

# Get Active in Nature

## Tips for Winter Safety

When exposed to very cold temperatures, skin and underlying tissues may freeze, resulting in frostbite. The areas most likely to be affected by frostbite are your fingers, toes, nose, ears, cheeks and chin. For more information on frostbite and hypothermia visit [www.healthunit.org/hazards/Frostbite%20Hypothermia%20Factsheet.pdf](http://www.healthunit.org/hazards/Frostbite%20Hypothermia%20Factsheet.pdf)

### *Bundle up and dress in layers*

- Always wear clothing appropriate for the weather. Synthetic and wool fabrics provide better insulation. Some synthetic fabrics are designed to keep perspiration away from your body which keep you dry and further reduce your risk.
- Dress in layers with a wind resistant outer layer. You can remove layers if you get too warm (before you start sweating) or add a layer if you get cold.
- Wear warm socks, gloves, a hat and scarf in cold weather. Be sure to put a scarf over your nose to protect it.
- If you get wet, change into dry clothing as soon as possible. You lose heat faster when you're wet. (Health Canada)

### *Wear the Gear*

- Wear proper CSA approved multi impact helmets for skiing, skating, snowboarding and sledding.
- Wear sunglasses/goggles and sunscreen SPF 15 or higher.

### *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 age appropriate supervision when playing.

### *Ice Safety*

- Check with local weather authorities for information about ice thickness.
- Ice should be at least 15cm thick or 20 cm for skating parties or games.
- 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*



For more information call  
the **Health ACTION Line** 1-800-660-5853  
or visit [www.healthunit.org](http://www.healthunit.org)

