces</b> (e.g. sitting on cold ground)	don't sit directly on cold surfaces
3) radiation	our bodies giving off heat like electric lamps	wear layers
4) evaporation	losing heat held in warm body vapour	minimise sweating

## teacher's notes

- 1) **Footprints** worksheets #10-19 all have a 1<sup>st</sup> aid theme. These worksheets can support a fully accredited (typically externally provided 1<sup>st</sup> aid course), or even form the basis of a unit of work on 1<sup>st</sup> aid. All of these worksheets are laid out opposing each other, so that they can be photocopied on A3 copy paper, back-to-back, enabling the creation of a class set of booklets.
- 2) This worksheet can be attempted in conjunction with worksheet #62 "To build a fire."