



Snow & Tell

Winter Info Session

2024

SSU

*sheridan
student
union*



Introduction

Welcome to Canada!

Winter Tips For Newcomers!

Agenda

- Ice Breaker Welcome
- Seasonal Changes
- Health Factors
- Personal Safety Tips
- Propane Heaters
- Dressing for Winter
- Additional Resources & Activities



Seasonal Changes

- Temperatures

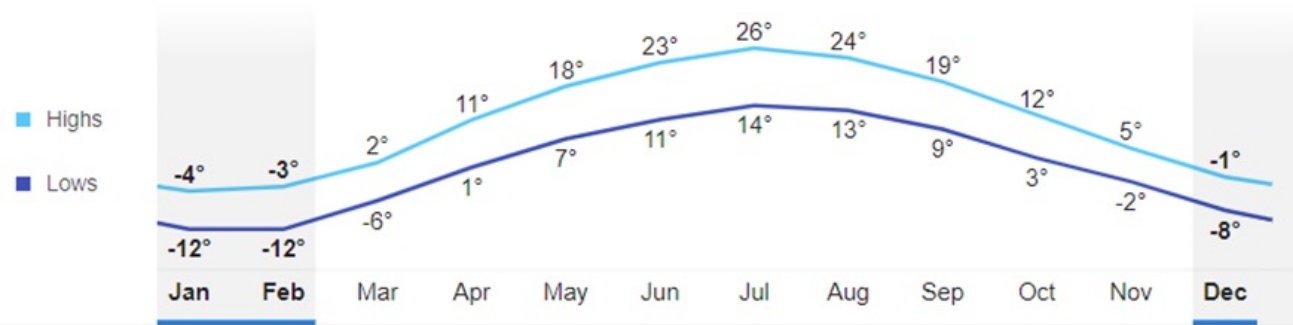
- Below 0 degrees = freezing

Greater Toronto Area

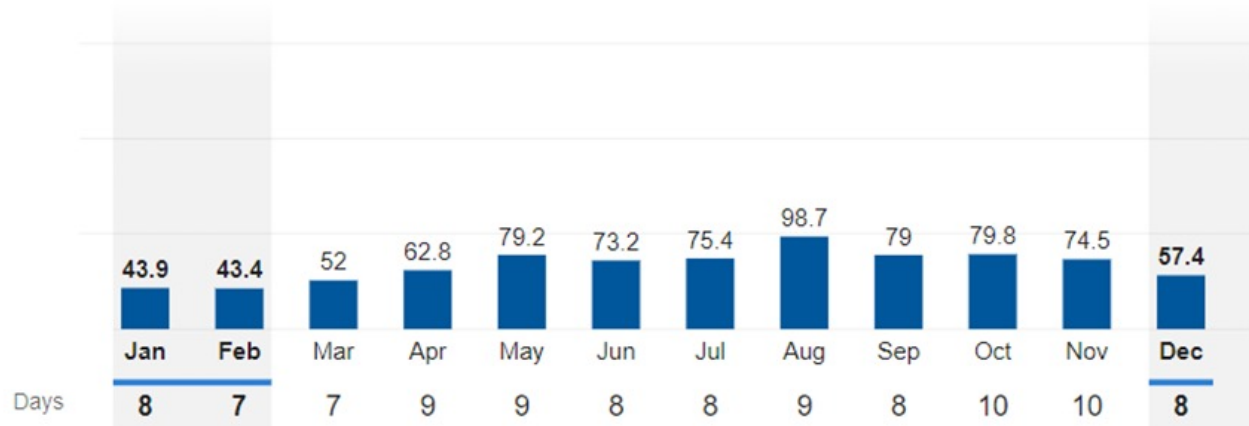
Weather averages

Overview **Graphs**

Temperatures (°C)



Rainfall (millimetres)



