

# Resort Village of Thode®

## *Thode Emergency Management Organization*

### *Winter Preparedness – Keeping Safe*

#### SEVEN STEPS TO COLD WEATHER SAFETY

##### **1. Listen to the weather forecast**

- Check the Environment Canada weather forecast before going out in the winter.
- Listen for an extreme cold warning. These warnings, based on local climate conditions, are issued when significant cold temperatures or wind chills are expected to occur.
- Environment Canada's weather forecasts are available through radio and TV broadcasts, Environment Canada's Weather radio network, and online at: [www.Canada.ca/weather](http://www.Canada.ca/weather).

##### **2. Plan ahead**

- Develop a cold weather safety plan in advance to ensure that you address safety concerns when it is very cold or when the wind chill is significant. (For example, schools could hold recess indoors, outside workers could schedule warm-up breaks and those involved in winter recreation could reduce the amount of time they spend outdoors.)

##### **3. Dress warmly**

- Dress in layers with a wind-resistant outer layer.
- When it is cold, wear a hat (we lose a large portion of our body heat from the head), mittens or insulated gloves and something to keep your face warm, such as a scarf, neck tube or face mask.
- Wear warm and waterproof footwear.
- When it is very cold, or when the wind chill is significant, cover as much exposed skin as possible. Your body's extremities, such as the ears, nose, fingers and toes, lose heat the fastest.

##### **4. Seek shelter**

- When the wind chill is significant, get out of the wind and limit the time you spend outside.

##### **5. Stay dry**

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

##### **6. Keep active**

- Walking or running will help warm you by generating body heat.

##### **7. Be aware**

- Watch for signs of frostnip, frostbite and hypothermia.
- Some people are more susceptible to the cold - particularly children, the elderly and those with circulation problems.
- The use of alcohol, tobacco and certain medications will increase your susceptibility to cold.

Source: Environment Canada  
Thode EMO & Council

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