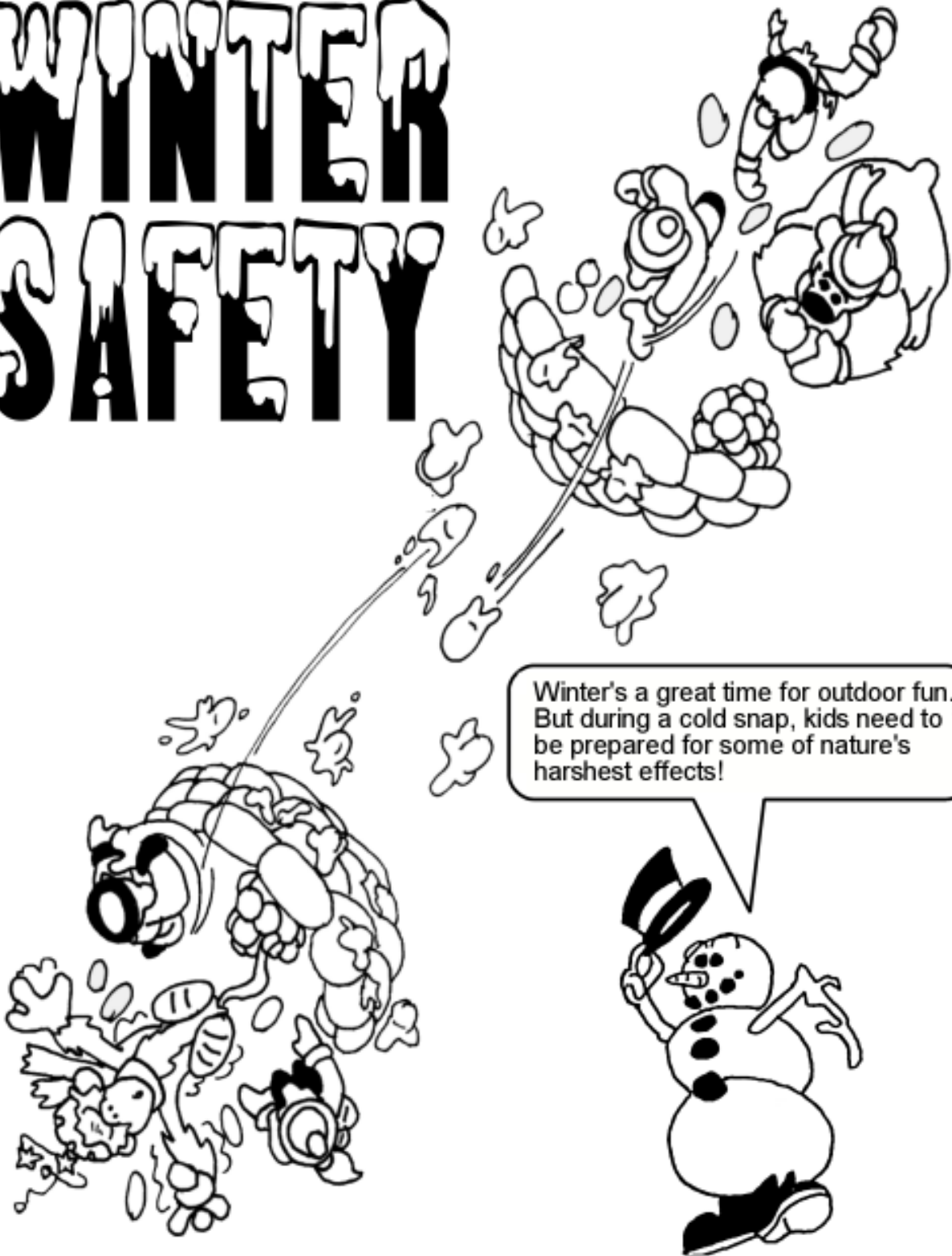


WINTER SAFETY



Winter's a great time for outdoor fun. But during a cold snap, kids need to be prepared for some of nature's harshest effects!

