WE LOVE THE WINTERS HERE



Winter Safety Booklet



SCWB | WINTER SAFETY

WE LOVE THE



WINTERS HERE



How to Dress for Winter

Clothing for the winter season changes tremendously from that of summer attire. The chilliness of fall is the transition that readies us for the sub zero temperatures that follow the seemingly brief season. Follow these key strategies for dressing appropriately and ensure you are fully prepared to face the winter weather.

1) Check the temperature AND the windchill before leaving the house each day. Windchill can decrease the actual temperature several degrees.



- How to Dress for Winter
- Winter Driving
- Winter is Fun! Stay Safe!

Winter is often only recognized as cold, dark and dreary. While it is true that Canadian winters can be long, winter is also refreshing, cozy and FUN!

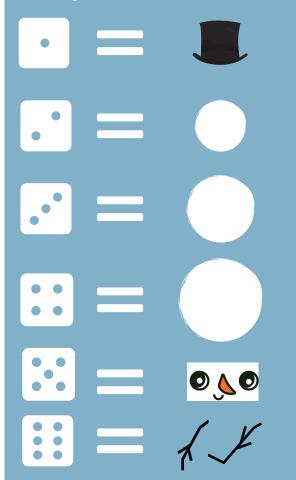
To experience a true Canadian winter is incredible! The delicate uniqueness of a snowflake, the beauty of gleaming, fresh snow in the sun, just a couple of the winter treasures to be found in this amazing season.

Do You Want to Build a Snowman?

(For 2 or more players.)

Game Instructions:

- -Take turns rolling the dice
- -Draw only the snowman part for the numbe vou roll.
- -Only draw each item once. If you roll the same number, play continues to the next person.
- & you try again on your next turn
- -The first person to build a complete snowman wins the game.



Take precaution to ensure you have extra layers and ensure your head, extremities and face are covered and protected.

*wind-chill - the lowering of the air temperature caused by the wind, especially as affecting the rate of heat loss from an object or human body. ~ Oxford Languages

2) Layers are important! Wear a good BASE LAYER that wicks moisture away from your skin. On top of your base you will want an INSULATING LAYER which will keep your body heat in. Your OUTSIDE LAYER should be a shell that protects you from snow and wind.

Wearing layers gives you the ability to remove or add clothing as your activity or the outside temperature changes. Layers can also change in weight or material to best suit the outdoor activity you will be participating in. There will likely be some trial and error to finding the perfect layer balance to suit your body and needs.

3) Know your level of activity. If you will be standing outside waiting for a bus you will dress differently than when you plan to go skiing. Whatever your level of activity, it is important to dress appropriately to maintain a comfortable body temperature. When you are active you are creating body heat, if you are properly dressed this will work to your benefit, if you are over dressed, you will sweat. This moisture, if not wicked from your body, will cool and cause you to feel cold. Play around with your layers and what outdoor activities you pair them with to find the balance that will work for you to keep your body temperature comfortable.

4) Wear a hat (toque in Canada), mitts & scarf.

Everyday your body is working to keep you warm and at a comfortable temperature. In the winter your body is working extra hard to do this with the cold. Your heart and major organs are at our body's core and they are deemed the most important to our survival. Fingers, toes and ears are not as important as we are able to live without them. You may notice these extremities are the first to feel cold and the first to get frostbite which can be quite painful. Wearing insulated gloves or mittens and a scarf can help protect those not so insignificant body parts from freezing.

It is also important that you wear a hat on your head. Body heat is released through your head, wearing a warm hat/toque will prevent this from happening and keep your ears warm as well.

Be aware that on extra cold days a scarf, neck warmer or face covering is also a good idea to prevent frostbite on your nose and cheeks.



