OVER ▶

WIND CHILL

DRESSING FOR THE COLD

WINTER TEMPERATURES ARE COLD BUT WITH A WIND CHILL, IT WILL FEEL MUCH COLDER. ALTHOUGH THE WIND DOES NOT CHANGE THE TEMPERATURE, A WIND CHILL IS THE RATE OF HEAT LOSS FROM EXPOSED SKIN CAUSED BY THE WIND AND COLD.

A WIND CHILL HAZARD RATING OF -55°C AND COLDER IS CONSIDERED EXTREME. EXPOSED SKIN CAN FREEZE IN LESS THAN TWO MINUTES. PREPARE YOURSELF FOR COLD WEATHER WIND CHILL CONDITIONS.

- CHECK THE WEATHER FORECAST
- DRESS APPROPRIATELY
- REGULATE OUTDOOR ACTIVITIES
- WATCH FOR SYMPTOMS



BC **Forest Safety**

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WIND CHILL
DRESSING FOR THE COLD

CHECK THE WEATHER FORECAST BEFORE HEADING OUT DURING THE WINTER. BE SURE TO CHECK BOTH THE TEMPERATURE AND THE WIND CHILL FACTOR. THIS INFORMATION WILL HELP PREPARE YOU FOR YOUR WORKDAY.

DRESS APPROPRIATELY: Dress in multiple layers with wind resistant clothing to protect yourself and regulate your body heat. Be sure to wear a toque or hat as your head is one place you loose most of your heat. Wear waterproof gloves and boots to ensure that you stay dry and warm.

REGULATE OUTDOOR ACTIVITIES: If you must go outside remain active, walking or keep moving. In cold weather ensure to have access to shelter or warming areas to warm up and take frequent breaks.

WATCH FOR SYMPTOMS: Be aware of signs of frostnip, frostbite and hypothermia.

- During the early stage of frostbite, you will experience pins and needles, throbbing or aching in the affected area. Your skin will become cold, numb, and white, and you may feel a tingling sensation. This stage of frostbite is known as frostnip, and it often affects people who live or work in cold climates.
- Signs of hypothermia include shivering, exhaustion or feeling very tired, confusion, fumbling hands, memory loss, slurred speech, and drowsiness.

SEVEN STEPS TO PREPARE YOU FOR THE COLD:

1. Listen to the weather forecast and check the Environment Canada weather forecast before heading outside.
2. Plan ahead. Develop a cold weather safety plan to ensure all cold weather safety hazards and concerns are considered.
3. Dress warmly in multiple layers with a wind-resistant outer layer. Cover your mouth and protect your lungs from the cold.
4. Seek shelter and take frequent breaks in a shelter or warming area. Get out of the wind and limit the time you spend exposed.
5. Stay dry. Wet clothing chills the body faster.
6. Remain active. Walking or moving around 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. Not dressed appropriately, use of alcohol, tobacco and certain medications will increase your susceptibility to the cold.

Winter Safety Series

Scan QR code with camera to access Wind Chill resources

Scan the QR code with your phone's camera to access all BCFSC Crew Talks and to subscribe.