



As the climate changes, the Canadian prairies will see more freeze-thaw cycles, more intense storms and blizzards and more freezing rain and ice storms.

Canadians know how to handle cold. But it never hurts to have a refresher.

#### BLIZZARD TIP:

If you live in a rural area and a blizzard or blowing snow is forecast, you can string a guideline between your house and any other buildings you might have to go to during the storm.

#### ICE STORM TIP:

Pay attention to wires, large sheets of ice on buildings, tree branches, or power lines above you that could break or fall without warning.

# RECOMMENDATIONS FOR EXTREME WINTER CONDITIONS

**Avoid going outside or unnecessary travel** if conditions are dangerous.

**If you have to go outside, dress appropriately** in layers with extra care for your head, hands, toes and core. Avoid unnecessary exposure of any part of the body to the cold.

If you are able to, limit your time outside and **watch for signs of frostbite and hypothermia.**

**Use the “buddy” system** and bring someone outside with you to monitor one another and ensure that neither of you get stranded alone in poor visibility conditions, or freezing.

**Do not overexert yourself** or work outside for extended periods of time. Shovelling can cause heart attacks; **take your time when clearing snow.** Take regular breaks to warm up and rest if needed. Use a high-quality shovel to make the work easier.

**Check the wind chill** and be aware of how it is worsening the dangerous conditions outside. **Stay informed** through local radio, television stations and websites on issued alerts and forecasts.

**Think of your animals and livestock.** Bring companion animals indoors and create a place where other animals can be comfortable in severe winter weather.

**Check road conditions** through reliable sources like 511 Alberta, and **winterize your vehicle** and pack a winter vehicle emergency kit.

**Prepare for power outages.** Keep one room warm with a fireplace or wood-burning stove. Keep a battery-powered or wind-up radio in your home to stay up-to-date during power outages. Have backup power generation (i.e., portable generator). **Know the secondary risks of power outages.** Carbon monoxide poisoning can come from misuse of alternative heating sources, as can house fires.

**Prepare your home** by insulating attic spaces, making roof repairs, and pruning branches that could collapse under heavy snowfall or ice. Consider ways to protect from flooding—large volumes of snow can quickly lead to unmanageable volumes of meltwater.