

# REMINDERS FROM BAYHAM FIRE AND EMERGENCY SERVICES

## BE PREPARED FOR WINTER WEATHER

Winter weather conditions in Canada can become severe or dangerous very quickly, sometimes with little or no warning. High wind chills, heavy snowfall, freezing rain, blizzards and extremely cold temperatures all pose a hazard to those traveling or venturing outside. Prepare in advance for severe winter weather conditions.

### Dress to suit the weather

Thin layers of loose fitting clothing will trap body heat while aiding air circulation. Outer clothing should be hooded, tightly woven and repel water. Mittens are warmer than gloves. It is important to wear a hat because most body heat is lost through the head. If it is extremely cold, cover your mouth to protect your lungs from the cold air.

### Be Prepared

Have an emergency survival kit on hand in case of power failure due to severe winter conditions.

### Pace outdoor activity

Be alert for signs of frostbite. Avoid strenuous activity in extremely cold temperatures. Drink plenty of warm fluids to help the body maintain its temperature. Take frequent breaks from the cold to let your body warm up.

## WINTER POWER FAILURE

Know what to do in the event of a winter power failure.

### KEEP ON HAND

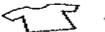
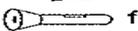
- Emergency supply of foods that require no preparation
- Flashlights and a battery-powered radio with fresh batteries
- Candles or lanterns to provide light
- Simple fire-fighting equipment and tools
- Candles or lanterns to provide light
- CSA approved emergency heating equipment, such as camp stoves, kerosene heaters, or firewood and adequate fuel to operate a fireplace or woodstove. Do not store fuel in the house, and use only according to the manufacturer's instructions, as many of the portable devices are not for indoor use.



### Emergency Survival Kit Word Search

  
[www.ontario.ca/emo](http://www.ontario.ca/emo)

**Find and circle the items that should be in your Emergency Survival kit.**

 water	 batteries	 whistle
 food	 candles	 first aid kit
 clothes	 money	 radio
 flashlight	 keys	 toilet paper
 cards	 blankets	 medication

P O E M A T W A T E R A R E D D O O F P O E M J G F I  
T A R E D C L O T H E S O E M T H G I L H S A L F V I N A N  
U S D A R C B A T T E R I E S D I E S T S E L D N A C O E  
R S I M Y E N O M R S I M K E Y S D I E S U E M A H N  
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