

# KTC Emergency Services Newsletter



## January 2025

### Message from the KTC Emergency Services Coordinators (ESC's)

#### HAPPY NEW YEAR!!

Hi everyone from KTC Emergency Services team. We had quite mild winter so far, but always expecting them Cold Snaps in late January and February. It always good to be Prepared for for any Winter Emergency. If its travelling or staying at home.

This year is going to start off busy for KTC ES. With meetings, Tabletops, and Data Collection within All 5 Nations of KTC. To assist and provide support for Our Communities in any Emergency Event. From Cold Weather Events in the Winter to Hot Weather Events in The Summer.

Our Goal for the beginning of this year is to gather as much Data Collection as possible. With our Census Survey that is being put out into our communities. We Encourage all households to participate. The Census can be filled out on our Facebook Page, In Person, or using the QR Code that is posted in Local Offices.

### Ongoing Events

- Tabletop training exercises with AEMA & Band Leadership.
- Census Data Collection
- Education & Engagement

### Last Month's Events

- Teams Meeting with KTC ESC's and ATCO Frontec,

**December 3, 2025**

- EM Tabletop Exercise with ATCO Frontec,

**December 12, 2025**

- Follow Up Meeting with PTFN for Cold Weather Event,

**December 20, 2025**

### This Month's Events

- WCFN Leadership and Staff Training
- Emergency Management Meetings With Leadership
- KTC Emergency Management Tabletop Exercises

### Next Month's Events

- Community Emergency Management Discussion Meetings
- Drone Training for KTC ESC's
- KTC EM Regional Tabletop Exercises



Find Stacey!

Scan this QR code with  
your phone to access the  
KTC Emergency Services  
on Facebook!



# SAFE TRAVELLING TIPS



## Driving During the Winter

**Slow down** – Fog, black ice, slush or snow-covered roads can make driving dangerous. Drive slowly and leave plenty of distance between vehicles.

**Get winter tires** – Traction is the key to good movement, turning and stopping on wet, slushy or icy surfaces. Check tires and tire pressure at least once a month when tires are cold and remember that tire air pressure decreases in colder weather. Winter tires provide additional traction in colder weather.

**Top-up windshield fluid** - Fill up on winter washer fluid and replace wiper blades that streak. Make sure there is enough windshield washer fluid in the reservoir and that it is rated in the -40C temperature range. Carry an extra jug in the vehicle.

**Keep the gas tank topped up** - When driving in bad weather, think caution, plan ahead and make sure you have enough fuel.

**See and be seen** - clear all snow from the hood, roof, windows and lights. Clear all windows of fog or ice. If visibility becomes poor, find a place to safely pull off the road as soon as possible.



## Always Be Prepared



### Also keep these inside your trunk:

- Sand, salt or cat litter (non clumping)
- Antifreeze/windshield washer fluid
- Tow rope
- Jumper cables
- Fire extinguisher
- Warning light or road flares

**Get an emergency car kit** – Have the appropriate safety and emergency winter equipment always stored in your car. The basic emergency kit for cars should include the following items:

- Food – that won't spoil, such as Granola Bars, Snacks.
- Water – in plastic bottles so they won't break if frozen (change every six months)
- Blanket
- Extra clothing and shoes
- First aid kit – with seatbelt cutter
- Small shovel, scraper and snowbrush
- Candle in a deep can and matches
- Crank flashlight
- Whistle – in case you need to attract attention
- Roadmaps
- Copy of your emergency plan





# EXTREME COLD

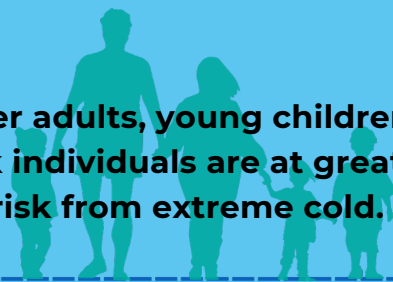
KTC EMERGENCY SERVICES



**Know the signs of cold-related illnesses & ways to respond.**

**If you suspect frostbite or hypothermia, call 9-1-1 or get the person to a hospital immediately.**

**Older adults, young children, & sick individuals are at greater risk from extreme cold.**



## What is Extreme Cold?

Extreme cold occurs when temperatures stay below seasonal averages for extended periods of time and is often accompanied by high winds,

## Dangers of Extreme Cold

Extreme cold is dangerous for the health & wellbeing of communities. In general, your risk of health effects like windburn and frostbite increase at wind chill values below -27.

## Extreme Cold & Windchill

Wind can make cold temperatures feel even colder. Wind chill can cause your body to lose heat faster and your skin to freeze very quickly. Wind chills below -70 have been recorded in some northern Canadian communities.

