

A 16	B	C	D	Total
E	F	G	H	Total
I	J	K	L	Total
M	N	O	P	Total
Total	Total	Total	Total	Total

Instructions

- Match the statement in Column A with a word in Column B
- Write the number of the Column B word in its box
- All your answers are correct when the filled in numbers add up to 34 (columns, rows and diagonal)

Column A	Column B
A. What causes death when body temperature is below 30°C?	1. Unconsciousness
B. Does the body loose heat more quickly in air or water?	2. 37°C
C. What is normal core body temperature?	3. Water
D. Why is the greatest heat loss from the head and neck?	4. Gasp reflex
E. Falling into 10°C water - how long for hypothermia to be detected?	5. About an hour
F. How long does a cold shock response last for?	6. 35°C
G. Who is predisposed to hypothermia	7. Loss of physical skills
H. How do you recover from cold shock?	8. keep calm, control breathing
I. With severe hypothermia shivering stops - at what body temperature?	9. 32°C
J. What body temperature signals the onset of mild hypothermia?	10. Lasts 3-5 minutes
K. What is cold incapacitation?	11. Elderly and the very young
L. How do you slow the onset of hypothermia?	12. Wear clothes and keep still
M. What reflex is stimulated by cold shock?	13. No vaso constriction in scalp
N. Cold shock follows immersion in cold water – how cold?	14. 1°C
O. If core temperature fluctuates by as little as ___ medical problems result	15. below 15°C
P. What is the 3 rd stage of cold water immersion when wearing a lifejacket?	16. Heart failure

Answers

A 16	B 3	C 2	D 13	Total 34
E 5	F 10	G 11	H 8	Total 34
I 9	J 6	K 7	L 12	Total 34
M 4	N 15	O 14	P 1	Total 34
Total 34	Total 34	Total 34	Total 34	Total 34

Other WAI Teacher Guides that may help:

- What cold water will do to you
- How to survive in cold water
- Cold shock and hypothermia
- Hypothermia: land and sea survival