

Name: _____

Date: _____

Frost Bite

U 1 M V O G E R E M O V E F R O M A R E A V B O
N V S K I N I S S O F T T U R N S T O H A R D B
K C H 1 O V U E F L X 1 S K D 1 E T N X H W K S
K Y U F T S E D T W P O M X T O D T T B G A I O
C G I I L C G D 1 K 3 U E A O S I G N I N R U B
A N T O L 3 N N L V C L V E X E O 1 1 L A G G D
O I L X W Y A F O T V B L U E C H O S T C F P 1
X T E O M X R A S C P B O S E O U I T 2 1 E A T
O A W 2 S H O U F G H C V X R N W T K H 3 B R 2
N E K H X S Y 1 M B F E X F U D T X H D X G D N
M H L X I K O M R N X X M U F S R O W 3 O A H S
M E Y U A T C F K 3 W A F I S D I S P U 2 R P T
L R R D S M E O F H U U U L C F H P Y 1 O R S O
E S L 2 1 E K S E E B E A A W A L 2 U M T 3 2 E
B N F E T D H R B O E T R K G X L M O O 3 M H P
N I B S L V B Y F O I L 2 W H D S W F N B H P 1
E M K O 2 E S X O V D F I M M A N N A E R N N E
G O Y D L W U A X O X E X N M M E H V R X S O R
Y 3 G D O S T W S T D B T T G 3 Y G 3 I M T G D
3 O P N N O R U B B I N G O G S O O W W Y E H B
1 T 3 O 3 3 R G I T V 1 B O C G O K E Y 2 W R C
M O H C T V K A H M U D U H Y P M 3 N P E N F S
X 2 2 E W F U A P O L M I 2 H W O X H O 2 A K K
U U A S O O O F H N I A P X V S N K F U G K U V

Skin is soft, turns to hard
Loss of Feelings
10 Seconds
Orange
Blue
EMS

20 to 30 mins reheating
Remove from area
No rubbing
Vitals
Pain

No chemical warmers
Second dose
Burning
White
Waxy