## PREPARE NOW AND REDUCE YOUR RISK

- **Wear weather appropriate clothing:** (synthetic and wool fabrics), cover your hands, head, and nose, and dress in layers to increase warmth.
- **Winterize your home:** Seal Cracks and drafts to keep heat in, and ensure your heating system is working effectively before winter arrives.
- **Know weather conditions before leaving home:** Don't be surprised!
- **Avoid Alcohol:** Alcohol increases blood flow to extremities, accelerating the risk of Hypothermia.
- **Keep candles and blankets in an emergency kit in your vehicle:**
- **Know your personal health risks:** If you have underlying medical issues, avoid extended exposure to extreme cold.

## BE SAFE IN YOUR COMMUNITY

- Never leave people or pets outside unsupervised on a very cold day.
- If heating fails in your home go to a neighbour's or a community warming centre.
- Call or Check in on family members, seniors & neighbours.
- Wear layers of synthetic, woolen and wind-resistant clothing.
- Use your oven less to help reduce the temperature in your home.
- If you're outside, and feeling the effects find shelter from winds and cover exposed areas of skin.
- Avoid high-energy activities or work outdoors during dark hours.
- Respect Extreme cold warnings and stay inside when recommended.

- **Wind Burn:** Cold wind causes skin itchiness, redness and pain
  - Cover exposed skin
- **Frostbite:** Prolonged exposure to sub-zero temps restricts blood flow to extremities
  - Active or Passive Warming
- **Hypothermia:** Drowsy, blue skin, shivering uncontrollably
  - call 911



# KTC EMERGENCY SERVICES WINTER STORMS



**Severe Winter Storms** are sustained combinations of heavy snowfall, cold temperatures, high winds and/or freezing rain. This combination of elements can disrupt critical infrastructure, isolating citizens from essential services, or strand them in their homes.

**Transportation routes are often impacted, disrupting the delivery of essential services to citizens.**



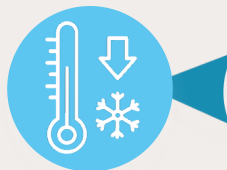
## **Blizzards & Whiteouts**

Blizzards occur when winds, >40km/h are accompanied by falling or blowing snow. Poor visibility, low temperatures and high winds combine to create a multifaceted hazard.



## **Ice Storms/Freezing Rain**

Freezing rain and sleet can freeze critical infrastructure potentially causing power outages or system disruption. Ice storms also make transportation routes dangerous.



## **Extreme Cold & Windchill**

Wind can make cold temperatures feel even colder. Windchill can cause your body to lose heat faster and your skin to freeze very quickly. Wind can also cause snow to drift and impact transportation routes and isolate communities.

## HOW TO REDUCE YOUR RISK

- **Avoid driving**
- **Stay home**
- **Weatherstrip and insulate your home**
- **Respect weather warnings**
- **Limit time outside**
- **Watch for overhanging ice sheets and snow loads**

## PREPARE FOR WINTER STORMS

- Build and maintain an Emergency Kit
- Build and maintain a Car Emergency Kit
- Have reserves of clean water and canned food at home
- Back-up sources of energy (e.g. generator)
- Back-up home heating options (e.g. wood stove, propane tank)
- Call or check-in on family members, seniors & neighbors.



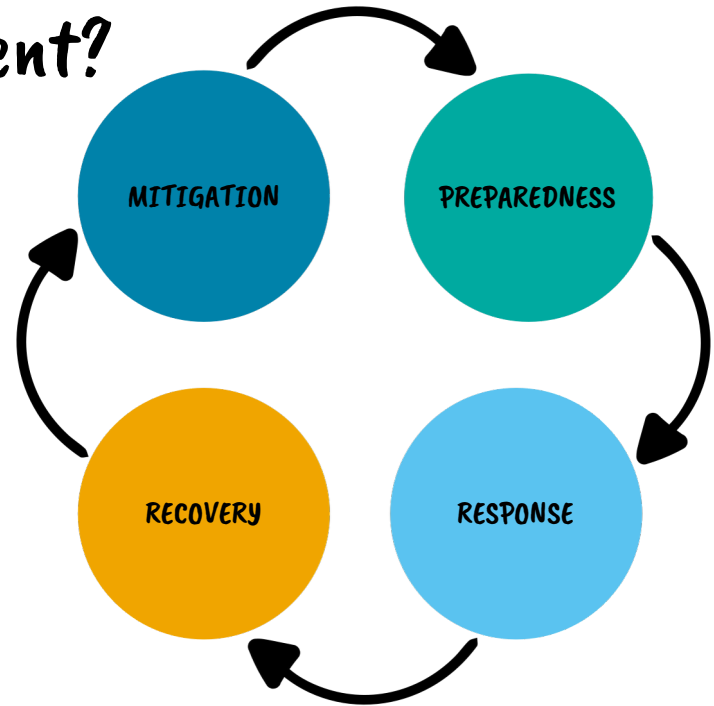
# EMERGENCY MANAGEMENT



## What is Emergency Management?

Emergency or disaster management is an actionable framework within which communities reduce their vulnerability to hazards and increase their capacity to withstand disasters.

