

NOVEMBER SAFETY TOPIC COLD WEATHER

INJURIES FROM COLD EXPOSURE

- "Frostnip" usually affects the skin on the face, ears, or fingertips. It may cause numbness or blue-white skin colour for a short time.
- Trench foot and chilblains, may cause pale and blistered skin like frostbite after the skin has warmed. These injuries occur from spending too much time in temperatures that are cold, but not freezing.
- Frostbite is freezing of the skin and the tissues under the skin because of temperatures below freezing. Frostbitten skin looks pale or blue. It feels cold, numb, and stiff or rubbery to the touch.
 - Hypothermia occurs when the body loses heat faster than it can make heat. Early symptoms of hypothermia include shivering (in adults and older children); clumsy movements; apathy (lack of concern); poor judgment; and cold, pale, or blue-grey skin. Hypothermia is an emergency condition. It can quickly lead to unconsciousness and death if the heat loss isn't stopped.
 - Eye pain or vision changes caused by cold exposure most often occur in people who try to force their eyes open in high winds or cold weather, or during activities such as snowmobiling or cross-country skiing. Snow blindness isn't directly caused by cold temperatures. But it does occur in snow conditions. Sunlight reflecting off the snow can cause a corneal injury or burn. Eyelids may become red and swollen. Eyes may feel dry and like they have sand in them.



When it comes to cold weather, we all know students don't get bothered anyway. For most of them, hoodies will suffice. It is easy to get cold quickly if you are outside particularly in Alberta weather, we experience extreme cold temperature during winter.



According to the WCB - Alberta, between October and December approximately 14% of all claims are related to slipping or losing balance. On average, approximately 10% of all slips, trips, and falls occurring are in parking lots.



- Wear winter boots with ankle support to help reduce slip-related injuries. During these early winter months, the most common injury is a sprain or strain, and the most frequent part of the body injured is the knee and lower back.
- Avoid distracted walking. Stay focused on moving through the worksite, especially on the slippery surfaces and transition areas.
- Be aware of slipping hazards that change through the day (where ice melts or refreezes through the day) leading to uneven surfaces.
- Clean your shoes when you go inside; caked snow and ice on shoes can be treacherous
- Walk like a penguin when on a slippery surfaces and keep your hands free.
- If you do slip, trip or fall, do not be embarrassed and make sure to report the incident.



Have you ever seen a penguin slip?
Scan this QR Code to learn how to do the penguin walk.

<https://www.albertahealthservices.ca/info/page12619.aspx>

Do the Penguin Walk!

Stay healthy and active, avoid a fall and possible injuries.

- Bend slightly and walk flat footed
- Point your feet out slightly like a penguin
- Keep your centre of gravity over your feet as much as possible
- Watch where you are stepping
- Take shorter, shuffle-like steps
- Keep your arms at your sides (not in your pockets!)
- Concentrate on keeping your balance
- Go S-L-O-W-L-Y



Winter Hazards

Severe winter weather can be dangerous without a plan.

 Blizzards bring snow, cold temperatures, strong winds and low visibility.	 Freezing rain freezes on impact and creates a layer of ice on surfaces.	 Extreme cold warnings are issued when the temperature drops below -40°C.
 Effects include blowing snow and difficulty seeing your surroundings	 Effects include falling branches and slippery roads and sidewalks	 Effects include sore red skin that can freeze within minutes and a quick drop in body temperature
 Prepare by staying inside	 Prepare by avoiding travel	 Prepare by dressing warmly and wearing layers of clothing

Infographics from **alberta.ca**

How can you prepare for extreme cold?

Learn how to stay safe when the temperature drops below -40°C or wind chill makes it feel that cold. Visit <https://www.alberta.ca/blizzards-freezing-rain-ice-storms-and-extreme-cold> or scan the qr code to watch the video



November 11, 2023

Learning resources and fun activities to connect with Veterans and Canadian Armed Forces members

The Tales of Animals in War newspaper, for ages 5 to 11.
<https://duyxyr8t8xy49.cloudfront.net/pdf/remembrance/classroom/tales-of-animals-in-war/tales-of-animals-in-war-2023.pdf>



The Canada Remembers Times newspaper, for ages 12 to 18
<https://duyxyr8t8xy49.cloudfront.net/pdf/remembrance/classroom/canada-remembers-times/2023/canada-remembers-times-2023-web.pdf>

Peace Cards - Teacher's Guide
<https://www.veterans.gc.ca/eng/remembrance/classroom/peace-cards/teachers-guide>



- Remembrance Day was initially called "Armistice Day" and it originated to commemorate the end of World War 1 on November 11, 1918.
- The poppy tradition began when the noticeable red flower was seen growing over the graves of soldiers.
- At 11 a.m., on the 11th day of the 11th month, Canadians stop what they're doing for a moment of silence.