

Chapter 18: Thermal Injuries Review Questions

1. Describe the normal range for body core temperature.
2. Explain how the body rids itself of excess heat.
3. What is the relationship between relative humidity and the process of evaporation?
4. True/False: Heat exhaustion is potentially more serious than simple heat stroke.
5. True/False: Heat cramps may be managed with rest, consumption of fluids, and static stretching of the involved muscles.
6. What is the recommended water intake during physical activity?
7. What is the fluid ounce equivalent of 4L?
8. A fluid loss from 2% to 6% can impair what physical performance by how much?
9. At what core temperature does hypothermia begin?
10. At what body temperature does the shivering response begin?
11. What is the relationship between hypothermia and cardiac function?

12. Describe the signs and symptoms of cold urticaria.
13. Compute the fluid deficiency of an athlete who weighs 5.5 lbs less after practice than he did prior to practice..
14. True/False: Temperature related to health emergencies may result in death.
15. What part of the body controls thermoregulation?
16. List the four forms of exertional heat illness.
17. Where do heat cramps generally develop?
18. What steps should be taken to prevent exertional heat illness?
19. Define and differentiate frost bite and frost nip.
20. What is the best method for assessing temperature for victims of a thermal injury (hyperthermia or hypothermia).