



SAFETY TALK

Winter Storm Safety

Winter storms can bring extreme cold, freezing rain, sleet, heavy snowfall, ice, and high winds. These storms can cause transportation, heat, power, and communication disruptions. They also can close schools, stores, and workplaces.

We can take action to prepare. Prepare now to protect yourself, your loved ones, and your home.



Gather Emergency Supplies

Gather food, water, and medicine before a winter storm. Stores might be closed, and it may be unsafe to travel.

- Organize supplies into a **Go-Kit** and a **Stay-at-Home Kit**.
- **Go-Kit:** at least three days of supplies you can carry with you if you need to go somewhere else to stay warm. Include critical backup batteries and chargers for your devices (cell phone, CPAP, etc.)
- **Stay-at-Home Kit:** at least two weeks of supplies.
- Ensure you have enough *warm clothing*, such as hats, mittens, and blankets, for everyone in your household.
- You may lose access to drinking water. Set aside at least *one gallon of drinking water per person per day*.
- Consider having **emergency supplies in your vehicle**, such as a blanket, warm clothing, a first aid kit, and boots.
- Have a 1-month supply of needed medications and medical supplies. Consider keeping a list of your medications and dosages on a small card to carry with you.
- **Keep personal, financial, and medical records safe** and easy to access (hard copies or securely backed up).



Stay Safe

If you need to go outside, use extreme caution when driving or walking on ice.

- **Avoid damaged or fallen power lines.** They can electrocute you.
- **Be aware of branches, trees, and ice that may fall.**
- **Avoid overexertion when shoveling snow.** Take frequent breaks and, if possible, work with a partner.
- Use **ice-melting products to keep your walkways safe.**
- Go to a **public library, shopping mall, or warming center** if your home becomes too cold.



Source: [Winter Storm Preparedness & Blizzard Safety | Red Cross](#)

Safety is everyone's responsibility!

DATE: _____
FACILITY: _____

SAFETY TALK LEAD BY: _____
DEPARTMENT: _____

DISCUSSION QUESTIONS:

WHEN WAS THE LAST TIME YOU CHECKED YOUR SMOKE DETECTOR AND A BATTERY-OPERATED CARBON MONOXIDE DETECTOR?

WHAT ITEMS DO YOU HAVE IN YOUR EMERGENCY KIT AT HOME?

DO YOU HAVE A PLAN TO STAY SAFE AT HOME DURING A STORM?

EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:

EMPLOYEES PRESENT:

FOLLOW UP ON CONCERNS:

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email healthpeihr@ihis.org.

Safety Talks can be found on the Staff Resource Centre at: <https://src.healthpei.ca/safety-talks>