Name:		Date:	
Intro to Sports Medicine		Block 4A	
Unit 6 Notes			Environmental Emergencies
Questions/Main Ideas	Notetaking Column		
1. How are heat related illnesses caused?			
2. What are signs of heat exhaustion?			
3. What are signs of heat stroke?			
4. How do you care for heat related illnesses?			

5.	What is frostbite?	
6.	What is hypothermia?	
7.	How do you treat hypothermia?	
8.	How do you treat frostbite?	
Su	mmary	Use this space to write a two or three sentence summary of what you just read.