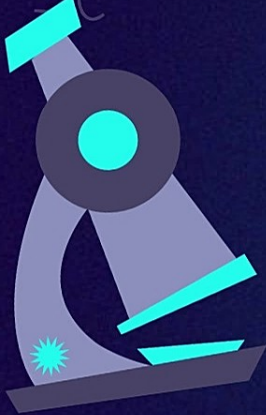


## STEP 2



Tips to teacher!

A

?

Disinfect the thermometer, and take two 'pre-test' measures:

the skin temperature  
the body temperature

+

B

Record the room temperature

Wait at least two minutes between D and E



E

Pour 1/2 litre warm water in a bowl. Make sure it can cover the whole hand from the wrist down.

Record the water temperature  $40-45^{\circ}\text{C}$

C

Pour 1/2 litre cold water in a bowl. Make sure it can cover the whole hand from the wrist down.

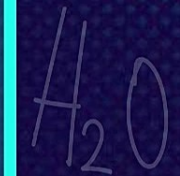
Record the water temperature  $5-10^{\circ}\text{C}$

F

Hold the hand in the water for 30 seconds

Immediately after: record skin and inner body temperature

Note other changes to the hand (color, shiver)



$\pi = 3.14$

$E = mc^2$