

HEAT-RELATED CONDITIONS

Table 2.1

Heat-Related Conditions

Condition	Definition
Heat cramps	Muscle cramps caused by excessive exposure to heat and low consumption of water.
Heat exhaustion	A condition caused by excessive exposure to heat, characterized by paleness, cold clammy skin, profuse sweating, weakness and tiredness, nausea, dizziness, muscle cramps, and possible vomiting or fainting. Body temperature may be normal or slightly above normal.
Heatstroke	A condition caused by excessive exposure to heat, characterized by high body temperature (possibly as high as 106°); hot, dry, flushed skin; rapid pulse; lack of sweating; dizziness; or unconsciousness. This serious condition can result in death and requires prompt medical attention.

WHAT TO WEAR FOR THE WEATHER

Overhead
Transparency
Master

2-B

In cold weather

Knit hat

Ski mask

Mittens

Layers of lightweight clothing

Absorbent material next to the body

Outer layer of windproof material

Warm socks



In hot weather

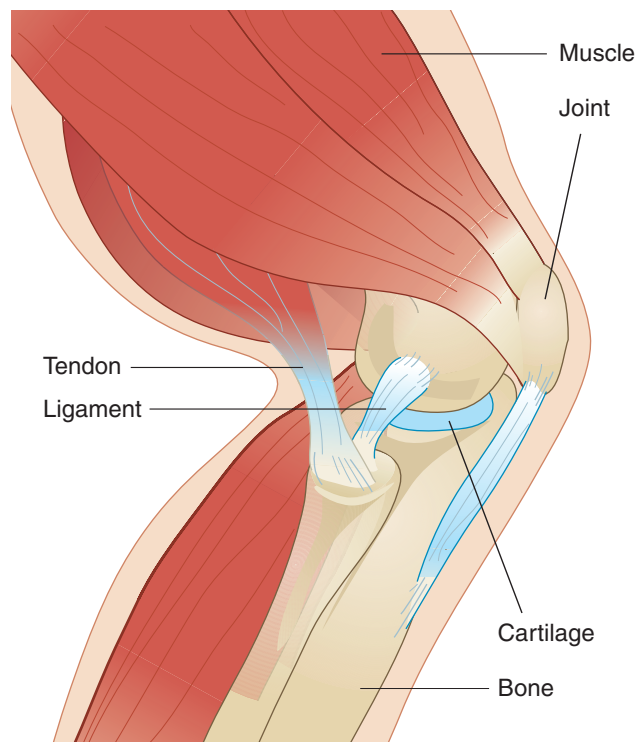
Use sunblock

Porous clothing

Light colors



THE KNEE JOINT



Overhead
Transparency
Master

2-D

GUIDELINES FOR BUILDING SELF-CONFIDENCE

- **Learn a new way of thinking**
- **Set your own personal standards for success**
- **Avoid competition if it causes you a problem**
- **Set small goals that you are sure to reach**
- **Think and act on positive, not negative, ideas**
- **Practice the skills of the activities in which you want to improve**

Application**2****PACKING FOR THE WEATHER**

Jose is going on a three-day hike through the Colorado Rockies. He has limited space in his backpack for clothes. Although the weather has been mild, there is always the potential for unexpected cold weather and snow at higher elevations within the mountains. Jose is having difficulty selecting the last items for his trip. He has already packed a few things, which are listed below the pack. He's also already wearing hiking boots, jeans, a long sleeve t-shirt, and a fleece vest. He now must choose his remaining items from what he has in front of him. Help Jose out by selecting the last few items. There's room for two small, two medium, and one large item only. Write your selections on the lines provided.



4 pairs of socks

1 pair of shorts

2 short-sleeved t-shirts

1 long-sleeved t-shirt

underwear

toiletries

first aid kit

Pick from the following items:

Small items: socks, mittens, tank top, knit hat, scarf, bandana, baseball hat, gloves

Medium items: wool socks, long underwear, umbrella, high-top sneakers, cotton sweatshirt, cotton sweatpants

Large items: waterproof windbreaker, ski pants, leather jacket, fleece jacket, hooded sweatshirt

1. Explain why you selected the five items you listed.

2. What other clothing items would you recommend Jose take on his trip?



2

Reinforcement

SOLVE THE MYSTERY

Write the correct term above each description. Each numbered letter matches one or more numbers in the mystery statement at the bottom of the page. Insert the numbered letters to find the statement.

1. _____
 6

Injury that does not immediately cause pain or soreness

2. _____
 1 **2**

Condition caused by excessive exposure to heat, characterized by cold, clammy skin and symptoms of shock

3. _____
 3 **10**

A pain in the side of the lower abdomen that a person might experience while exercising

4. _____
 7

Damage to body tissue caused by cold

5. _____
 8 **4**

Damage to bones, muscles, or other tissues by excessive exercise

6. _____
 12 **11**

Collapse or sudden illness with high fever and dry skin caused by exposure to excessive heat

7. _____
 14

Condition in which body temperature becomes abnormally low

8. _____
 5 **13**

Concerning principles of physics and engineering that can help living organisms function

9. _____
 9

A factor that plays an important role in determining how strenuously and when you exercise

1 2 3 4 5 6 7 8 9 10 11 12 13 14

