

...Winter Weather Preparedness Week Across New England And New York...
...Today's Topic...Protected Measures From Wind Chill...

All of the New England states as well as the state of New York...
in partnership with the National Weather Service offices in these
respective states...have designated this week as Winter Weather
Preparedness Week.

If you have not already done so...now is the time to get yourself
and your property prepared for the winter season.

Enjoy the great outdoors this winter...but protect yourself from the
wind and cold. Wind Chill...which is defined as the combined effects
of low temperature and wind on the human body can be fatal.

Strong wind when combined with low temperature results in very rapid
cooling of any exposed surface. Unprotected parts of the body...
such as the face and hands...can chill rapidly and should be
protected from the cold and wind.

A strong wind can make the weather more chilling and dangerous. A
person dressed for near freezing weather...can be exposed to wind
chill equivalent temperatures of 20 or more degrees colder when
the wind speed is 30 miles an hour or greater. Exposed skin can
freeze in minutes when the wind chill reaches 30 degrees below zero
or less.

Frostbite and hypothermia are often associated with wind chill.
Frostbite causes a loss of feeling and a white or pale appearance on
the affected areas. Hypothermia develops when the body begins to lose
heat faster than it can produce it.

Dress for both temperature and wind. Be sure to keep your face
covered on a windy day. Wear loose fitting...light weight...warm
clothing in several layers. Outer garments should be hooded as well
as water and wind repellent. Mittens are better protection from the
cold than gloves.

Do not ignore the winter elements that could threaten your life.
Remember to monitor daily weather forecasts before venturing
outdoors. Listen to local weather forecasts on commercial radio...
television or NOAA Weather Radio All Hazards.

For more information on wind chill...including a wind chill chart...
check our web site at weather.gov...then click on Vermont.