

**BEMIDJI AREA SCHOOLS
BEMIDJI, MINNESOTA**

**WINTER SAFETY REMINDERS
GRADES K-3**

*To be presented at an all-school assembly in December by Building Principal.
Provide monthly reviews in school newsletters.*

COLD WEATHER SAFETY

| Dress | Play | Emergency Conditions |
|--|--|---|
| <ul style="list-style-type: none">- Dress appropriately for weather: boots, hat, mittens, and warm coat. | <ul style="list-style-type: none">- Stay indoors with wind chills below -0 degrees- Avoid thin ice, rapidly flowing rivers- Stay away from roof/eaves run-off, icicles- Avoid slips/falls- Warm up often- Stay away from snowplows, snow throwers | <ul style="list-style-type: none">- Car in ditch or stuck- Blizzard conditions- Locked outside home or car- Make a family safety plan:<ul style="list-style-type: none">- Notify others & authorities- Hide a key- Find shelter- Keep moving- Knock on doors- Ring doorbells- Yell for help- Go to safe place to meet- Ask for help from your neighbor |



ARCTIC TEMPERATURE FAMILY SAFETY PLAN



If It's Cold Outside.. Know How to Survive!

Know the Signs....

- Shivering
- Clumsiness
- Slurred speech or mumbling
- Stumbling
- Loss of consciousness
- Slow, shallow breathing
- Confusion
- Poor decision making
- Drowsiness
- Lack of concern
- Weak pulse

Call 911 if you or if you see someone with signs of hypothermia or if you suspect a person had prolonged exposure to cold weather.

Find a Way.... To be Ok

- Go inside, remove wet clothing and cover in layers of blankets
- If trapped outside:
- Knock on the door
 - Ring the doorbell
 - Find a neighbor
 - Scream for help
 - Scream for help
 - Break a window
 - Find shelter
 - Call 911

Prepare....

- Dress Properly
- Know the signs
- Identify safe shelter areas
- Have a plan
- Practice using exits/windows
- Talk to neighbors
- Hide a key and practice using it

Using the box below, draw a map of your property and discuss ways for you and your family to be safe from the cold.