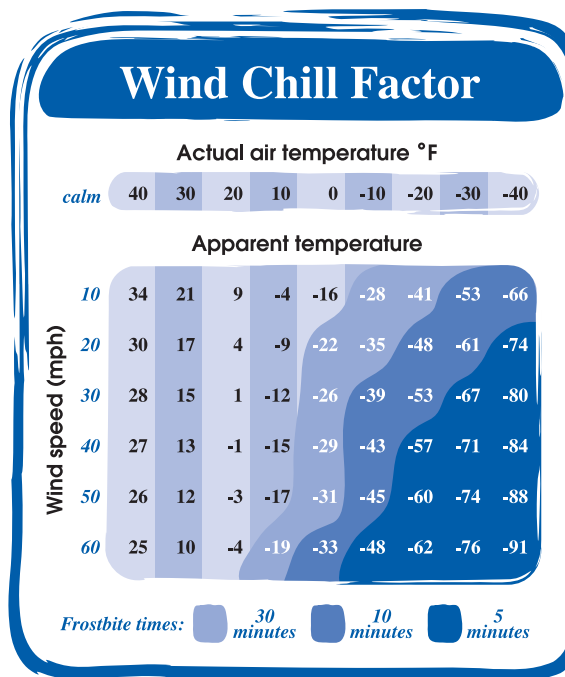




Winter is a great time to enjoy the outdoors. There are many fun activities, such as skiing, snowboarding, sledding, ice skating, and tubing but remember safety comes first. Here are some tips to keep you and your kids safe.



National Weather Service (NWS) Wind Chill Chart adapted May 2004 from <http://www.nws.noaa.gov/om/windchill/>

### Stay Warm

- Dress in layers.
- Consider wicking fabric, which pulls moisture from the body to the exterior of the shirt where it can evaporate more easily as a base layer.
- Know the signs of hypothermia: uncontrolled shivering, impaired vision or speech, stiff muscles, pale and cold skin.
- Wear hats, gloves, coats, boots; keep your body warm.
- Set time limits on outdoor play.
- Be alert for frostbite. If your child complains of numbness or pain in fingers, toes, cheeks, ears or nose while playing in the snow, take the child indoors. Remove all wet clothing and immerse affected body part(s) in warm, not hot, water.
- Understand wind chill. As speed of wind increases, it carries heat away from the body more quickly, and causes skin temperature to drop.



## INJURY PREVENTION

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## Winter Safety Tips



## INJURY PREVENTION

The Medical Center of Aurora  
 Centennial Medical Plaza  
 North Suburban Medical Center  
 North Suburban Northeast ER  
 Presbyterian/St. Luke's Medical Center &  
 Rocky Mountain Hospital for Children  
 Rose Medical Center  
 Sky Ridge Medical Center  
 Swedish Medical Center  
 Swedish Southwest ER