

Tips for Staying Warm in Cold Weather

The risk of serious injury from exposure to extreme cold weather is real.

Please link to the articles referenced below for information about prevention, signs, symptoms and treatment of cold weather injuries.

Follow STEO's **T.O.A.S.T.I.E. Method** for keeping warm on cold winter days...

- **T**reat yourself. Warm your insides too. Food supplies heat to the body. Make sure to eat a well-balanced breakfast on cold winter days.
- **O**ne is the chilliest number. One layer of clothing is not enough. Dress in several lighter layers. Ensure that your outer layer is windproof and waterproof.
- **A**void exposing skin in cold temperatures. Be mindful of your body's extremities, which lose heat quickly. Cover your head, ears, nose, neck and hands.
- **S**tay dry. Change out of wet clothing as soon as possible.
- **T**oes are people too. Be kind to your feet. Make sure that footwear is warm and waterproof. Like the rest of your clothes, layer your socks as well.
- **I**ncubate. Seek shelter from wind and elements if possible. Ensure you choose a safe location in which to seek shelter.
- **E**xit the situation. Take frequent breaks from outside activity or, if possible, simply stay inside. When the risk of frostbite is very high, the most favourable option is to stay indoors.

The staff at STEO wish everybody a warm and TOASTIE winter season.

Cold Weather Injuries: Know what to look for! Know what to do! Fact Sheet

https://healthunit.org/wp-content/uploads/Frostbite_Hypothermia_Factsheet.pdf

Extreme Cold Canada's Wind Chill Index: Environment Canada

https://www.steo.ca/wp-content/uploads/2018/11/WindChill_factsheet_EN.pdf