Young children can be particularly susceptible to cold weather if they aren't warmly dressed. Before you go outside, it's important to listen to the weather forecasts and understand the meaning of terms like "weather watch," "weather warning" and "wind chill." A severe weather watch means that a bad storm may possibly be coming into your area. A severe weather warning, on the other hand, means that a severe storm is already in the area, or is certainly on the way.

A blizzard warning tells us that snow and strong winds will combine to produce blinding snow, deep drifts and very poor visibility. Blizzard conditions can also produce a very serious wind-chill factor. A wind-chill factor combines the cooling effect of wind and cold temperatures on exposed skin. As the winds

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increase, heat is carried away from the body at a much greater rate, driving down a person's body temperature. It may be -10 degrees Celsius outside on a January day, but a severe wind chill factor can make it feel like -30 degrees Celsius.

Dressing For Cold Weather

Several layers of light-weight, loose fitting clothing will keep you warmer than a single heavy coat. The air trapped between the layers makes for better insulation. Gloves (or mittens) and a hat also help to prevent a loss of body heat (you can lose as much as half of your body heat through your head). A scarf over your mouth helps to protect your lungs from extreme cold. Strong, water-proof boots are a must for wet conditions.



Frostbite & Hypothermia

Frostbite occurs when body tissue is damaged by freezing temperatures. Some key indicators of frostbite include a loss of feeling and a pale appearance in extremities, such as fingers, toes, ear lobes, or the tip of the nose. If you encounter somebody suffering from frostbite, slowly re-warm the affected areas, and get them medical attention immediately. If a person is suffering from both frostbite and hypothermia, always treat the hypothermia first.

Hypothermia occurs when a person is suffering an extremely low body temperature as a result of exposure to cold weather. Some of the warning signs for hypothermia include: uncontrollable shivering, memory loss, disorientation, drowsiness and slurred speech. If you encounter a person who is suffering from hypothermia, and you can't get them in to a warm place immediately, keep them moving or exercising to stay warm.

If a person's body temperature drops below 35 Celsius (95 Fahrenheit), they are suffering from hypothermia and need immediate medical attention. If medical help isn't available, start warming the person slowly. Do not

use direct heat or hot water to warm them up. Get the person into dry clothing and wrap them in a warm blanket. Always warm the body core first. If necessary, use your own body heat to help. Do not start warming the arms or legs first. This drives the cold blood from the extremities towards the heart and that can lead to heart failure.

Contact with water can bring on hypothermia much more quickly, because water cools your body temperature 25 times faster than air. If you become wet from damp snow, or from heavy perspiration, you will lose body heat much more quickly than under dry conditions. When you are working outside in wet & cold conditions, always wear water-proof or water-resistant clothing.



Emergency Supplies



Whether travelling or preparing an emergency kit for home, a lot of the vital supplies will be the same. It is important to be prepared and to always have fresh supplies (batteries) on hand.

Trapped In A Car

1. It's a bad idea to travel on highways during snowstorms or blizzard conditions. But if you absolutely must travel, there are steps you can take to help ensure your safety.

2. The first thing you need to do is let friends or family know where you are going, what route you are taking, and when you expect to arrive. If you don't make it to your destination in a reasonable amount of time, they can send authorities out to search for you.

3. If you do get stuck during blizzard conditions, don't try to walk to safety. Put your hazard lights on and tie a brightly coloured cloth to your antenna where rescuers can see it. Start your car and heater for ten minutes every hour to keep the car warm. Turn your overhead light on when the car is running so that you will be more visible to rescuers.

4. Make sure that the exhaust pipe is clear of snow so that carbon monoxide fumes don't back up into the car. Opening a downwind window slightly also helps to prevent carbon monoxide from building up in the car.

5. While you are waiting for rescuers, regularly move your arms, legs, fingers and toes to get the blood circulating and keep warm.

6. It's important to have a winter storm survival kit in your car. This would include:

- Extra Clothing
- Water Container
- High Calorie, Non-Perishable Food
- Booster Cables
- A First-Aid Kit
- Tow Ropes
- Blankets / Sleeping Bags
- A Tool Kit
- A Flashlight & Radio With Extra Batteries
- A Shovel

Do you keep anything else in your kit?