

Spotlight on Health and Safety

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When wintry weather wafts will you be prepared?

Winter brings some special challenges and one primary concern is heavy snowfall and the ability of extreme cold to knock out heat, power and communication services - possibly for days at a time. Emergency provisions should include enough food, water and supplies to last 72 hours. Remember, to prevent carbon monoxide poisoning, never use portable fuel-fired appliances indoors.

Winter transportation can mean coping with ice and snow that can make navigating roads hazardous. Before traveling, make sure your vehicle is winter ready, contains emergency supplies and ensure the gas tank is at least half full at all times. Clear all snow from the vehicle and keep the windows defrosted. Make allowances for increased travel times and communicate your route to others.

Before venturing outdoors check the weather and dress appropriately for the temperature and activity. Keep walkways and driveways clear for winter visitors and Emergency Services. Recognize and treat any early signs of hypothermia or frostbite.

Winter sports bring hours of enjoyment however continuously stay alert for dangers. Keep activities suited to children's age and abilities and always use maintained and properly fitting equipment, including the appropriate helmet.

Stay safe and warm, be prepared.