

Cold Weather Safety Tips

1. Dress in layers
2. Cover exposed skin
3. Limit time outside



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Are you ready for **ICE STORMS?**

- Trim weak or damaged branches around your home
- Don't leave vehicle wipers raised
- Have a week's worth of food and prescriptions
- Don't park your car under trees
- Keep devices charged



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DRESSING FOR COLD WEATHER



adding layers will help keep you warm as the temperature drops

CHILLY



COLD



EXTREME COLD



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Warning Signs of Hypothermia



Confusion



Shivering



**Difficulty
Speaking**



Sleepiness



**Stiff
Muscles**

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Winter Precipitation

SNOW

Snowflakes never melt.

SLEET

Droplets freeze and form ice *before* reaching the surface.

FREEZING RAIN

Rain freezes *on contact* with the surface.

RAIN

Rain never refreezes.

At or Below 32°F

Above 32°F

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NO WIND

The Science of Wind Chill



98.6°F

Average temperature
of the human body

Under calm conditions, the body radiates heat, creating a layer of warmth between our skin and the cold surroundings.



WINDY

95°F

Hypothermia begins
when our body
temperature drops
two to four degrees

But when it's windy, the moving air breaks up this insulating layer. It speeds up heat loss by whisking away the warmth from our skin.



Heat is moved
away from our
bodies.



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Don't Forget Your Pets

Bring them indoors

Make sure they have a warm dry place with
plenty of food and water



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**Shoveling heavy, wet
snow can put a big
strain on the heart**

**Stay hydrated and take
frequent breaks**

**Only move small amounts
with each shovel pass**

Shovel Smart!



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WHAT'S A BLIZZARD?



BLOWING SNOW

35+ MPH WINDS



$\leq 1/4$ MI VISIBILITY

FOR 3+ HOURS



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DID YOU KNOW THAT
FALLING SNOW
ISN'T NECESSARY
FOR A BLIZZARD?

A BLIZZARD THAT RESULTS FROM SNOW
THAT HAS PREVIOUSLY FALLEN
IS CALLED A GROUND BLIZZARD.

WIND CHILL WATCH

A Wind Chill Watch is issued when **very cold air and wind is *possible*.**

Check the forecast, and be prepared in case a Warning is issued.

Be Prepared.



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WIND CHILL WARNING

A Wind Chill Warning is issued when **very cold air and wind is *expected*.**

Conditions could lead to frostbite or hypothermia. Limit time outside, dress in layers, and cover up exposed skin.

Take Action!