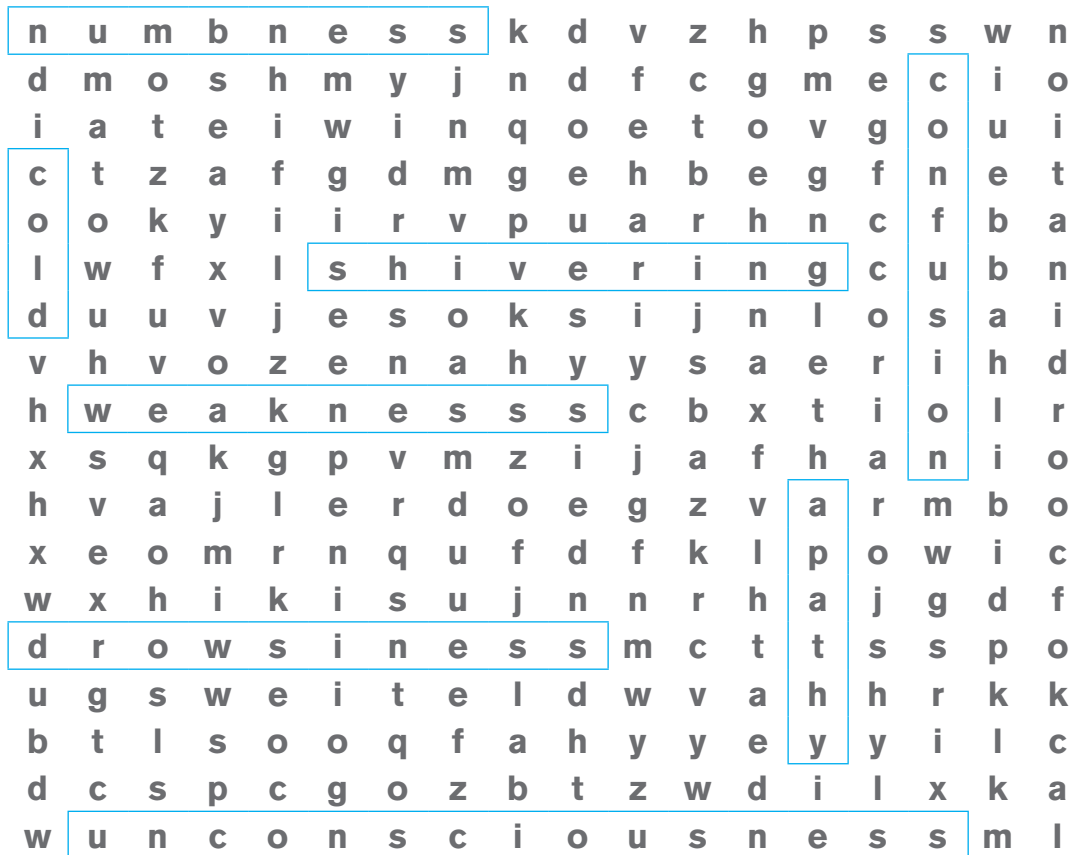


Signs of Hypothermia

Name: _____

Find the hidden words listed below. They describe signs of hypothermia. The words can run across or down.



Word List

apathy

confusion

numbness

unconsciousness

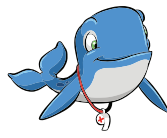
cold

drowsiness

shivering

weakness





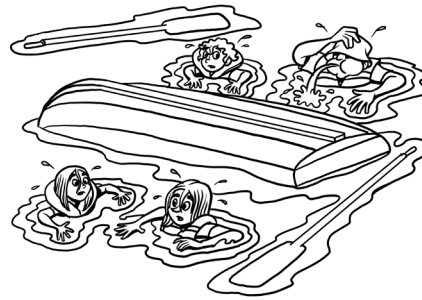
Make Good Choices Around Cold Water and Ice

Name: _____

Here are some pictures of things that could happen to you around cold water. Write what you would do to keep yourself safe. Then color the pictures.



1. *The child who is shivering should not go in the water. He needs to warm up. He should wrap himself in a warm blanket or put dry clothing on and sip a warm drink.*



2. *The people should try to turn the boat over and get back in it. If that is not possible, they should climb onto the boat or hold onto it.*



3. *The children should not be on the dock. They should stay away from cold water. Even though they do not plan to go in the water, they could fall in.*



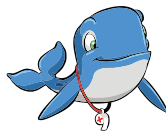
4. *The children should skate in the approved area only.*





Color all of the things in the picture that you could use to help a friend who has fallen through ice.





Ice Self-Rescue

Name: _____

Fill in the blanks using the words below.

Word List

roll push far throw breaststroke
ice panic stand reach



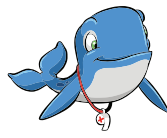
If you break through _____ *ice* _____, you can rescue yourself as long as you do not _____ *panic* _____. Reach forward onto the broken ice, but do not _____ *push* _____ down on it.



Use a _____ *breaststroke* _____ kick or other kick to push farther onto the ice. Do not _____ *stand* _____ up on the ice.



Once you are out of the water, you can _____ *roll* _____ away from the hole. Do not stand up until you are _____ *far* _____ away from the hole. Have someone _____ *reach* _____ or _____ *throw* _____ something if needed.



Think Twice

Name: _____

Read each clue below. Write the letter of the correct answer on the line in front of the clue.

- ___ D ___ 1. This is the first thing you should do in a cold water emergency.
- ___ B ___ 2. This helps to keep body heat in and a person's head out of the water.
- ___ A ___ 3. Two or more people in cold water should do this to stay warm.
- ___ G ___ 4. This is how to move away from a hole in the ice once a person has climbed out.
- ___ C ___ 5. This can help a person move forward to slide onto the ice after falling through it.
- ___ F ___ 6. A serious condition where body heat is lost.
- ___ E ___ 7. This position helps a person keep warm in cold water.

- A. Huddle
- B. Life jacket
- C. Kicking
- D. Don't panic
- E. HELP
- F. Hypothermia
- G. Roll or crawl

