

What is Wind Chill? Why is it important?

Wind chill is the chilling effect of the wind in combination with a low temperature. Humans do not sense the temperature of the air directly. When we feel that it is cold, we are actually sensing the temperature of our skin. Because our skin temperature is lower when it is windy (we lose heat from our skin faster than our body can warm it), we feel that it is colder when there is wind. This sensation is what the wind chill index attempts to demonstrate.

- Children should play indoors if the temperature falls below -25C (-13F) or if the wind chill factor is reported as -28 C (-15F) or colder (This is the temperature at which exposed skin freezes in a few minutes).
- Use sunscreen even on cloudy days.

The effects of cold are magnified by wind chill, making exposed skin freeze MUCH more quickly!

BE PREPARED!

If you have questions, don't be afraid to ask.

NEW LOGO

[www.saisia \(new website\).com](http://www.saisia.com)

For more information please contact:

maryam.karimi@saisia.ca

Funded by:



Immigration, Refugees
and Citizenship Canada

Financé par:

Immigration, Réfugiés
et Citoyenneté Canada

Keep Safe in Winter!

English



KEEP SAFE IN WINTER!

Winter in Saskatchewan is cold but you can keep safe and have fun if you are prepared.

Listen to the weather forecast

- Check Environment Canada's weather forecast before going out in the cold.
- If the temperature and wind combined make conditions hazardous, Environment Canada issues a wind chill warning. When the wind chill is very cold (below -27°C), exposed skin can freeze in minutes.
- Also, pay attention to weather "watches" or especially weather "warnings." Environment Canada issues a watch if there is potential for a storm or severe weather. A warning is issued if severe weather is either occurring or will occur soon.
- In addition to wind chill, conditions to watch for include heavy snowfall, freezing rain, winter storms, extreme cold, blizzards and blowing snow.



Plan Ahead

Groups and organizations should develop a plan in advance to ensure that safety concerns are addressed when the wind chill is high. For example, schools hold recess indoors, outside workers schedule warm-up breaks, and those involved in winter recreation may reduce the amount of time spent outdoors.

Dress warmly

- Wear layers of warm clothing, with an outer jacket that is wind-resistant. Mittens, warm boots and a hat are also important. (We lose a large portion of our body heat from the head.)
- When the wind chill is high, try to cover as much exposed skin as possible.
- Wear a scarf, neck tube or face mask to cover your face.
- Check frequently for signs of frostbite, such as skin that is tingling or burning, feels numb, or becomes white or yellow in colour.



Seek shelter

- When the wind chill is very cold, limit the time you spend outside and get to a warm area before frostbite sets in.
- If it's too cold outside, consider staying indoors.

Stay dry

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

Keep Active

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

Know your limits

- 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.

