



**Canada**  
 Environment Canada  
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The cooling sensation caused by the combined effect of temperature and wind is called wind chill. Exposed skin at very cold wind chills can freeze in only minutes. The risk of frostbite increases rapidly when wind chill values go below -27.

**WIND CHILL**  
 THE CHILLING FACTS

**SEVEN STEPS TO COLD WEATHER SAFETY:**

- |  |   |
|--|---|
| 1. Check the weather forecast before planning outdoor activities.  | 4. Seek shelter – get out of the wind.                                |
| 2. Dress in layers with a wind resistant outer layer, wear a hat, mittens, and scarf or face mask when it is cold. | 5. Stay dry.  |
| 3. Limit your time outdoors when it is very cold.  | 6. Keep active to stay warmer.  |
|  | 7. Watch for signs of frostbite – numbness and white patches on skin. |
- En56-221/7-2008E  
978-0-662-47614-6

Weather forecasts: [www.weatheroffice.gc.ca](http://www.weatheroffice.gc.ca)  
 Wind chill information Web site: [www.windchill.ec.gc.ca](http://www.windchill.ec.gc.ca)



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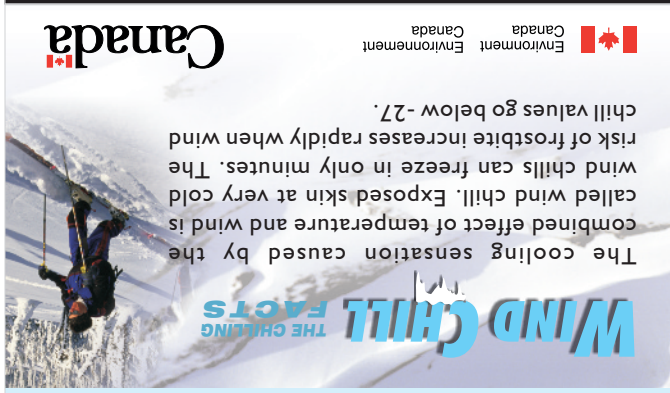
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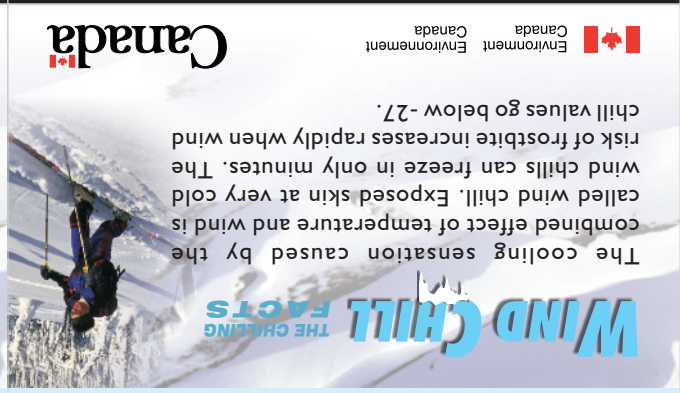
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Tips to print the folded wallet card:

1. 65 lb cover stock is recommended.
2. If your printer cannot do 2 sided (duplex) print, ensure you print the 1st page first, flip the page and print the 2nd page.
3. ENSURE the page scaling setting is set to NONE.
4. After cutting the cards out, score the [folded line](#) with blunt knife before folding.

### WIND CHILL CHART

		Air Temperature (°C)										
		T <sub>air</sub>										
V <sub>10</sub>	Wind Speed (km/h)	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	-50
		5	5	-2	-7	-13	-19	-24	-30	-36	-41	-47
10	10	-3	-9	-15	-21	-27	-33	-39	-45	-51	-57	-63
15	15	-4	-11	-17	-23	-29	-35	-41	-48	-54	-60	-66
20	20	-5	-12	-18	-24	-30	-37	-43	-49	-56	-62	-68
25	25	-6	-12	-19	-25	-32	-38	-44	-51	-57	-64	-70
30	30	-6	-13	-20	-26	-33	-39	-46	-52	-59	-65	-72
35	35	-7	-14	-20	-27	-33	-40	-47	-53	-60	-66	-73
40	40	-7	-14	-21	-27	-34	-41	-48	-54	-61	-68	-74
45	45	-8	-15	-21	-28	-35	-42	-48	-55	-62	-69	-75
50	50	-8	-15	-22	-29	-35	-42	-49	-56	-63	-69	-76
55	55	-8	-15	-22	-29	-36	-43	-50	-57	-63	-70	-77
60	60	-9	-16	-23	-30	-36	-43	-50	-57	-64	-71	-78
65	65	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79
70	70	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-80
75	75	-10	-17	-24	-31	-38	-45	-52	-59	-66	-73	-80
80	80	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81

- Low risk of frostbite
- Increasing risk in 30 minutes of exposure
- High risk in 5 to 10 minutes of exposure
- High risk in 2 to 5 minutes of exposure
- High risk in 2 minutes or less exposure

V<sub>10</sub> = wind speed measured 10 metres above ground level

**Note:** The wind chill effect increases when you are cross-country skiing.



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40	40	-7	-14	-21	-27	-34	-41	-48	-54	-61	-68	-74
45	45	-8	-15	-21	-28	-35	-42	-48	-55	-62	-69	-75
50	50	-8	-15	-22	-29	-35	-42	-49	-56	-63	-69	-76
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