



Lesson Quiz - Answer Key

Safe Environmental Temperatures

1. Define hypothermia: *Hypothermia occurs when the body gets cold and loses heat faster than the body can make it.*
2. Define hyperthermia: *Hyperthermia occurs when a person's body temperature produces or absorbs more heat than it can dissipate. Body temperature rises and remains above the normal; 98.6°F*
3. List three reasons why infants are at a greater risk for either hypothermia or hyperthermia?
 - *Infants cannot regulate their body temperature as well as adults*
 - *Infants have a large body surface in relation to weight and little subcutaneous fat*
 - *It is difficult for babies to produce heat by shivering*
 - *Infants aren't able to tell their caregiver that they're hot /cold or thirsty.*
 - *Infants' temperature-regulating systems aren't fully developed; they have fewer sweat glands than adults, so they sweat less. As a result, they're not as efficient as adults in keeping cool. In addition, their bodies can warm at a rate 3 to 5 times faster than an adult's; therefore, they are very susceptible to hyperthermia.*
4. List four potential dangers of leaving a child unattended in a car.
 - *Hypothermia Injury if they get out of car seat*
 - *Carjacking*
 - *Danger of injury if infant gets out of car seat*
 - *Hyperthermia*
5. What conditions cause the temperature in a car to rise to dangerous levels? Explain the dynamics.
 - *Answers should include something to the effect: The atmosphere and the windows of a car are relatively "transparent" to the sun's shortwave radiation and are warmed little. However this shortwave energy does heat objects that it strikes. For example, a dark dashboard or seat can easily reach temperatures in the range of 180 to over 200°F. These objects (e.g., dashboard, steering wheel, and infant seat) heat the adjacent air by conduction and convection and also give off long-wave radiation which is very efficient at warming the air trapped inside a vehicle.*
6. What are three precautions for the prevention of hyperthermia? *Any of the following:*
 - *Keep rooms at a comfortably cool temperature during the summer.*
 - *Dress infants in cool clothing in hot summer months. Use wide-brimmed hats in light colors if you take the infant outside.*
 - *Use infant-safe sunscreen/sunblock on infants over six months if outside. Avoid outdoors in extreme heat.*
 - *Keep the infant hydrated during heat waves.*
 - *Never leave infant in an unattended car.*
7. What are three precautions for the prevention of hypothermia in children? *Any of the following:*
 - *Keep rooms at comfortably warm temperature in winter months*
 - *Keep infant in warm clothes during winter*
 - *Dress infant appropriately if you must go outside – avoid being outside in extreme cold or heat*
 - *Never leave an infant in an unattended vehicle*

Lesson Quiz - Answer Key (cont.)



8. What are two considerations for each of the following related to dressing of infants?

- *Environment: lightweight clothing or infant body suit in hot weather, wide brimmed hat for sun protection when outdoors in heat, layers in cold weather, covered head and hands in cold weather*
- *Safety: Not too loose, snug but not tight, no drawstrings*
- *Comfort: Knit, cotton, simple and functional. Avoid scratchy lace or zippers at the neckline.*

9. How can changing an infant help with their physical, intellectual, emotional and social development? Give two suggestions for each.

- **Physical**

- *Exercise and later cooperating with changing*
- *Physical stimulation*
- *Appropriate clothing = health , safety, comfort, security*
- *Prevent diaper rash*

- **Intellectual**

- *Talking = language development*
- *Routines important. Sleeper → daytime clothing and back-giving infants cues of what to expect*
- *Positive parenting and bonding = brain development*

- **Emotional**

- *Calming aspect to feeling clean*
- *Attachment/responsive feedback – facial and verbal touch*
- *Bonding = positive emotional development*

- **Social**

- *Talking /singing during the process = enhanced brain development and bonding*
- *Regular routine for social interaction*
- *Positive physical and verbal = good parent/child socialization*
- *Cooperation through parenting modeling*