

## TIPS FOR WINTER SAFETY

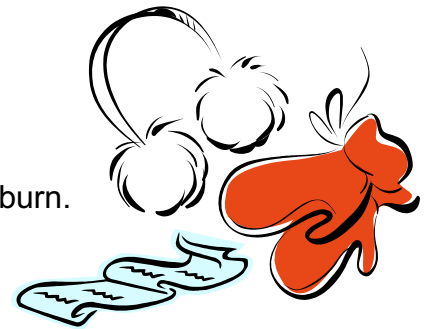
### Watch out for frostbite! What does it look and feel like?

- Skin turns red, then blue, then grey or white.
- Skin feels cold and painful.
- Tingling or numbness may occur.
- Burning sensations may occur.
- Skin might look swollen, pale and waxy.
- If you suspect frostbite, go inside at once.
- Remove all wet clothes and replace with dry ones.
- Warm frostbitten areas slowly with a blanket or a warm part of your body.
- Call your doctor if the frostbitten area remains discoloured or numb.



### Bundle up and dress in layers

- The outer layer should be waterproof.
- Remove inner layers if your body gets too warm.
- Don't forget your mittens and a hat that covers your ears.
- Children should wear neck warmers instead of scarves.
- Wear sunscreen. Sun reflecting off snow and ice can cause sunburn.
- Replace wet clothes with dry ones.
- Beware of the wind chill factor and dress appropriately.



### Wear the gear!

- Proper helmets are required for snowboarding and recommended for sledding and skating.

### Snow safety

- Make sure children do not play on snow banks near the roads. Snowplough drivers may not see them.
- Snow tunnels are dangerous as they may collapse on you.
- When making a snow fort do not put a roof on it.
- Use caution when playing with snowballs.
- Children need supervision when playing in the snow.



### Ice safety

- Check with local weather authorities for information about ice thickness.
- Ice should be at least 10 cm thick.
- Avoid walking on ice near moving water such as rivers or creeks.

*Modified from original version from Central West Public Health Physical Activity Promotion Network*