

FIRST AID TERMINOLOGY IN WINTER

1. Heat Loss without Physical Contact
 2. Heat loss through physical contact
 3. Heat loss due to air movement
 4. Heat loss from Breathing
 5. Heat results in perspiration - becomes vapor from body surface
 6. Movement of sweat from body to air through base layer of clothing
 7. Superficial freezing of the skin
 8. Tissues under the skin freeze
 9. General lowering of the body core temperature
 10. Shivering, Numbness, slightly low temperature
 11. Shivering, lack of coordination, impaired judgment
 12. Lack of shivering, slowed breathing, stops complaining of cold
 13. unconsciousness, stiffness from cold
 14. Burning of the retina due to sun reflection off the snow
- A. Evaporation
 - B. Extreme Hypothermia
 - C. Frost Nip
 - D. Convection
 - E. Respiration
 - F. Wicking
 - G. Severe Hypothermia
 - H. Snow Blindness
 - I. Hypothermia
 - J. Conduction
 - K. Mild Hypothermia
 - L. Radiation
 - M. Moderate Hypothermia
 - N. Frost Bite