

Wind Chill Hazards and What To Do (Source Canada.ca)

Wind Chill	Exposure Risk	Health Concerns	What to Do
0 to -9	Low Risk	<ul style="list-style-type: none"> Slight increase in discomfort 	<ul style="list-style-type: none"> Dress warmly Stay dry
-10 to -27	Moderate Risk	<ul style="list-style-type: none"> Uncomfortable Risk of hypothermia and frostbite if outside for long periods without adequate protection. 	<ul style="list-style-type: none"> Dress in layers of warm clothing, with an outer layer that is wind-resistant. Wear a hat, mittens or insulated gloves, and insulated, waterproof footwear. Stay dry. Keep active
-28 to -39	High Risk: exposed skin can freeze in 10 to 30 minutes	<ul style="list-style-type: none"> High risk of frostnip or frostbite: Check face and extremities for numbness or whiteness. High risk of hypothermia if outside for long periods without adequate clothing or shelter from wind and cold. 	<ul style="list-style-type: none"> Dress in layers of warm clothing, with an outer layer that is wind-resistant Cover exposed skin Wear a hat, mittens or insulated gloves, neck tube or face mask and insulated, waterproof footwear Stay dry Keep active
-40 to -47	Very High risk: exposed skin can freeze in 5 to 10 minutes	<ul style="list-style-type: none"> Very high risk of frostbite: Check face and extremities for numbness or whiteness. Very high risk of hypothermia if outside for long periods without adequate clothing or shelter from wind and cold. 	<ul style="list-style-type: none"> Dress in layers of warm clothing, with an outer layer that is wind-resistant. Cover all exposed skin. Wear a hat, mittens or insulated gloves, a neck tube or face mask and insulated, waterproof footwear. Stay dry Keep active.

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-48 to -54	<p>Severe risk: exposed skin can freeze in 2 to 5 minutes</p>	<ul style="list-style-type: none"> • Severe risk of frostbite: Check face and extremities frequently for numbness or whiteness. • Severe risk of hypothermia if outside for long periods without adequate clothing or shelter from wind and cold. 	<ul style="list-style-type: none"> • Be careful. Dress very warmly in layers of clothing, with an outer layer that is wind-resistant. • Cover all exposed skin • Wear a hat, mittens or insulated gloves, a neck tube or face mask and insulated, waterproof footwear. • Be ready to cut short or cancel outdoor activities. • Stay dry. • Keep active.
-55 and colder	<p>Extreme risk: exposed skin can freeze in less than 2 minutes</p>	<ul style="list-style-type: none"> • DANGER! Outdoor conditions are hazardous. 	<ul style="list-style-type: none"> • Stay indoors.