**PAD 34O – Frostbite & Hypothermia Name:**

Use the information on my website (Frostbite & Hypothermia) to answer the following questions. You can type directly into this form. Please complete the assignment and share it with me. Be sure to type your name at the top.

1. **State and briefly explain three mechanisms of heat loss. (    /3)**
2. **When your body cools, what are three mechanisms it uses to produce heat? Briefly explain each.(    /3)**
3. **You are on a Snowshoeing Day Trip.  Your friend Fred who is with you did not know about maximizing heat production and minimizing heat loss. You are now concerned he has frostbite. What are his signs and symptoms that are leading you to suspect that he has superficial frostbite?  (    /2)**
4. **In order to prevent Fred’s superficial frostbite from becoming deep frostbite, explain how should you manage or treat it. (    /3)**
5. **State normal body temperature in Celsius. (    /1)**
6. **At what temperature can a person be considered hypothermic? (    /1)**
7. **Now that you have solved Fred’s problems, you notice George has neither maximized heat production nor minimized heat loss. He looks cold. How can you tell he is becoming hypothermic? (    /3)**
8. **How are you going to manage George’s situation? (    /4)**

**TOTAL:  \_\_\_\_\_ /20**