

HYPOTHERMIA – THE CHILL THAT KILLS

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Discipline: Health & Safety and Language Arts

Topic: Emergency Care - Hypothermia

Grade Level: Upper Elementary to Middle School

Resources / References / Materials Teacher Needs:

Worksheet provided; Knowledge of First Aid / Survival Skills; First Aid Text from American Red Cross or like source; Hypothermia information from www.webmd.com; www.mayoclinic.com; www.expeditionsamoyeds.org/hypothermia, *Iditarod Classics* by Lew Freedman; optional video from merchandise tab at Iditarod website.

Lesson Summary: Using Iditarod as a theme, students will explore First Aid. This particular lesson focuses on hypothermia – recognizing caring for and preventing. Students will do guided research on the topic using the suggested website. Once familiar with strategies for care and prevention, students will complete an application problem which portrays a fairly typical hypothermia incident. Teachers or students can create their own Iditarod hypothermic incident based on any number of stories from *Iditarod Classics* by Lew Freedman.

Standard's Addressed: McREL (Mid-continent Research for Education and Learning)

Health Standard 5) Knows essential concepts and practices concerning injury prevention and safety.

Language Arts Standard 1) Uses the general skills and strategies of the writing process.

Language Arts Standard 8) Uses listening and speaking strategies for different purposes.

Learning objectives: Students will

- 1) understand how hypothermia occurs
- 2) know how to prevent hypothermia
- 3) know how to treat hypothermia - what to do and what not to do
- 4) recognize circumstances that are likely to cause hypothermia.

Assessment:

Discussion

Written

- 1) Complete guided study exercise with 90% accuracy
- 2) Complete application problem with 100% accuracy

Procedural Activities: Check the weather tab at www.iditarod.com to see how cold it is in the checkpoints along the Iditarod Trail. This is a great interactive sight with a map of the trail that provides temperature and wind speed information for each checkpoint. Ask students to write or verbally describe what it feels like to be cold. Write the word hypothermia on the board. Ask students to make a list of 5 words (pre-activity perception) that come to mind. Set that list aside. List health concerns associated with exposure to the elements. Include hypothermia. Using the suggested web sites or other similar sites, complete the hypothermia worksheet. Share answers and ideas through class discussion. Having acquired basic knowledge and understanding of how to prevent, recognize and treat hypothermia, have the students complete the application problem. This problem was specifically designed to help students understand that hypothermia can occur in weather conditions and temperatures that are above freezing. Upon completion of the application writing exercise, make a board list of the conditions that caused the incident, actions by people that accelerated the incident and what immediate First Aid could be given. Using examples of “close calls” from Lew Freedman’s book, *Iditarod Classics*, students can work in groups to create their own Iditarod hypothermic incident. Exchange incidents with another group and answer the following questions. What conditions caused the incident? What did the characters do or not do to accelerate the incident? What First Aid should be given? How will the victim get to the next checkpoint safely? Reflect on the special out-door skills musher must have to run Iditarod. Finally return to the five words on the pre-activity perception list. Have students describe how their perception of hypothermia has changed as a result of this activity. List the advantages & disadvantages of changing.

Materials Students Need:

Internet access for research [www.webmd.com]; www.mayoclinic.com] {www.iditarod.com/weather}

Worksheet – Hypothermia – the Chill that Kills

Worksheet – Hypothermia Application Problem

Technology Utilized to Enhance Learning:

Web research on frostbite; Interactive weather information at www.iditarod.com; Web product search

Other Information:

Close call stories from *Iditarod Classics* -

Modifications for special learners/ Enrichment Opportunities:

- 1) Create posters for the care, prevention and recognition of hypothermia.
- 2) Compare materials used for outdoor clothing and sleeping bags. What materials continue to insulate when wet, what materials don't. Create a poster or brochure to share your findings

Notes: