

EXTREME COLD – GET PREPARED

Working outdoors in extreme cold poses significant risk, especially in winter. Low temperatures can be dangerous and can lead to frostbite, hypothermia and windburn, and these conditions can worsen quickly.

By staying prepared and taking appropriate precautions, you can protect yourself and remind others to do the same.

HOW TO PREPARE FOR AN EXTREME COLD EVENT:

- PREPARE FOR THE COLD
- WHERE TO GET INFORMATION
- PREPARE YOUR HOME
- PREPARE YOUR VEHICLE



BC Forest Safety

Safety is **good** business

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HOW TO PREPARE FOR AN EXTREME COLD EVENT

- **Prepare your emergency kit:** Make sure it includes winter survival essentials and prepare it now so you know what is in it before the cold hits.
- **Create a household emergency plan:** Consider the needs of everyone in your home, including older adults, children, pets and anyone with health concerns.
- **Update your grab-and-go kit** for cold weather.
- **Check your winter clothing:** Ensure everyone has gear suited to your region's temperatures, especially infants, young children and older adults. Recommended items include insulated jackets, waterproof boots, warm socks, gloves or mittens, a toque and a scarf or face covering.

WHERE TO FIND INFORMATION

Stay connected to reliable weather alert services for updates and advisories:

- Download the WeatherCAN app for local notifications.
- Watch for provincial and national weather alerts.
- Visit the Weatheradio network website on www.canada.ca to find radio frequencies by province or territory.
- Call Hello Weather toll-free at 1.833.794.3556 (1.833.79HELLO) for forecasts and conditions by location.
- Tune into local radio and TV for the latest regional updates.

PREPARE YOUR HOME

- Conduct home maintenance before winter. Inspect your heating system, clean your chimney and seal any cracks or drafts to keep the heat inside.
- Check on older relatives and neighbours to ensure they have enough supplies such as food and medications and adequate warmth, especially in cold or snowy weather.
- Consider a backup heat source for power outages, such as a fireplace that doesn't need electricity or a generator to run heaters and appliances.
- Install certified carbon monoxide alarms with a battery backup in hallways outside sleeping areas.

PREPARE YOUR VEHICLE

- Keep an emergency kit in your car with winter supplies like blankets and jumper cables.
- Maintain a full gas tank when extreme cold is expected.
- Install winter tires on your vehicle. In some provinces and territories, this is required by law

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