

# Métis Nation of Ontario EMERGENCY MANAGEMENT NEWSLETTER

## New Quarterly Emergency Management Newsletter



As part of the Emergency Management Program here at the Métis Nation of Ontario (MNO), we are pleased to introduce you to a new quarterly Emergency Prevention and Preparation newsletter, designed to help support citizens prepare for emergencies before they happen - thus transforming potential emergencies into relatively controlled and planned-for events.

This month's prevention and preparation theme is with respect to safe winter driving and winter safety.



Though your EM department has been reminded several times that winter is not technically here until December 21, with winter driving weather upon us - here are a few health and safety reminders for citizens and friends to consider to help ensure you make it there and back again.

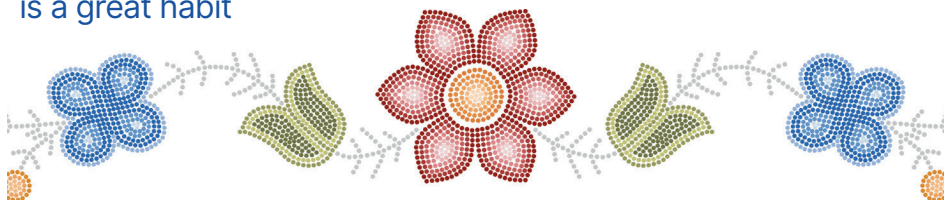
### Have ideas or topics you'd like to see covered in the EM newsletter?

Please submit them to [EM@metisnation.org](mailto:EM@metisnation.org) to be entered in a draw for an MNO-branded 3-in-1 automotive keychain emergency tool with Built-in safety design, seat belt cutter, Auto emergency window breaker with integrated emergency whistle.

## Personal Winter Safety Tips

1. Dress in layers when outdoors, and be sure to wear a hat
2. When returning indoors, remove wet clothing as quickly as possible
3. When exercising outdoors, if any numb or stinging feelings appear in the cheeks, lips, nose, ears, hands and feet, return inside immediately
4. Remember to give yourself time to warm up, and just as importantly, to cool down and for circulation to normalize, before and after any outdoor activity such as shovelling snow
5. Walk carefully on potentially icy sidewalks by wearing proper footwear and not carrying heavy loads
6. Seek immediate medical care in case of suspected frostbite, hypothermia, sprains, strains, fractures or concussion
7. Exercise caution when walking on snow and ice to avoid slips and falls
8. Dress according to weather conditions
9. Remember to change your smoke/carbon monoxide alarm batteries - doing it every spring and fall when the time changes is a great habit

### Check it out!



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## Winter Driving Safety



- Ensure your vehicle tires have been changed from summer to winter and are winter-rated (have the winter rating 'snowflake' on them) for best snow and ice performance
- Drive according to road and weather conditions. Use All-wheel drive (AWD)/4x4 in vehicles when road conditions warrant – remember, 4x4 should not be used on clear, dry pavement (may cause severe vehicle damage over time), and remember, AWD/4x4 helps you go, but if road conditions are slippery or poor, your vehicle's braking ability will be dramatically reduced.
- Limit or discontinue the use of cruise control when roads are anything but clear and dry – cruise control has the potential to cause a loss of control when downshifting and accelerating occurs.
- Plan your route and travel times appropriately ensuring you give yourself extra travel time as conditions require
- Contact MTO (or your local social media weather/road conditions sites) regarding road conditions – the website below gives you easy 24/7/365 road information on provincially maintained highways - <https://511on.ca/>
- Have an accountability system in place – check out with a trusted person upon departure/check back in upon arrival, whether a friend or family member as appropriate and necessary, or a supervisor/manager if travelling for work. Ensure they know the details of your trip and planned timelines.
- Ensure you have enough fuel to get you to your destination or between fuel stops while observing the 1/3 fuel rule – 1/3 tank to get there, 1/3 tank to get back – 1/3 of a tank in reserve.
- Remember, allowing your fuel tank to drop below half increases the risk of condensation, frost, ice and water forming in your fuel system – keeping the tank as full as possible at all times helps to prevent this condition and subsequent vehicle problems. Adding gas line antifreeze if problems develop can help to remedy this issue.
- Having an emergency kit in your vehicle is a great idea – some potential items to include are listed below. Remember to inspect your Emergency Kits to ensure they are stocked according your personal list and customize the list for your unique and specific individual or family needs. →

Scan the QR code to explore resources, guides, and real-time EM updates



### Vehicle Emergency Kit List :

- First Aid Kit
- Seatbelt cutter/window breaker
- Highway reflectors
- Shovel (light weight)
- Tow cable or chain
- Flashlight & batteries
- 4 Way wheel wrench/tire iron
- Cold weather sleeping bag
- Battery booster cables
- Axe/Hatchet
- Sand, kitty litter or traction aid
- Windshield washer fluid
- Gasline antifreeze
- Emergency blanket
- Candles with tin/can (safe bottom/candle holder)
- Waterproof matches
- Fire extinguisher
- Block heater
- 12-gauge extension cord
- Snow brush/ice scraper
- Extra dry clothing, winter wear and boots
- Toilet paper
- Sanitizing wipes
- Personal medication
- Cell phone and charging cable (with vehicle specific adapter if needed)
- Shelf stable snack foods such as trail mix, granola bars, etc.
- Water (not recommended to leave in vehicle when temperatures drop sub-zero)



**In times of stress or emergencies, we all default to the level of our training, preparation or experience. Thank you for taking steps to be prepared.**