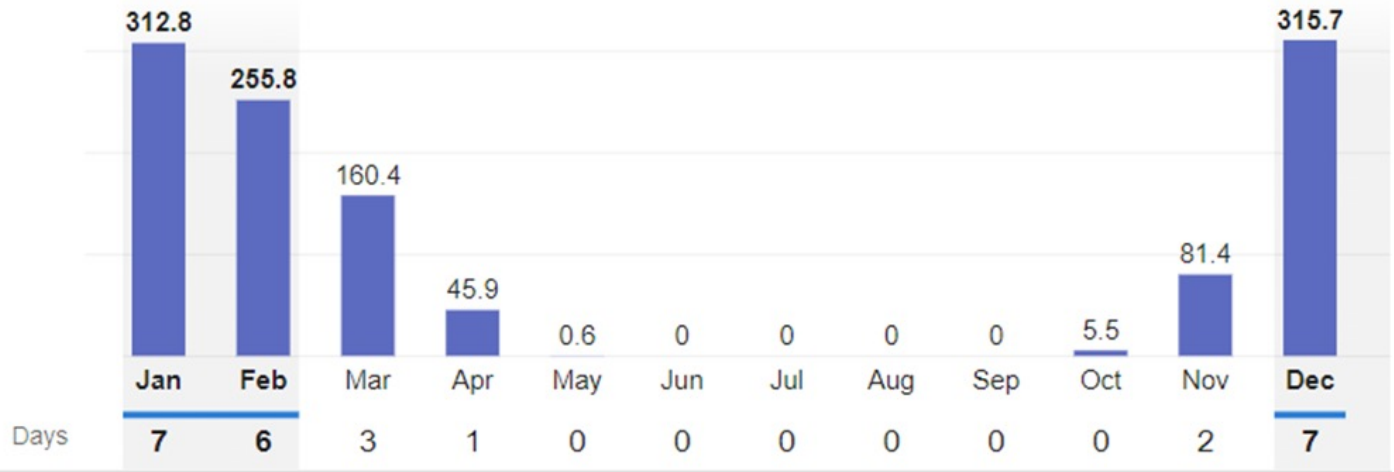
Days

Month	Days
Jan	8
Feb	7
Mar	7
Apr	9
May	9
Jun	8
Jul	8
Aug	9
Sep	8
Oct	10
Nov	10
Dec	8

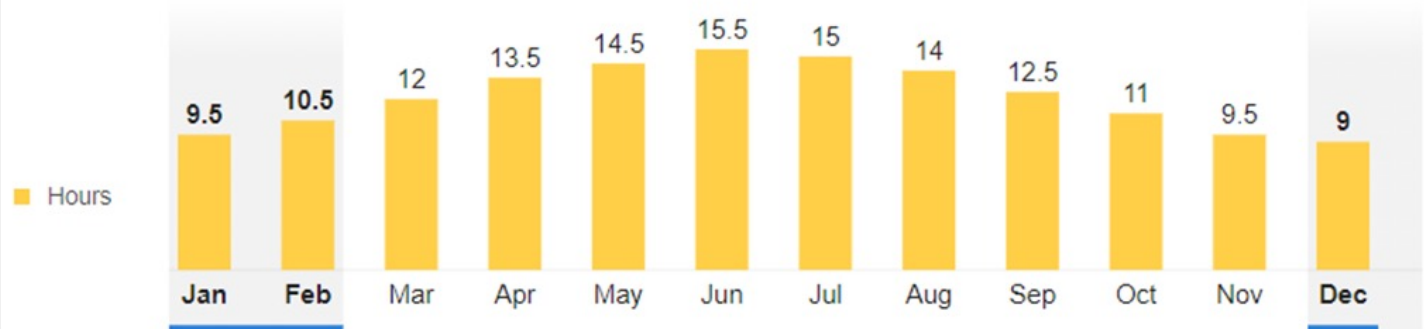
Seasonal Changes

- Increase snowfall
- Decrease daylight
- Check a weather app regularly

Snowfall (millimetres)



Daylight



Source: NOAA

Seasonal Affective Disorder – (SAD)

What is it?

