

# November Health Note

# Winter Safety

Snow and ice provide a great playground for many fun outdoor activities in New Brunswick. Activities like sliding, snowshoeing, skiing and skating are all ways to get kids outdoors and active during the long winter months. Participating in winter activities has many benefits including improved physical and mental health.

**Keep the following tips in mind to help keep children safe while enjoying the great outdoors;**

- Keep an eye on the weather. If temperatures fall below – 25 C (-13 F) children should stay indoors as exposed skin can freeze within a few minutes.
- Bundle up. Dressing in layers (an absorbent synthetic fabric next to the skin, warmer middle layer and a water resistant/ repellent outer layer) will keep them warm and dry. A single pair of wool blend socks is better to keep feet dry and avoid restriction of blood and air flow to the feet.
- Avoid loose scarves and drawstrings to prevent strangulation.
- Wear safety gear. Helmet use is recommended when skiing, skating and sliding. Goggles, sun glasses and sun screen may also be appropriate. Ensure that equipment is in good repair and properly fitted for your child.
- Check the depth and quality of the ice of ponds, lakes, and rivers before traversing. Ice thickness should be approximately 20 cm (8 inches) for skating and 25 cm (10 inches) for snowmobiles.

***Stay safe and enjoy fun outdoor activities this winter.***



**For more information;**

Parachute Canada <http://www.parachutecanada.org/>

NB Trauma <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>

**Healthy Learners in School Program**

**Anglophone West School District**