

# Assessment

## Heat and Cold

Name \_\_\_\_\_

### TRUE OR FALSE

1. \_\_\_\_\_ Heat exhaustion is a very serious injury requiring immediate emergency treatment.
2. \_\_\_\_\_ One of the symptoms of heat exhaustion is sweating.
3. \_\_\_\_\_ Patients with heat exhaustion often feel weak, dizzy, and thirsty.
4. \_\_\_\_\_ Victims of both heat exhaustion and heat stroke should be removed from the sun.
5. \_\_\_\_\_ Heatstroke is an immediate life-threatening emergency.
6. \_\_\_\_\_ Heatstroke victims generally are not sweating.
7. \_\_\_\_\_ The skin of a heatstroke victim will be hot to the touch while the skin of a heat exhaustion victim will generally be pale and clammy.
8. \_\_\_\_\_ Heat stroke victims should have their body temperature lowered as quickly as possible.
9. \_\_\_\_\_ Someone who is hypothermic will have difficulty doing higher level brain activities (like counting backwards from 100 by nines).
10. \_\_\_\_\_ To treat a victim of hypothermia, remove the victim from the cold area, remove wet clothing, and cover the person with a blanket.
11. \_\_\_\_\_ A person suffering from frostbite should have the area warmed as quickly as possible by the first aid rescuer.