Winter Driving

Driving in winter can be challenging. It is important to take extra caution through the winter months when driving to any destination whether you are an experienced or novice driver. Things to keep in mind:

PLAN - check the road and weather conditions - allow yourself extra time - tell someone where you are going - don't drive tired - stay on well traveled roads - wear warm clothing - ensure you have a winter emergency kit in your vehicle with some blankets for long trips remove all the snow and defrost all your windows fully. **SKILLS** - Avoid spinning, do not accelerate too quickly steer smoothly with no sudden moves or turns of the steering wheel - signal to change lanes in advance.

brakes, pump your foot on the brake evenly with firm pressure until you stop. - With anti-lock brakes apply firm steady pressure to the brake until you stop.

SKIDDING - Do not Panic! - Do not brake! - Do not accelerate! - look where you want to go and steer in that direction.

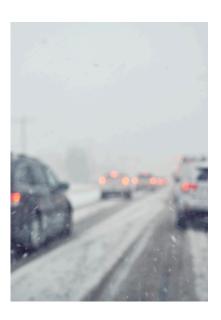
BRAKING - With no anti-lock

WINTER FLUIDS

Windshield washer fluid can freeze during our winter temperatures. Ensure that at the end of the summer season you are changing your washer fluid to something capable of working in the cold. Washer fluid is sold with different temperature ratings. For our winters try and buy one that is labeled specifically for winter driving with a temperature rating of -40 or colder.



If you have washer fluid in your vehicle that is not winter rated and happens to freeze, find heated parking and let your vehicle thaw. Once the fluid is thawed, drain and refill with the appropriate type.



WEATHER - Snow & ice are more slippery at 0°C than at -20°C. - Black ice can be found on shaded areas of roads or bridges. You will notice the road to be shiny and black.

TIRES - Winter tires preform the best at temperatures below +7. All season tires will not have the same winter driving capabilities as specific winter tires. Visit a local tire shop to discuss your options.

*A message from Wood Buffalo RCMP





- Avoid the use of
 aftermarket products that
 did not come in the box
 with the car seat.
 Especially those that add a
 layer between the child
 and the car seat or that
 harness straps pass
 through.
- Avoid bulky jackets & snowsuits in the harness.
 Fleece is a compressible material that is also warm. Use layers or remove the jacket to use as a blanket while the child is buckled in.





Winter Car Seat Safety

 Remove winter boots for a rear facing child to keep your vehicle seats and car seat clean from debris like salt, sand and mud as it melts. Allowing this debris to build up on your car seat can lead to problems adjusting your harness and possible build up under your seat cover.





Visit safecommunitywb.ca to book a car seat check to ensure you are transporting your little ones safely in the vehicle.









Winter is Fun! Stay Safe!

While most Canadians will agree they do not enjoy the colder winter temperatures, they will agree that they do have fun during the snowy season. Whether you are heading out to participate in a great winter activity or sport or simply walking your children to their bus stop, here are some great winter safety tips to keep in mind.

CHILDREN - If the temperature is -27°C or below keep little ones inside. They should be well supervised at least with a buddy system so they are not alone. Check often to see that your child is warm & dry.

GEAR - Whatever the winter activity you should be wearing the appropriate safety gear to protect them. This includes, helmets & wrist guards. It is important to note that bicycle helmets are not permitted for outside use in winter. They are only safety tested to -10°C.

SLIPS & FALLS - Wear proper footwear not only for warmth but also to help prevent falls. Be careful of freshly fallen snow, ice maybe hiding underneath. Take your time! It may help to walk with your feet slightly wider than usual and walk sideways down slippery slopes with your knees slightly bent.



FROSTBITE - When skin freezes it is called frostbite. This can happen quite quickly to areas not properly protected. First, skin may appear red, swollen and there may be a stinging, burning sensation. Second, the skin will feel tingly and numb and will look grey. Lastly, once the skin has frozen it will have no feeling. It will look white and shiny.

Treatment:

- Carefully remove any clothing covering the area.
- Change into warm, dry clothing.
- use WARM not hot water to slowly warm the affected area.
- If your hand is frostbitten, place it in your armpit to warm.
- Do NOT massage or rub snow on frostbitten skin.
- Seek medical attention if the frostbite is severe.

*Note that once an area has been frostbitten once it is more likely to happen again.

You really can have fun no matter the weather but it is important to be prepared and stay safe!



