

Chapter 3

Fire and Ice

Hyperthermia and Hypothermia

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Chapter Author:

Insert if part of a contributed volume

Some say the world will end in fire;

Some say in ice.

From what I've tasted of desire

I hold with those who favor fire.

--Robert Frost, "Fire and Ice"

Chapter No. & Title:

Flush left;
use headline capitalization

Chapter Subtitle:

Flush left;
use headline capitalization;
all chapters should have subtitles or none
should have a subtitle

All Text:

Use 12pt Times New Roman; double spaced; flush left (do not "justify")

Margins:

Use 1" margins on all sides

Epigraph:

Set off with a space above/below.
No chapters should have epigraphs or all should have them. Put at chapter openers only, not within the chapter. Limit no. of epigraphs at each opener to 1 short quote (max 2).

Epigraph Source:

Set name on separate line, preceded by a dash. Do not attach a note to the epigraph source. Author and title suffice (See *Chicago Manual of Style*, 16th ed).

A dangerous rise in internal temperature is called hyperthermia; a dangerous fall in internal temperature is called hypothermia. This chapter is about how to prevent burns and how to prevent hypothermia and hyperthermia.

A-head/1st Level of Subhead:

Set off with a space above; flush left; headline capitalization. If any chapters open with a text subhead, all should. If there are lower-level subheads, there must be at least 2 such heads beneath a given higher-level subhead. Chapters should have same or similar subhead structure.

Burns and Scalds

The causes of burn injuries can be thought of as falling into three categories: being burned through contact with open flame, being burned through contact with a hot surface, and being burned through contact with hot liquids or steam (fig. 3.1).

Figure Callout:

Flush left; set in angle brackets; use all caps; space above/below; must immediately follow the paragraph containing the text callout (see circled reference). Avoid figures that must appear in a precise location in the text. Do not embed actual images in the text.

<FIGURE 3.1 ABOUT HERE>

A wide variety of circumstances can set the stage for burns and scalds. Here are some accounts of burns and scalds among people 65 and older treated in emergency departments in 2010:

Page Number:

Set automatic page numbering in the footer on the right margin with the chapter number preceding it (chapter number should repeat for all pages)

- picked up a hot pot from the stove and burned hand
- reached over a stove to grab a pot and sleeve caught fire
- turned around while cooking at a gas stove, and nightgown caught fire
- hair caught fire while blowing out a candle

Lists:
 Try not to use any more than 2 of the 4 main types of lists: numbered list (use when sequence or count is important), unnumbered list, bulleted list, or outline. Preferably, lists do not have titles.

I never thought that something like this would have happened to me. There I was one minute, cooking dinner over the stove, and the next minute I was being rushed to the emergency room by my son-in-law. All I wanted to do was make dinner for the family. I should have paid more attention to the big, blousy sleeves I was wearing.

Case Studies/"Stories" by Interviewees or Patients:
 Unless brief and integrated into running text, set off from main text with space above/below. Style roman, not italic.

How can these injuries be prevented? That's the topic of the following sections, which are organized according to the three underlying hazards: open flames, hot surfaces, and hot liquids.

Open Flames

B-head/2nd Level of Subhead:
 Set off with a space above; indent by one tab; headline capitalization.

Factors that increase the risk for fire-related injury and mortality among older people include decreased mobility, hearing loss, loss of sense of smell, and confusion. Open flame is an obvious fire hazard. So, the first exercise is to look for the use of open flame (including pilot lights) in the home.

The Kitchen

C-head/3rd Level of Subhead:
 Set off with a space above; indent by two tabs; headline capitalization.

Open flame in the kitchen is likely to be limited to the oven or cook-top. The gas cook-top presents the highest risk of open flame hazard to the person who reaches near or over a lit burner (table 3.1). The best preventive measure is to turn off burners before removing pans from them.

<TABLE 3.1 ABOUT HERE>

Table Callout:
 Set same as figure callout; do not embed actual table in text (include in separate "Tables" file).

Other Rooms

Candles can be lovely and add warmth and pleasant scents to a room, but they also are an open flame hazard. Many candles have been recalled for posing a fire hazard when they themselves caught fire or when they caught other items on fire. In 2011, the U.S. Consumer Product Safety Commission (CPSC) issued the following statement:

Extract/Block Quote:
Set off with extra space above/below;
indent by 1/2" (do not set using tabs)

Fire pots that use gel present an unreasonable risk of fire-related injury because they can spread or spew ignited fuel onto users and surroundings. Unlike candles, these products do not have a wick to sustain the flame. If these pots tip over while ignited, fuel and fire will spread quickly. Fire pots are portable, decorative lighting accents marketed for indoor and outdoor use. Their purpose is decorative. They provide some illumination and are not intended to provide heat.¹

The gel fuel used with the fire pots is viscous, like syrup, and is made primarily of alcohol, so it burns clean, without smoke or ash (box 3.1).

<BOX 3.1 ABOUT HERE>

Notes

A Note on Tabs:

Always use the tab key to signal a new paragraph (never use the space bar to indent text). If the text after a list, extract, etc., is part of the previous paragraph, begin flush left. Do not leave extra space between paragraphs.

Box/Sidebar Callout:

Set same as table/figure callout.

1. U.S. Consumer Product Safety Commission, "Fire Pots Present Real Hazard" (April 2011), <http://www.cpsc.gov/fire-pots-present-real-hazard.html>.

Notes:

All notes will appear at the end of the book, but are OK saved at the end of the chapter file if using Word's automatic note features. For contributed volumes, notes may be at the end of the chapters. No footnotes allowed in text. Follow *Chicago Manual of Style*, 16th ed., for note style. Give full cite at first mention in each chapter; short thereafter.

References/Bibliography

Albornoz CR, Villegas J, Sylvester M, Peña V, Bravo I. Burns are more aggressive in the elderly: Proportion of deep burn area/total burn area might have a role in mortality. Burns. 2011. 37(6). pp. 1058-61.

References/Bibliography:

If you and your editor agree that your book should have a reference list or bibliography, then citations in the notes should be short cites only. The full cites in the References/Bibliography must be complete, with consistent information supplied for like sources. There must be a cite for every source given in the notes or text.