- **Pancake Ice** - Is a round section of recently formed free-floating ice. It spans approximately ten feet across and can be up to four inches thick. It is mostly level with elevated edges due to pieces colliding against one another.

Ice Strength:

- 3".....Walking
- 4".....Fishing
- 5".....Snowmobile
- 8-12".....Vehicles

Discussion:

When walking on ice, how far apart should rescuers be? How can we better disperse our body weight?

Given that 8-12 inches of ice is theoretically safe to drive on, should NFD vehicles be driven on ice if needed?

Hypothermic Patients:

We know hypothermia can begin when the core temperature drops below 95 degrees. When a victim is suddenly submerged in cold water hypothermia and hypoxia rapidly occur. Discuss the "Mammalian Diving Reflex". There are many instants when a drowning victim has been successfully revived after submersion in cold water for long periods of time. Why is this? How Would NFD members treat a hypothermic patient. Review the following MFA information on hypothermia.

Heat Loss

Heat loss is due to the transfer of heat (calories) from one body to another, or from one body into the atmosphere. Heat loss occurs several ways.

a. *Conduction* - Direct heat exchange from one body or surface to another by direct contact. Ex., a body immersed in cold water, or wearing wet clothes.
b. *Convection* - Air currents blowing across the body remove heat and lower the body's temperature.
c. *Radiation* - Body heat radiates away from the body and warming objects around it. (40% of heat loss from the body radiates away from the head and neck.)
d. *Evaporation* - Evaporation of perspiration on the surface of the skin is the body's own way of cooling down. Also known as "sweating."
e. *Respiration* - A person breathes in cool air and exhales warm air. When heat loss is greater than heat production, the body cools down.