

## **M E M E N T** **on the actions of the population in winter**

During the winter period, various types of emergency situations may arise. Winter in most regions of Kazakhstan is a truly severe natural phenomenon with heavy snowfalls, blizzards, frosts and ice. In order to prevent accidents, it is necessary to follow the rules of conduct in the winter period.

### **GOING ON THE ROAD IN WINTER:**

- ✓ follow weather information;
- ✓ Before leaving the house, look at the thermometer;
- ✓ Dress for the weather - don't neglect extra clothing;
- ✓ do not leave children unattended;
- ✓ constantly monitor your condition - do not allow hypothermia and especially frostbite;
- ✓ do not create situations in which cold injury may occur;
- ✓ Don't stay late at a party. Don't abuse alcohol - it dulls your reaction and leads to wrong decisions.

### **WINTER CLOTHING:**

A simple rule: air retains heat. So the more layers of air, the better. However, keep in mind that being dressed like a cabbage is also bad - it will restrict movement (the less you move, the more you freeze). Contrary to popular belief, thick woolen clothes are not the best clothes in case of cold weather, choose any not too thick shaggy fabrics - they retain air well, and therefore heat. Try to keep your neck and wrists warm, since it is through these parts of the body that heat is lost most intensively in frost. Do not forget that mittens retain heat better than gloves. Use scarves - they protect well from the cold and never go out of fashion.

The headdress should be well-fitted, the ears must be covered. The best footwear for severe frosts are felt boots and fur footwear, such as mukluks, uggs.

### **WHEN GOING ON THE ROAD IN A CAR, DO NOT FORGET:**

- ✓ warm clothes and a small supply of provisions;
- ✓ documents and a phone charger;
- ✓ snow removal tool;
- ✓ fill the tank full;
- ✓ When traveling, always keep to the road.

### **IF A BLIZZARD CAUGHT YOU ON THE ROAD IN A CAR...**

- ✓ try not to deviate from it, stick to the highway, asphalt, telegraph and electric poles, as they are least susceptible to skidding;
- ✓ When stopped on the road, sound the alarm with intermittent horns, lift the hood or hang a bright cloth on the antenna, wait for help in the car. In this case, you can leave the engine running, slightly opening the window to ensure ventilation and prevent carbon monoxide poisoning.

- ✓ if there are several people on the road (in several cars), it is advisable to gather together and use one car for shelter, water must be drained from the engines;
- ✓ position the car with the hood facing the wind, insulate yourself as much as possible, the heater should not be running constantly (save fuel). In a snow-covered car, if you want to warm up, start the heater only after clearing the exhaust pipe (otherwise you will die from the exhaust gases before you freeze);
- ✓ - if there is a risk of the car being covered in snow, periodically open one of the doors, move it, break up the snowdrift so that it does not wall you up inside the car;
- ✓ periodically open one of the doors, move it, break up the snowdrift so that it does not wall you up inside the car;
- ✓ keep a supply of food and a thermos of hot tea in the car;
- ✓ try not to go far from the car, because in a strong snowstorm landmarks can be lost;
- ✓ If you decide to wait for help, try not to sleep.

### **FIRST AID FOR FROSTBITE:**

The first sign of frostbite is numbness in the frostbitten part of the body.

In case of frostbite: DO NOT warm up the affected areas of the body with hot water or hot air, rub or massage with snow, but MUST remove clothing from the frostbitten part of the body, immerse it in warm (but not hot) water, keep it in the water until the skin turns red and the temperature returns, apply a sterile, dry bandage (put cotton wool or gauze between the fingers) before visiting a doctor, give a warm drink.

### **RULES OF CONDUCT IN ICE:**

If the weather forecast calls for icy or black ice, take steps to reduce the risk of injury by wearing appropriate footwear.

- inspect the pedestrian paths ahead of you, avoid areas of solid ice, wear low-heeled shoes with large notches on the soles.

- move carefully, slowly, stepping on the entire sole. Your legs should be relaxed, your hands free. If you slip, squat down to reduce the height of the fall. At the moment of the fall, try to group yourself and, rolling, soften the impact with the ground.

- do not stand close to the edge of the roadway at public transport stops, because when braking or starting off, the bus or minibus may skid.

- Be especially careful when crossing the street in designated places. Do not start moving until the vehicle has come to a complete stop.

### **GOING ONTO THE ICE:**

- pay attention to: your WELL-BEING, WEATHER CONDITIONS and the CONDITION OF THE ICE COVER;

- driving on ice by motor vehicle is strictly prohibited;

- you should go out on the ice only IN STABLE FROST, when the ice cover reaches at least 20-30 cm;
- in places where industrial waters are discharged, the ice is always thinner, and there are WASHOUTS - TRAPS FOR FISHERMEN;
- strong winds, thaws - this is the BREAKING OFF or CLIPPING of ICE FLOCKS from the total mass of ice;
- do not go fishing ALONE and in the DARK HOURS of the day, do not go far from the shore;
- when going out onto the ice, have COMMUNICATION EQUIPMENT, a FLASHLIGHT or other means of signaling with you;
- fishing with a VEST or BIB ARMOR on will help maintain BUOYANCY if you fall through the ice;
- A ROPE in a backpack or a CORD 15-20 m long will help you in an emergency;
- if you fall through the ice, then SPREAD YOUR ARMS WIDE and do not lean on the thin edge of the ice, try to throw your legs onto the ice;
- REMEMBER, if a person finds himself in icy water, he FREEZES AND LOSES CONSCIOUSNESS within 20-30 minutes.

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**Your LOCATION on the water should be known at HOME**

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**Emergency services telephone number: 112.**

**REMEMBER! A PERSON IS STRONGER THAN THE ELEMENTS WHEN HE KNOWS HOW TO ACT CORRECTLY.**