

**Tonight's training is borrowed from Harris Counties ARES library and the National Weather Service. I thought that with the seasons changes we are now experiencing, it might be a good time to bring these topics up that deal with winter weather and the National Weather Services definitions of them. These will apply to our ARES Skywarn winter script in our library.**

**It's a little cooler now here in our local counties, but a few hours north of us isn't an uncommon travel plan for some of us. Tonight we are supposed to get to 34 degrees in my area. So, heres my training for this evening.**

**The National Weather Service issues many different types of watches and warnings during the winter months. Here is what they mean:**

**The National Weather Service uses the following definitions when describing winter weather:**

**Winter Storm Warning – A winter storm warning is issued when severe winter weather conditions have begun or will develop in the next 12 hours. The heavy snow may be accompanied**

**Winter Weather Watch – A winter storm watch is issued when winter storm conditions are possible within the next 12 to 36 hours, but the timing, intensity, or occurrence may still be uncertain.**

**Winter Storm Warning – A winter storm warning is issued when severe winter weather conditions have begun or will develop in the next 12 hours. The heavy snow may be accompanied by wind and blowing snow.**

**Winter Weather Advisory – A statement that winter weather conditions are imminent or occurring. These conditions will cause significant inconvenience, and may become hazardous or life-threatening if safety tips are not followed.**

**Winter Weather Advisory for Frost/ Freeze warning – Below freezing temperatures are expected and may cause significant damage to plants, crops, or fruit trees in areas unaccustomed to freezing temperatures**

**Freezing Rain/Freezing Drizzle**

**Rain or drizzle which falls as liquid then freezes when it strikes the ground or other surface**

**High Wind Warning – A high wind warning is issued for the following conditions:**

**Sustained winds of 50mph for at least 1 hour or gusts to 75mph for any duration in the mountains and foothills.**

**Sustained winds of 40mph for at least 1 hour, or gusts to 58mph for any duration at lower elevations away from the foothills.**

**Wind Chill – The wind chill is based on the rate of heat loss from exposed skin caused by the combined effects of wind and temperature. As the wind increases, heat is carried away from the body at an accelerated rate driving down the**

**body temperature. Animals are also affected by wind chill.**

### **Winter Survival Tips**

**Snow and or severe cold can be potentially life threatening, and every year we see cold and snow related deaths.**

**Everyone is potentially at risk during winter storms. The actual threat to you depends on your specific situation.**

**Recent observations indicate the following:**

#### **Related to ice and snow:**

- **About 70% occur in automobiles.**
- **About 25% are people caught out in the storm.**

#### **Related to exposure to cold:**

- **50% are people over 60 years old.**
- **Over 75% are males.**
- **About 20% occur in the home.**

#### **Definitions:**

**Frostbite – Frostbite is damage to body tissue caused by that tissue being frozen.**

#### **Frostbite Warning signs:**

- **Loss of feeling – White or pale appearance in extremities, such as fingers, toes, ear lobes, or the tip of the nose.**

#### **Caring for frostbite:**

**If symptoms are detected, get medical help immediately!**

**If you must wait for help, slowly re-warm affected areas. Some pain is normal here.**

**If the person is also showing signs of hypothermia, warm the body core before the extremities.**

**Hypothermia – Low body temperature.**

**Warning signs:**

**Uncontrollable shivering**

**Memory loss**

**Disorientation**

**Incoherence**

**Slurred speech**

**Drowsiness**

**Apparent exhaustion**

**Detecting and caring for hypothermia:**

**If able to take the person's temperature. If it's below 95°F (35°C), immediately seek medical care!**

**If medical care is not available:**

**Get the person out of wet or moist clothing and wrap them in a warm blanket covering the head and neck.**

**Dress them in warm dry clothing if possible.**

**Begin warming the person slowly.**

**Warm the body core first. If needed, use your own body heat to help.**

**That concludes tonight's training.**

**Thanks, this is KI5UAJ back to net control.**