

WIND CHILL

The Chilling Facts

Seven steps to cold weather safety:

- 1. Listen to the Environment Canada weather forecast** – be alert for weather warnings
- 2. Plan ahead** – limit your time outdoors during very cold wind chills
- 3. Dress warmly** – cover exposed skin; dress in layers, with an outer layer that is wind resistant; wear a hat, mittens, scarf or face mask
- 4. Seek shelter** – get out of the wind
- 5. Stay dry** – wet clothing chills you quickly
- 6. Keep active** – keep moving to keep warm
- 7. Know your limits** – children, the elderly and those with medical conditions are more susceptible

It can take only minutes to freeze at very cold wind chills

Watch for:
– numbness
– white patches where skin is frozen



Saving face. Cover up to keep warm and prevent frostbite



Temperature Range	Level	Effects	Prevention
0 to -9	Low	<ul style="list-style-type: none"> Slight increase in discomfort. 	<ul style="list-style-type: none"> Dress warmly, with the outside temperature in mind.
-10 to -24	Moderate	<ul style="list-style-type: none"> Uncomfortable. Exposed skin feels cold. Risk of hypothermia if outside for long periods without adequate protection. 	<ul style="list-style-type: none"> Dress in layers of warm clothing, with an outer layer that is wind resistant. Wear a hat, mittens and scarf. Keep active.
-25 to -44	Cold	<ul style="list-style-type: none"> Risk of skin freezing (frostbite). Risk of hypothermia if outside for long periods without adequate protection. 	<ul style="list-style-type: none"> Check face, fingers, toes, ears and nose for numbness or whiteness. Dress in layers of warm clothing, with an outer layer that is wind resistant. Cover all exposed skin, particularly your face and hands. Wear a hat, mittens and a scarf, neck tube or face mask. Keep active.
-45 to -59	Extreme	<ul style="list-style-type: none"> Exposed skin may freeze in minutes. Serious risk of hypothermia if outside for long periods. 	<ul style="list-style-type: none"> Check face, fingers, toes, ears and nose for numbness or whiteness. Be careful. Dress very warmly in layers of clothing, with an outer layer that is wind resistant. Cover all exposed skin, particularly your face and hands. Wear a hat, mittens and a scarf, neck tube or face mask. Be ready to cut short or cancel outdoor activities. Keep active.
-60 and colder	Extreme	<p>DANGER!</p> <ul style="list-style-type: none"> Outdoor conditions are hazardous. Exposed skin may freeze in less than 2 minutes. 	<ul style="list-style-type: none"> Stay indoors.

Forecast-your-own wind chill: If you know the temperature outside, you can estimate the wind speed by observing the movement of trees and flags.

Wind Speed (km/hr)	WHAT TO LOOK FOR	TEMPERATURE (°C)										WIND CHILL INDEX
		0	-5	-10	-15	-20	-25	-30	-35	-40	-45	
10	Wind felt on face; leaves rustle; wind vanes begin to move.	-3	-9	-15	-21	-27	-33	-39	-45	-51	-57	
20	Leaves & small twigs constantly moving; small flags extended.	-5	-12	-18	-24	-30	-37	-43	-49	-56	-62	
30	Dust, leaves, & loose paper lifted; large flags flap; small tree branches move.	-6	-13	-20	-26	-33	-39	-45	-52	-59	-65	
40	Small trees begin to sway; large flags extend and flap.	-7	-14	-21	-27	-34	-41	-48	-54	-61	-68	
50	Larger tree branches moving; whistling heard in power lines; large flags extend and flap more wildly.	-8	-15	-22	-29	-35	-42	-49	-56	-63	-69	
60	Whole trees moving; resistance felt in walking against wind; large flags extend fully and flap only at the end.	-9	-16	-23	-30	-36	-43	-50	-57	-64	-71	

Listen for Weather Forecasts and Warnings

Environment Canada Weather forecasts are available through radio and TV broadcasts, on Weatheradio, recorded telephone messages, and web sites.

Weather forecasts: www.weatheroffice.ec.gc.ca

Wind chill information site: www.windchill.ec.gc.ca

Tel: 1-800-668-6767