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WINTER SAFETY ADVICE

It's that time of year once again when the thermometer dips well below freezing and we bundle up in multiple layers to stay toasty warm. Of course there is an alternative of that warm winter vacation or simply staying indoors throughout those cold months. As mom always said an ounce of prevention ...

Cold Temperatures

- Dress in layers with an insulating layer and water/wind proof outer shell. You can always remove layers as the temperature increases or due to exercise
- Cover your head as we lose 65% of our heat from our head
- Be sure to cover your face and neck, but avoid strangulation hazards with long toques, scarves and draw strings on hoods. Tuck them into the jacket.
- Always know the weather forecast before you venture out, be cautious of increased wind chill values
- If clothes get wet remove them as soon as possible to prevent hypothermia
- Watch for frostbite; areas of skin that are discolored, appear white or are painful to the touch. Never rub affected areas.
- If the person displays any unusual behavior while being outside for extended periods of time, suspect hypothermia. Bring them to warm shelter, warm them and call for immediate medical assistance.

Infants in infant carriers should not be dressed in thick clothing or multiple layers. Instead place warm blankets over the infant after they have been properly secured tightly in the seat. This makes it easier to regulate their temperature to avoid overheating and ensure that there is no extra padding between the infant and the harness. The extra padding would compress in a crash and cause the straps to become loose, possibly leading to injury.

Winter Sports

- Helmets are important when tobogganing or sledding. Look for one that is rate for cold weather and for similar type falls and speeds
- Choose a hill that is cleared of trees, rocks and other dangers. Make sure there is plenty of stopping distance when you reach the bottom away from roads and streets
- Never slide down when the area in front of you is obstructed with people
- When you reach the bottom, quickly and carefully get up and move out of their way.
- For other winter sports like snowboarding and skiing: know the area, stay on marked trails, make sure equipment is good working order, observe for hazards and always wear the proper gear especially a helmet.

Warm winter vacations

- Each year thousands of Saskatchewan residents will migrate to warmer climates either in Canada or the USA. Many will also take warm winter cruises or visit sunny sand beaches. Where ever your winter vacation might take you be prepared.
- Leave contact numbers with family and friends back home
 - Plan ahead and know if there are any travel or health advisories for the area you want to visit. Visit the Government of Canada web site at www.travelhealth.gc.ca for all the latest updates
 - Pack along essential identification, extra medication and list of emergency contact numbers and don't forget the sun screen.
 - Make sure to have someone check your home regularly for potential damage. Nothing worse than returning to find someone has broken in or the water pipe broke.

For more information contact:
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