



BE PREPARED FOR WINTER

Winter on the Prairies offers many enjoyable activities like hockey, skiing, snowmobiling, and ice fishing.



Unfortunately, winter can also bring extreme weather conditions which result in icy roads, blizzards, and power outages. The potential and risks of experiencing one of these situations are serious and may be life threatening.

Slips, Trips and Falls

Reasons	Dangers	Prevention
Objects or flaws on a walking surface	Severe Head Injury Back Injury Broken Bones Sprains or Strains Lacerations Paralysis Death	Shorten your step, point toes up, keep your body centered over your feet, and adjust your walking speed when changing walking surfaces.
Slippery walking surface (metal/painted wood/concrete)		Use sidewalks, handrails, level walking surfaces (3-point contact) as much as possible including entering and existing your vehicle.
Limited visibility		Shovel snow and use sand/salt as traction aids on icy surfaces.
Inadequate or improper footwear		Use traction aids/non-skid footwear and remove snow and ice buildup on footwear
Lack of focus when walking		Stay alert! Being aware of changing surfaces when you walk is a must!
	  	



Prepare Your Vehicle for Winter Driving

Tires rated for snow	Compact snow shovel
Block heater cord is accessible	Booster cables (know how to use them)
Snow brush & ice scraper	Windshield washer fluid (-40°C +)
	Gas line antifreeze

Are you Travelling? Add These to Your Winter Car Kit

Extra warm clothes (gloves, hat, footwear)	Candles and matches
Tow strap	Cellphone charger and cables
Non-perishable food (protein bars, nuts, trail mix)	Sleeping Bag

A well-stocked winter car kit is available at several retailers in Saskatchewan or online



To See and Be Seen

Always clear snow completely from your vehicle - which means the rear and front windshield, and your license plate. If you cannot see through your windows, do **not** drive your vehicle.

Always brush the snow off your front windshield, rear and side windows;

Always clear snow off the air intake (near the wiper blades on front windshield)

Always clear snow off the headlights, tail lights, and signal lights

Always drive with your headlights on at all times! Even during the day



Dress appropriately for the conditions of the weather! Don't let the comforts of heated seats and a warm vehicle give you a false sense of security.

Before departing for a trip, check the [Highway Hotline](#) for highway conditions and weather. Ask yourself if you **must** travel during poor weather conditions.

If you must travel - plan your route, know where you can safely rest or seek refuge, and where fuel stations are located.

Unfortunately, too many lives continue to be lost during Saskatchewan blizzards. Most people die when they leave their vehicle to seek help in a blizzard. Your chances of survival are far greater if you stay with your vehicle rather than deciding to walk for help.

To learn more about emergency preparedness or how to create a household emergency plan and build your home emergency kit, visit the [Government of Canada's GetPrepared.gc.ca](https://www.getprepared.gc.ca).

Get Your Kit Together

During an emergency, you may be responsible for the health and safety of your family for an extended period of time. The Health and Safety Team recommends you store at least 72 hours of supplies in your emergency kit.