

# Winter Safety Tips



## CHECK THE WEATHER FORECAST

- Check the Environment Canada weather forecast before going out



## PLAN AHEAD

- Know the difference between Warnings, Watches and Advisories
- Develop a safety plan so you'll have a place to warm up if the weather changes



## DRESS WARMLY

- Dress in layers, with a wind-resistant outer layer



## STAY DRY

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



## SEEK SHELTER

- When wind chill is significant, limit your time spent outside



## KEEP ACTIVE

- Moving will help warm you by generating body heat



## BE AWARE

- Check for signs of frostbite and hypothermia
- Be aware of signs posted for falling ice and snow so you don't get hurt
- Check on those you know who may be more susceptible to the cold so they stay safe

## FOR MORE INFORMATION...

- <https://www.ontario.ca/page/winter-storms>
- <https://www.getprepared.gc.ca/cnt/rsrscs/sfttps/tp201101-en.aspx>