

# Heat- and Cold-Related Emergencies

## For Your Review

Read Chapter 18 of *Emergency Care*, then complete the following activities.

## Key Terms

Referring to *Emergency Care*, define the following terms:

Frostbite: \_\_\_\_\_

Heat cramps: \_\_\_\_\_

Heat exhaustion: \_\_\_\_\_

Heat stroke: \_\_\_\_\_

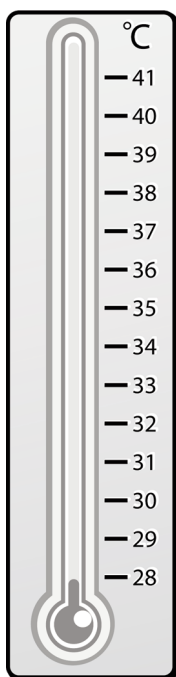
Hypothermia: \_\_\_\_\_

## Fill in the Blanks

- Fill in the following conditions beside the appropriate body temperature on the thermometer below.

Normal body temperature  
Heat cramps  
Heat exhaustion  
Heat stroke

Mild hypothermia  
Moderate hypothermia  
Severe hypothermia



## 2. Signs and Symptoms

Fill in the signs and symptoms of each of the following emergencies.

Heat Stroke	Heat Exhaustion	Heat Cramps

- List five groups of people who are at risk for heat- or cold-related illness.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## What Would You Do?

Read the following scenarios and answer the questions below.

### Scenario 1

A landscaper is out working on a yard on a hot summer day. He begins to get a headache, which he passes off as a lack of sleep. He keeps working as he has to get this job done in two days. After another half-hour, he feels weak and dizzy and needs to sit down. While he is sitting, his stomach begins to turn. He wipes his forehead, which is sweaty and cool to the touch.

1. The landscaper is most likely suffering from:
  - a. Heat cramps
  - b. Heat exhaustion
  - c. Heat stroke
  - d. Heart attack
2. What would you do for this man?
3. Unfortunately, no one calls for help for him, and after a minute of sitting in the shade and eating a sandwich, he goes back to work. After an hour or so, he feels his heart racing and feels ill again. His skin feels as if it is on fire, and he has stopped sweating. The landscaper is most likely suffering from:
  - a. Heat cramps
  - b. Heat exhaustion
  - c. Heat stroke
  - d. Food poisoning
4. How could he have prevented progressing into the latter stage of a heat emergency?

### Scenario 2

A five-year-old boy is out in his yard, building a snow fort with his friend from down the street. His mother has bundled him up as well as possible and is watching him from the front window. The two children are out playing for hours, digging snow, sledding, and running around. It's time for dinner, and the mother calls the children into the house.

1. When her son comes into the house, he tells her his tummy and his head don't feel very good. She checks his forehead with the back of her hand and notes that his skin is cool, pale, and moist. The boy is most likely suffering from:
  - a. Frostbite
  - b. Mild hypothermia
  - c. Heat exhaustion
  - d. A cold
2. The boy's friend, who is staying over for dinner, is shivering when she comes into the house. She takes off her thin jacket and hangs it on the coat rack. Her lips have a slight blue tinge to them, and her skin is pale. She is most likely suffering from:
  - a. Frostbite
  - b. Poisoning
  - c. Moderate hypothermia
  - d. Mild hypothermia
3. What should the mother do for both of these children?
4. When caring for her son's friend, she notes that the girl's fingers are very cold and yellowish. When she holds the child's hand in her own, the girl says she can't feel it very well. What should the mother do?
  - a. Soak the hand in warm water until the fingers turn red
  - b. Rub the area until it warms up
  - c. Bandage the cold fingers until they are warm
  - d. Soak the hand in hot water until the fingers turn red
5. When bandaging the fingers, gauze should be placed between the fingers. T or F

## Test Your Knowledge

Circle the best answer to each of the following questions.

1. Which is NOT one of the general care steps for a heat-related illness?
  - a. Cool the body
  - b. Minimize shock
  - c. Obtain advanced medical care
  - d. Give fluids
2. If someone is suffering from hypothermia, his pulse is most likely:
  - a. Weak and rapid
  - b. Slow and irregular
  - c. Normal
  - d. Rapid and irregular
3. If using ice to cool someone suffering from heat stroke, in which of the following places would you NOT need to put ice packs?
  - a. Around the ankles
  - b. In the armpits
  - c. On the neck
  - d. On the abdomen
4. If you are doing a primary survey on an unconscious person possibly suffering from hypothermia, for how long should you check the pulse?
  - a. Up to 10 seconds
  - b. Up to 30 seconds
  - c. Up to 45 seconds
  - d. Until you find a pulse
5. When warming someone with hypothermia, you should do so:
  - a. Aggressively
  - b. Quickly
  - c. Gradually
  - d. Only after he has stopped shivering
6. Refusing to drink water, changing level of consciousness, and vomiting are all signs that:
  - a. The patient has heat exhaustion
  - b. The patient's condition is worsening and advanced medical care is needed
  - c. The patient has been poisoned
  - d. The patient is progressing from mild to moderate hypothermia