



WIND CHILL



Brought to you by the National Weather Service in Wichita, KS
www.weather.gov/wichita

Wind chill is the temperature it “feels like” outside and is based on the rate of heat loss from exposed skin caused by the effects of wind and cold. As the wind increases, the body is cooled at a faster rate causing the skin temperature to drop. A wind chill advisory or warning will be issued when conditions may be potentially hazardous and life threatening.

POSSIBLE IMPACTS DUE TO WIND CHILL

FROSTBITE: An injury to the body caused by freezing body tissue. There will be a loss of feeling in affected area with the extremities (fingers, toes, ear lobes or the tip of the nose) being the most susceptible parts of the body. Medical attention is needed immediately. The area should be SLOWLY re-warmed.

HYPOTHERMIA: Abnormally low body temperature (below 95 degrees Fahrenheit). Warning signs include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion. Medical attention is needed immediately. If it is not available, begin warming the body SLOWLY.



NWS Windchill Chart



Wind (mph)	Temperature (°F)																		
	Calm	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63	-69
10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72	-78
15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77	-83
20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81	-87
25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84	-90
30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87	-93
35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89	-95
40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91	-97
45	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93	-99
50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95	-101
55	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-96	-102
60	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98	-104

Frostbite Times: ■ 30 minutes ■ 10 minutes ■ 5 minutes

Wind Chill (°F) = 35.74 + 0.6215T - 35.75(V^{0.16}) + 0.4275T(V^{0.16})
Where, T= Air Temperature (°F) V= Wind Speed (mph) Effective 11/01/01

DRESSING FOR COLD WEATHER

adding layers will help keep you warm as the temperature drops

CHILLY

- 1-2 layers
- long layer
- outer layer to keep out wind, rain
- warm shoes water proof

COLD

- 2-3 layers
- gloves
- warm hat
- outer layer to keep out wind, wet snow
- boots water proof
- 1-2 layers

EXTREME COLD

- 3+ layers 1 insulating
- gloves
- warm hat
- face mask
- outer layer to keep out wind
- boots water proof
- 2+ layers

www.weather.gov/safety

HEAT WAVE

#1 Weather Related Killer

Heat kills by taxing the human body beyond its abilities. A heat wave is a prolonged period of excessive heat and humidity. The National Weather Service alerts the public during these periods of excessive heat and humidity. Heat index is a way to measure heat stress. A heat advisory or warning will be issued when conditions may be potentially hazardous and life threatening.

HEAT INDEX: A number in degrees Fahrenheit that tells how hot it really feels when relative humidity is added to the actual air temperature. Exposure to full sunshine can increase the heat index by 15 degrees Fahrenheit.

Safety Tips

- **Slow down:** Strenuous activities should be reduced, eliminated or rescheduled to the coolest time of the day.
- **Dress for summer:** Lightweight light-colored clothing reflects heat and sunlight.
- **Eat light and easy to digest foods** such as fruit or salads.
- **Drink plenty of water or other non-alcohol fluids. Avoid alcohol beverages. Your body needs water to keep cool. Drink even if you don't feel thirsty.**
- **Avoid alcoholic beverages.**
- **Spend more time in air-conditioned places.**
- **Don't get too much sun.**
- **Where's baby? Look before you lock. Never leave children, disabled adults or pets in a vehicle.**

Heat Exhaustion	Heat Stroke
<p>ACT FAST</p> <ul style="list-style-type: none">• Move to a cooler area• Loosen clothing• Sip cool water• Seek medical help if symptoms don't improve	<p>ACT FAST</p> <p>CALL 911</p> <ul style="list-style-type: none">• Move person to a cooler area• Loosen clothing and remove extra layers• Cool with water or ice

Heat exhaustion can lead to heat stroke.

Heat stroke can cause death or permanent disability if emergency treatment is not given.

Stay Cool, Stay Hydrated, Stay Informed!

Practice HEAT SAFETY Wherever You Are

Heat related deaths are preventable. Protect yourself and others from the impacts of heat waves.

Job Sites
Stay hydrated and take breaks in the shade as often as possible.

Indoors
Check up on the elderly, sick and those without AC.

Vehicles
Never leave kids or pets unattended - LOOK before you LOCK

Outdoors
Limit strenuous outdoor activities, find shade, and stay hydrated.

weather.gov/heat

Heat Pet Safety

Never leave your pets in a parked car!

Safety Tips For Your Pets

- Watch the humidity
- Limit exercise on hot days
- Provide ample shade and water
- Don't rely on a fan
- Watch out for hot pavement

weather.gov/heat