

# Winter Safety

## How to beat the cold weather

Don't let the cold weather stop you from enjoying the great outdoors during the winter season. Just follow a few basic rules and have fun!

### Tips for Cold Weather Survival

- \* **Check the weather forecast** before going outside. Note the **wind chill index** - it may feel a lot colder than the thermometer says, so make sure you are well prepared.
- \* **Dress appropriately** by wearing layers of warm clothing with an outer layer of wind proof, water repellent material and warm waterproof boots. Be sure to cover up as much skin as possible (hats, scarves, mittens). Remove wet clothing or footwear immediately.
- \* **Seek shelter** when the wind chill is very cold, reduce the time spent outdoors. When outdoors, stay out of the wind.
- \* **Keep active** as physical activity increases your metabolism and will keep you warm by generating body heat. Exercise caution with strenuous activity such as shoveling snow in very cold weather.
- \* **Know your limits.** Some people are more susceptible to the cold, particularly children, the elderly and those with circulation problems. The use of tobacco, alcohol and certain medications will increase your susceptibility to the cold. Try to drink warm fluids, like soup, to stay warm.



### Watch out!

Cold weather exposure can lead to serious problems such as frostbite and hypothermia if protective measures are not taken.



### Look for the 4 "P"s of frostbite.

**Pink** - affected areas will be reddish in colour. This is the first sign of frostbite

**Pain** - affected areas will become painful

**Patches** - white, waxy feeling patches show up - skin is dying

**Pricklies** - the areas will then feel numb

**Should frostbite set in seek medical attention.**

### Signs of Hypothermia

Look for the "UMBLES" from people affected by cold temperatures;

- \* A person who mumbles
- \* A person who stumbles
- \* A person who fumbles objects

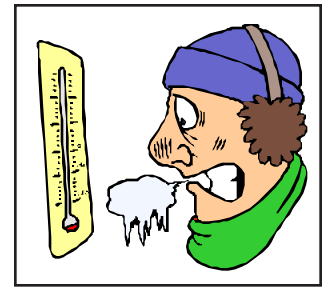
For infants look for cold reddish skin and low energy - always have a thermometer at home.

**In case of Hypothermia seek medical attention**

*\*Reproduced with permission from The City of Ottawa Emergency Services website.*

# What is Wind Chill?

Wind Chill is the term used to describe the cooling process caused by the combined effect of temperature and wind. It is the temperature it “feels like” outside, and it is based on the rate of heat loss from exposed skin caused from the wind and cold.



Refer to the chart below to safely plan your outdoor activities.

## Wind Chill Hazards

0 to -10	Low	Slight increase in discomfort	Follow Tips for Cold Weather Survival.
-10 to -25	Moderate	Uncomfortable Exposed skin feels cold Risk of hypothermia if outside for long periods without adequate protection	Follow Tips for Cold Weather Survival. Avoid long periods of outdoor exposure.
-25 to -45	Cold	Risk of skin freezing (frostbite) Check face and extremities (fingers, toes, ears and nose) for numbness or whiteness Risk of hypothermia if outside for long periods without adequate protection	Follow Tips for Cold Weather Survival. Cover all exposed skin, particularly your face and hands. Limit outdoor exposure time.
<b>WARNING LEVEL</b> -45 to -59	Extreme	Exposed skin may freeze in minutes Check face and extremities frequently for numbness or whiteness (frostbite) Serious risk of hypothermia if outside for long periods	Be careful! Avoid outdoor activities if possible. Follow Tips for Cold Weather Survival. Cover all exposed skin, particularly your face and hands.

*Adapted from materials by Environment Canada*

For more information on the weather and wind chill, visit:

- \* [www.weatheroffice.ec.gc.ca](http://www.weatheroffice.ec.gc.ca)
  - \* [www.windchill.ec.gc.ca](http://www.windchill.ec.gc.ca)
  - \* [www.theweathernetwork.com](http://www.theweathernetwork.com)
- or tune in to your local radio and television stations.

Website: [www.hkpr.on.ca](http://www.hkpr.on.ca)



Toll-free: 1-866-888-4577

35 Alice Street  
Brighton  
(613) 475-0933

22 Doxsee Ave. S.  
Campbellford  
(705) 653-1550

1 York Lane, Top Floor  
Haliburton  
(705) 457-1391

108 Angeline St. S.  
Lindsay  
(705) 324-3569

200 Rose Glen Rd.  
Port Hope  
(905) 885-9100