- Type of Depression
- Happens during Fall/Winter Season mostly
- Impact on Daily Life
- Symptoms
- Professional Support/Tips



**GET YOUR
VACCINE!**



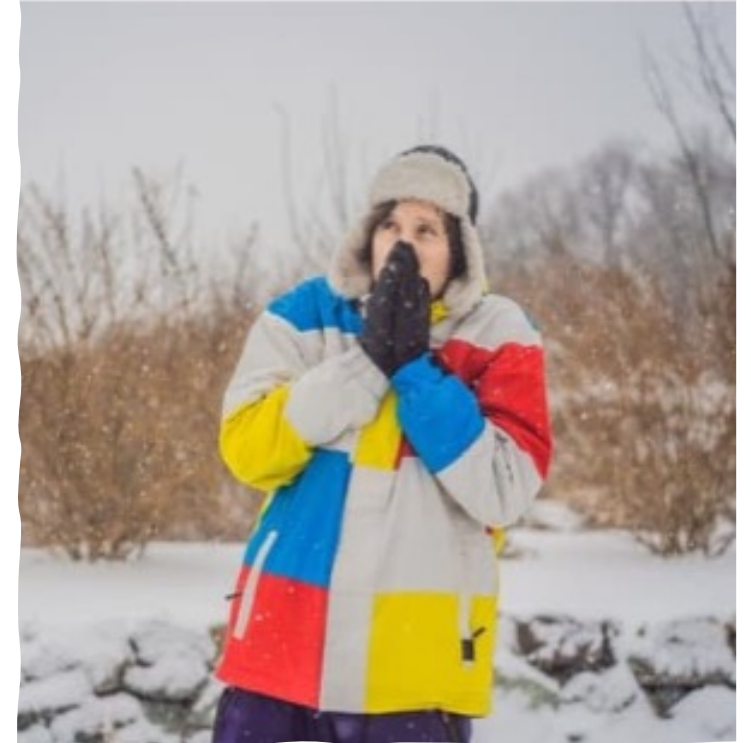
Health Factors - Flu Shot

- Flu shot boosts immune response against the influenza virus
- Reduces severe symptoms and complications from infection
- Recommend from age of 6 months and older
- You can get vaccine for free at health centres across all campuses, local pharmacies and doctor offices

Get the
FLU  **SHOT**
not the flu!

Health Factors - Hypothermia

- It is a medical emergency when the body temperature drops quickly than it can produce heat to protect the body
- Shivering, confusion, slurred speech, slow heart rate/breathing, pale/blue skin, loss of coordination, drowsiness
- Get informed weather forecasts and wear appropriate clothing
- Take precautions when participating in activities outside, especially in icy or wet conditions



STAGES OF FROSTBITE



Health Factors -Frostbite

- What is frostbite?
- Warning Signs of Frostbite
- Prevention of Frostbite
- Treatment of Frostbite



Health Factors - Black Ice



- Black ice is thin and nearly transparent ice that forms on surfaces
- Take slow and deliberate steps. Avoid taking large strides
- Use railings or stable objects when available
- Walk on designated sidewalks treated with ice-melting agents
- Wear winter footwear that has a good traction
- Inspecting footwear regularly
- Do not use phone during walk; **NO RUNNING ON ICE!**





Salt

- Benefits: helps prevent ice formations, provides grip
- Disadvantages: excess of salt runs off into our waterways, harsh on surrounding plants and animals, causes rust (bikes/cars), ruins shoes, too much salt could be slippery
- 311 - any areas that need shoveling, salting, removing excess salt, etc.

Picture shows a layer of dried-up salt

Outdoor Images During Winter



Safety Tips – Walking

- Wear shoes with grip
- Watch out for glossy surfaces (usually ice)
- Keep your hands out of your pockets
- Walk on snow for more traction
- Maintain eye contact with drivers, even if it's your right of way, they may not see you



Personal Safety Tips - Bussing

- Don't rush to catch the bus!
 - Slipping/falling can cause serious injuries
- Bundle as it gets cold waiting outside
 - More layers are better, so you have the choice to remove
- Pro tip: your phone may shut down because of the cold, so bring a power bank to wake it up



