



Seven steps to cold weather safety

Winter weather has arrived in much of the country. Do you know the signs of hypothermia, and what to do if you get frostbite? **Read on** to make sure you're ready for **cold weather**!

1) Listen to the weather forecast

- Check the Environment Canada weather forecast before going out.
- Listen for a **wind chill** warning. Warnings are based on local climate and are issued when significant wind chills are expected.
- Visit Environment Canada's new Weather and Meteorology website: <http://ec.gc.ca/meteo-weather/>

Weather forecasts are available through radio and TV broadcasts, Environment Canada's Weather radio service, and online at www.weatheroffice.gc.ca.

2) Plan ahead

- Develop a cold weather **safety plan in advance** to ensure that safety concerns are addressed when it's very cold, or when the wind chill is significant. For example, schools could hold recess indoors, outside workers could schedule warm-up breaks, and those involved in winter recreation could reduce the amount of time they spend outdoors.

3) Dress warmly

- Dress in **layers**, with a wind resistant outer layer.
- When it is cold, **wear a hat**, mittens or insulated gloves. Keep your face warm with a scarf, neck tube or facemask.
- Wear warm and waterproof footwear. When it is very cold, or when the wind chill is significant, cover as much exposed skin as possible. Your body's extremities, such as the ears, nose, fingers and toes lose heat the fastest.

4) Seek shelter

- When the wind chill is significant, get out of the wind and limit the time you spend outside.

5) Stay dry

- Wet clothing chills the body rapidly.
- Remove outer layers of clothing or open your coat if you are sweating.

6) Keep active

- Walking or running will help warm you by generating body heat.

7) Be aware

- Watch for signs of frostbite and hypothermia
- Some people are more susceptible to the cold, particularly children, the elderly and those with circulation problems.
- Check on elderly relatives and neighbors to ensure they are warm enough and have sufficient supplies, particularly when the weather is cold or snowy. They might not feel comfortable going outside to shop and may require food, medications and other supplies.
- The use of alcohol, tobacco and certain medications will increase your susceptibility to cold.

What to do:

- Get medical attention immediately, activate the 1st responders by **calling 911**

Reminder:

- Preparing Your home by using plastic wrap/ shrink kit for windows can help keep warm air in, and cold air out. This can be found at your local hardware store.
- Heat Tape can be used for homes that are susceptible to freezing pipes. This can help prevent pipes breaking due to ice buildup and are operated by a thermostat.

