

## Chores must get done no matter what the temperature reads. Farmers must take special precautions in the winter.

Farming is a year-round business exposing farm families to bitter cold winters in some areas. Whether or not someone is in danger depends on the temperature, wind speed, length of time outdoors, your physical condition, and whether clothing is wet or dry.

Take precautions to prevent injuries caused by cold weather:

- ▶ Wear warm, loose fitting layers, preferably wool. Outside layer should be water repellent
- ▶ Wear mittens, if possible as they keep your fingers warmer
- ▶ Cover your head and ears as they lose heat the fastest
- ▶ Stay dry
- ▶ Don't drink alcohol which causes you to lose heat faster
- ▶ Watch for frostbite and hypothermia

If you suspect frostbite or hypothermia, it's important to seek shelter in a warm place. If you can't stop shivering, notice numbness, or become disoriented:

- ▶ Handle suspected frostbitten areas gently - don't rub
- ▶ Remove cold, wet, and restricting clothes with dry ones
- ▶ Warm the body gradually, not by a stove or fire
- ▶ Contact local emergency medical services for help

Children require additional supervision and a watchful eye in the winter. Often kids will keep playing no matter how cold they get. Teach them the warning signs of frostbite and hypothermia, but realize they may ignore the symptoms. Encourage them to come inside to warm up frequently.

Winter can be a beautiful and fun time of the year to enjoy the farm, if precautions are taken to prevent the cold from endangering those who are experiencing its glory.

Kids will play outside no matter how cold they get. Check on them often and encourage them to come in frequently.

