8.Hypothermia



**Group size**

Whole group or small groups

**Suggested timing**

30 minutes

**Method**



Discussion and film

Learning objectives

**What you need**



**Hypothermia interactive activity (images and text) on the** [**hypothermia first aid skill page**](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/hypothermia/)

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**Learner skill guide ‘helping someone who has hypothermia’**

* Learn first aid skills and about basic treatment for common injuries
* Feel confident to help someone who needs first aid
* Learn about helping others and kindness

## Overview

Young people learn about hypothermia and what happens when someone is experiencing it. They then learn the steps to helping and the key action to take when someone has hypothermia.

## Preparation

Ensure you can access the First aid champions website and can move through the interactive activity on the [hypothermia first aid skill page](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/hypothermia/). Display or print off the Learner skill guide ‘helping someone who is has hypothermia’.

## How to run the activity

1. Ask young people:
* What is hypothermia?

It is when someone’s body temperature gets very low due to being cold.

* What happens when someone has hypothermia?

They will be in a cold environment and will be cold to touch. They may also be shivering, pale and disoriented.

* Have you ever seen someone with hypothermia? Possibly on TV or in a film?

Make sure young people know they don’t need to share if they find a story upsetting, but if they want to share, explain that they are going to learn how to help someone who is has hypothermia.

* What feelings might there be when someone has hypothermia?

It can be very worrying when someone has hypothermia. It is okay to feel worried, the most important thing to do is to recognise what is happening and to calmly help them.

* What can you do to help someone who is has hypothermia?

Explain that in the next part of the activity the group are going to learn how to help someone who has hypothermia.

1. Now go to the [hypothermia first aid skill page](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/hypothermia/). Display the interactive activity on the web page, this will appear as a series of slides you can work through with the group. Alternatively, you could set the group up with individual or shared screens to work through the activity.
2. Display or direct the group to the confidence slider on the [hypothermia first aid skill page](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/hypothermia/), either setting this as an individual task or discussing as a group. How confident do learners feel to help someone who has hypothermia?
3. On the [hypothermia first aid skill page](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/hypothermia/), move through Michael’s story, displayed as a series of images and text. You could ask learners to read out the slides. After showing the story, ask young people:
* What was happening in Michael’s story?
* How did they recognise Allanah had hypothermia?
* How might they have felt? Think about the person who had hypothermia, the people who helped and anyone else nearby.
* What is the action that Michael and his friends took to help? What were they good at? What qualities did they show? What can you learn from this? How could you use it?
1. Direct the group to the confidence slider on the [hypothermia first aid skill page](https://firstaidchampions.redcross.org.uk/secondary/first-aid-skills/hypothermia/) and complete it again.
2. Display or hand out the Learner skill guide ‘helping someone who has hypothermia’. In small groups, or as a whole group look at the learner skill guide and discuss again some of the signs of hypothermia and what they would do to help.
3. Individually, or in small groups choose one of the creative tasks below to complete the activity:
* Write or create a poster of how to recognise a hypothermia and the key action to take when someone has hypothermia.
* Create your own hypothermia story. They could map this out in pictures that they take as a group with text alongside, like in Michael’s story, or just write text. They can create their story as a PowerPoint or as a short animation. Ensure that young people show the key action to take to help someone who has hypothermia and get this across as part of their story. They can then share with the rest of the group – time allowing.

## Summing up

* Remind the group that the most important thing to do is to help.
* Now practise how to help someone who has hypothermia.