

WEATHER RELATED FIRST AID WORKSHEET

Name: _____

Hour: _____

1. The body loses heat faster than it can produce it **TRUE or FALSE**

2. If a person is hypothermic, giving them a shot of alcohol will help to warm them. **TRUE or FALSE**

3. Why is not good to put a hypothermic person in warm water? _____

4. If a person has both frostbite and hypothermia, which should you treat first?
and Why? _____

5. When treating someone for frostbite, what four things should you avoid?

1. _____ 2. _____

3. _____ 4. _____

6. How can you tell when a body part is frostbitten? _____

7. After a sunburn, the skin remains "fragile" and sensitive for ___ to ___ months.

8. If your eyelids are sunburned, try _____ soaked in cool water.

9. To avoid burning in the sun, use sun protection factor (SPF) or at least _____.

10. What makes it easy for you to get sunburned when out in the snow?

11. To avoid heat exhaustion or heat stroke drink at least _____ glasses of water per day.

12. When in the sun is it a good idea to use salt tablets Why or why not?

13. Which is more serious, heat stroke or heat exhaustion? _____

14. If signs of heat stroke develop, what should you do? _____

15. What is the body's temperature-regulating mechanism? _____