Personal Safety Tips - Cycling

- Plan your route, check the weather, and give yourself more time
- Have lights, ride slow, cover your skin on those cold days
- Winterize your bike (reduce tire pressure & lubrication)
 - Regular wipe downs
- Pro tip: put on a layer of moisturizer to protect your skin
 - Tuck your shirt/pants



Personal Safety Tips - Driving

- Install winter tires
- Have anti-freeze fluids
- Snow scraper to remove snow and ice
- Drive slowly!! Especially exiting/entering driveways and intersections
- Avoid sudden movements
- Keep extra distance between cars



Indoor Propane Heater Safety



- Install carbon monoxide and fire detectors
- Heater should be vented to the outside
- Open the window as it causes oxygen depletion
- Do not move the heater while it is on
- NEVER LEAVE IT UNATTENDED!
- Never use it for drying clothes and keep it away from flammable objects





Dressing for Winter - Layering

- Layering clothing during winter is crucial for maintaining warmth and comfort in cold temperatures.
- Insulation & Heat Retention
- Protection from Wind & Cold
- Adaptability for Indoor/Outdoor Settings
- Comfort & Well-being

Dressing for Winter Outerwear + Accessories

- Outerwear (Winter Jacket & Fleece Jackets)
- Accessories - scarfs, earmuffs, gloves, beanies, socks
- Shoes - Winter Boots

Affordable Winter Clothing

- Discount Stores
 - Thrift Stores (Value Village, Plato's Closet)
- Free Options
 - Clothing Drives (SSU Offices at each campus)
- Alternative Stores
 - Walmart, Winners, Marshalls



Better-Quality Winter Clothing

- Benefits - Longer durability, better insulation and warmth, long-term cost effectiveness, improved for outdoor activities
- Disadvantages - Higher Initial Cost, Limited Affordability
- List of Stores to purchase Quality Winter Clothing
(Additional Stores) - Mountain Warehouse, H&M

The logo for The North Face, featuring the words "THE NORTH FACE" in a bold, sans-serif font next to a black quarter-circle shape.The logo for Hudson's Bay, featuring a royal coat of arms crest above the text "HUDSON'S BAY" and "INCORPORATED 1859".The logo for Sport Chek, featuring the words "SPORT CHEK" in a bold, sans-serif font above a red chevron shape.The logo for Uniqlo, featuring the words "UNI QLO" in a bold, sans-serif font inside a red square.

Winter Activities



- Play in the snow
- Hiking (avoid frozen bodies of water!)
- Tobogganing
- Ice skating
- Skiing/snowboarding





Emergency Preparedness

- 311 to deal with infrastructure support; snow removal, salting (<https://www.mississauga.ca/contact-us/email-customer-service/>)
- Emergency Dialing Guidelines:
 - For emergencies take yourself to the closest emergency room or dial 911.
 - To be directed to social service resources (food banks, shelters, etc.) dial 211.

Additional Resources

- Mental Health – Counselling Services

Sheridan Counselling – (ALL STUDENTS)

<https://www.sheridancollege.ca/en/student-life/student-services/counselling-services>

https://central.sheridancollege.ca/counselling-services?check_logged_in=1

- EmpowerMe - (DOMESTIC STUDENTS)

<https://www.thessu.ca/empower-me>

- Keep.meSAFE (INTERNATIONAL STUDENTS)

<https://myssp.app/keepmesafe/ca/home>



Additional Resources



Students may call the Health Centres below to book an appointment.

- Davis Campus (Brampton): **905-459-7533, x5153**
- Hazel McCallion Campus (Mississauga): **905-845-9430, x5709**
- Trafalgar Road Campus (Oakville): **905-459-7533, x2550**

Mission Zero

<https://missionzero.sheridancollege.ca/>

Cycling Resources – Winter Workshop

<https://missionzero.sheridancollege.ca/transportation/bikehub/cycling-resources/>

Frost Bite Prevention

[cold-extreme-froid-eng.pdf \(canada.ca\)](#)

[How to prevent and treat frostbite \(aad.org\)](#)



Thank You!

Contact for
further
information

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**Health
Centre**

**Mission
Zero**
Sheridan
Bike Hub