

# Winter Safety Tips



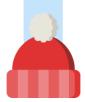
# **CHECK THE WEATHER FORECAST**

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...

- <a href="https://www.ontario.ca/page/winter-storms">https://www.ontario.ca/page/winter-storms</a>
- https://www.getprepared.gc.ca/cnt/rsrcs/sfttps/tp201101-en.aspx