

CANADA'S WIND CHILL INDEX

Helping You Deal with the Cold You Feel

The cooling sensation caused by the combined effect of temperature and wind is called wind chill. The wind chill index is not actually a real temperature but, rather, represents the feeling of cold on your skin and is expressed in temperature-like units. Exposed skin at very cold wind chills can freeze in only minutes. The best way to avoid the hazards of wind chill is to check the weather forecast before going outside and to be prepared by dressing warmly. The risk of frostbite increases rapidly when wind chill values go below -27.

SEVEN STEPS TO COLD WEATHER SAFETY

- 1 Check the weather forecast** before planning outdoor activities.
- 2 Dress in layers** with a wind resistant outer layer, wear a hat, mittens, scarf or face mask, and insulated, waterproof footwear. When it is very cold, or when the wind chill is significant, cover as much exposed skin as possible. Your body's extremities, such as the ears, nose, fingers and toes, lose heat the fastest.
- 3 Limit your time outdoors** when it is very cold or when the wind chill is significant.
- 4 Seek shelter** – get out of the wind.
- 5 Stay dry** – wet clothing chills the body rapidly.
- 6 Keep active to stay warmer** – walking or running will help warm you by generating body heat.
- 7 Watch for signs of frostbite** – numbness and white patches on skin. Some people are more susceptible to the cold – particularly children, the elderly and those with circulation problems.

WIND CHILL CHART

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

■ Low risk of frostbite
■ Moderate risk
■ High risk in 30 minutes of exposure
■ Very high risk in 5 to 10 minutes of exposure
■ Severe risk in 2 to 5 minutes of exposure
■ Extreme risk in 2 minutes or less of exposure

V₁₀ = wind speed measured 10 metres above ground level

Weather forecasts: www.weather.gc.ca
 Wind chill information Web site:
www.windchill.ec.gc.ca

