

WINTER SAFETY-FALLS PREVENTION



KEEP AN EYE ON THE WEATHER

IF TEMPERATURES FALL BELOW - 25 C (-13 F) KEEP YOUR CHILDREN INDOORS- EXPOSED SKIN CAN FREEZE WITHIN A FEW MINUTES

BUNDLE UP!

DRESS CHILDREN IN LAYERS -ABSORBENT, SYNTHETIC FABRIC NEXT TO SKIN, WARM MIDDLE LAYER AND A WATER RESISTANT OUTER LAYER TO KEEP THEM WARM AND DRY. WOOL BLEND SOCKS WILL THIER KEEP FEET DRY AND ALLOWS AIR FLOW TO THIER FEET



BEWARE OF ICE!

WALK LIKE A PENGUIN

- POINT FEET SLIGHTLY OUTWARD
- RELAX YOUR KNEES, WALK ON THE FLAT OF YOUR FEET
- TAKE SHORT, SHUFFLING STEPS
- KEEP HANDS FREE OF OBJECTS, ARMS SLIGHTLY OUT
- GO SLOW!

WINTER CLOTHING!

AVOID LOOSE SCARVES AND DRAWSTRINGS TO PREVENT STRANGULATION



WEAR SAFETY GEAR

WEAR HELMETS WHEN SKIING, SKATING AND SLIDING. GOGGLES, SUN GLASSES AND EVEN SUN SCREEN MAY ALSO BE APPROPRIATE. MAKE SURE EQUIPMENT IS IN GOOD REPAIR AND FITS YOUR CHILD PROPERLY.

ICE SAFEY

CHECK THE DEPTH AND QUALITY OF ICE ON PONDS, LAKES, AND RIVERS BEFORE ACTIVITIY. ICE THICKNESS SHOULD BE AT LEAST 20 CM (8 INCHES) FOR SKATING AND 25 CM (10 INCHES) FOR SNOWMOBILING.



FOR MORE INFORMATION:

PARACHUTE CANADA:

[HTTPS://WWW.PARACHUTECANADA.ORG](https://www.parachutecanada.org)

NB TRAUMA:

[HTTPS://NBTRAUMA.CA/INJURY-PREVENTION/FALLS/](https://nbtrauma.ca/injury-prevention/falls/)

WALK LIKE A PENGUIN:

[HTTPS://NBTRAUMA.CA/WP-CONTENT/UPLOADS/2019/03/WALK-LIKE-A-PENGUIN-ENGLISH-POSTER.PDF](https://nbtrauma.ca/wp-content/uploads/2019/03/walk-like-a-penguin-english-poster.pdf)

HEALTHY LEARNERS IN SCHOOL PROGRAM
ANGLOPHONE WEST SCHOOL DISTRICT