

Brrr...it's January



Canada has a new wind-chill index that enables Canadians to take action and avoid injuries from cold. The index compares the way your skin feels to the temperature on a calm day.

For example; if the outside temperature is -10°C and the wind-chill is -20°C , it means that your face will feel as cold as it would on a calm day when the temperature is -20°C .

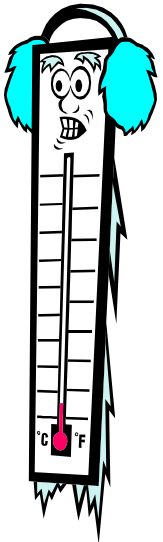
The average person's skin begins to freeze at a wind-chill of -25 , and freezes in minutes at -35°C .

Frostnip- a mild form of frostbite, where the skin appears yellowish or white but feels soft to touch, painful tingling or burning sensation is present.

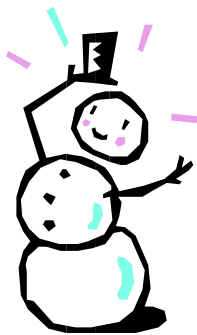
- What to do – Do not rub or massage the area, warm the area gently, a warm hand or warm water is best. Do not use direct heat, which could burn the skin.

Frostbite- a more severe condition where both skin and the underlying tissue are frozen, skin appears white and waxy and is hard to the touch, no sensation - the area is numb.

- What to do- frostbite can be serious, get medical help. Do not rub or massage the area, do not warm the area until you can ensure it will stay warm, warm the area gradually-use body heat or warm water.



The best way to avoid the hazards of wind-chill is to check the weather forecast before going outside, and be prepared by dressing warm!



Stay Warm and Have Fun!

Information from Environment Canada