First Winter Experiences

I arrived to Fort McMurray in December 2016 and till today I live in this city. My experience with Fort McMurray weather was shocking at first. When I was leaving Poland, it was average winter weather with temperatures around 0 C degrees. Upon my arrival to Fort McMurray, I met with -25°C degree temperatures with snow covering the land.

For the first few weeks I struggled to get used to this harsh weather. I like to spend my free time outdoors. In the beginning whenever I went for a walk, the cold brought me back home very quickly with teary eyes and frozen cheeks. But at that time I didn't give up. I went to the skating rink at every free moment of my time; whenever the temperature allowed, I used the beautiful Birchwood Trails for my cross country skiing exercises.

Now I can say, the winter in our city can't do me any harm. I like the snow and even the temperature is not so frightening to the point that I can't enjoy our winter.

by Agata Stosz





I moved to Canada from South Africa in April almost 8 years ago. Within the first few days upon arrival, I experienced my first snowstorm. My first reactions were shock and panic! I could not understand how people went outside in such conditions!

In October I moved to Fort McMurray, just in time for winter. On the first day of my first job, there was a snowstorm. I opened the door to go out, saw the snow, panicked and went back inside to phone a family member. I did not know what to do. My first thought was to stay home.

My family member encouraged me that it would be ok, the bus would still be running and really, it's just another day here. The snow falls and everything continues as always.

This was a new world for me, I didn't have proper clothes for the weather. My first time waiting for a bus in -40°C however, changed that rather quickly. My fingers and ears got frostbite in the cold and it was extremely painful. I did some research and educated myself on proper winter attire and now I have learned to be better prepared for the winter weather. I do wish that there was winter safety information available when I arrived or some way I could have gotten the information sooner.

Now I have come to enjoy winter and I just love the snow! Although, black ice is something I don't think I will ever like.

by Tandi Masuku

Winter Safety





VWQDY С K С Ζ В S Т 0 0 в м Z С Ζ G C G Υ X K D K Ν Κ Ζ Q Ε D V A Υ υQ 0

X W Q Ε Ε G В С В 0 R G Т С G W В Q В Х Х Т Ε J Α S Ζ Н Х О D 0 0 S Κ S R 0 D Т S Н O V Ε Υ G Ε Α Ζ Ζ С 0 S Т Ν S S 0 R Ε Т Ζ S М 0 G Ν Х J 0 G J Ε G R Ζ 0 S Ζ Ν U Ζ R R J R X Q Ρ Υ Н Ρ J Т R J Т С Α J С Υ Ζ Ε Н В Z R S Μ Υ S Q Υ J G Ν

WORD LIST:

O C

LI

S

YKA

BOMWONS

ΚE

P O

CEH

BELOWZERO HIBERNATE

BLACKICE ICE

BLIZZARD ICEHOCKEY

BOOTS JACKET

FROSTBITE LAYERING

HEATER MITTENS

SCARF SHOVEL SKATING SLIPPERY SNOW SNOWMAN

SNOWMOBILE SNOWSUIT TOBOGAN TOQUE VISTARIDGE WINTERSOLSTICE

Resources

YMCA of Northern Alberta

Community and Housing Initiatives (780)743-2970

Multicultural Association of Wood Buffalo

Office: (780) 791-5186 www.mcawb.org

Vista Ridge All Seasons Park

Office: (780) 743-8651 Email: vistaridge@shaw.ca www.vistaridge.ab.ca

Explore Wood Buffalo

Office: 1(855)-WB-ECDEV 1(855)923-2338)

Email: info@choosewoodbuffalo.ca www.explorewoodbuffalo.ca

RMWB Pulse

Office: (780)743-7000 1(800)973-9663 www.rmwb.ca

Ptarmigan Nordic Ski Club

Email: pnscski@gmail.com www.ptarmigannordic.org

Controlled Chaos

Phone: (780)714-4088

Email: team@controlledchaos.ca www.controlledchaos.ca

Wood Buffalo Regional Library

Phone: (780)743-7800

www.wbrl.ca

Funding considerations provided by:

