

Exposing Hypothermia

If you should ever find yourself in freezing cold water, you should try to get out immediately. Hypothermia is the dangerous lowering of the body's internal temperature to below normal. It occurs when your body loses heat faster than it can produce it. Hypothermia is likely to occur when you are cold, wet and exhausted. Since your body loses heat faster in water (cold water chills 25 times faster than cold air), it is particularly dangerous to winter recreational water users. Life expectancy in 33° - 40° water can be as short as 15 minutes.

You will need:

3 5-gallon buckets with water
Thermometer (or something to measure the temperature of the water)
Miscellaneous coins (pennies, nickels and dimes)

Fill all 3 buckets with water. Drop some of the coins in each bucket. The temperature of the water in the first bucket should be 60°F the second 50°F and the third 40°F. Test your response to picking up coins in each bucket. Submerge your hand well past your wrist for 2 minutes in each bucket (one at a time), then try to pick up coins off the bottom without looking. Do Not Leave Your Hand In The Water Longer Than 3 Minutes! Can you pick up the coins?



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