The management of disasters tends to require a combination of cooperative activity from individuals and households, organizations, local, and/or higher levels of government.



**The Emergency Management Cycle**

## WORD MATCHING GAME

Match the four phases of Emergency Management to their definitions

**Mitigation**

Actions taken to ensure that individuals, businesses and the community are ready to undertake emergency response and recovery.

**Preparedness**

Actions are taken in direct response to an imminent or occurring emergency or disaster to manage its consequences.

**Recovery**

Proactive steps to prevent a hazardous event from occurring by eliminating the hazard or reduce potential impacts of the event **BEFORE** it occurs.

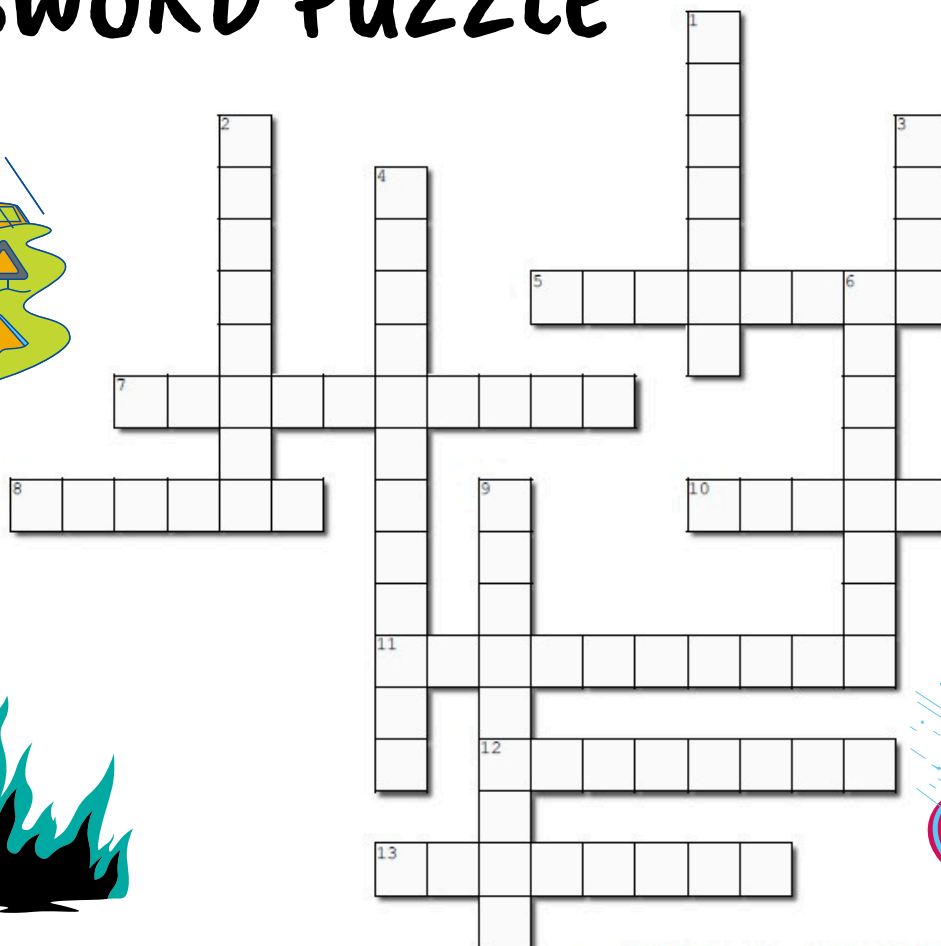
**Response**

Steps taken to repair communities affected by disaster, restore conditions to an acceptable level, restore self-sufficiency and increase resilience.

# EMERGENCY MANAGEMENT



## CROSSWORD PUZZLE



Created using the Crossword Maker on TheTeachersCorner.net

### Across

- 5. A large, destructive fire that spreads quickly over woodland or brush
- 7. Proactive steps to prevent a hazardous event or reduce potential impact of the event
- 8. A source of potential harm
- 10. Overflowing of a large amount of water beyond its normal confines
- 11. A sudden and violent shaking of the ground
- 12. Remove someone from a place of danger to a safer place
- 13. Steps taken to repair communities affected by disaster

### Down

- 1. A violent windstorm
- 2. A sudden event that causes great damage
- 3. Combustion manifested in light, flame, and heat
- 4. Action taken to ensure people, businesses and the community are ready for emergency response and recovery
- 6. Actions taken before, during and immediately after hazard impact
- 9. A serious, unexpected, and often dangerous situation requiring immediate action

Recovery  
Flood  
Fire  
Response

Disaster  
Hazard  
Tornado  
Evacuate  
Emergency

Mitigation  
Earthquake  
Preparedness  
Wildfire

# Thank You for Your Support!!



We give thanks to all who Support KTC and our new Emergency Services program. We Strive to be in all of the 5 Nations of KTC year round. If its Educating the Youth in the Schools, to attending Treaty Days, or even just being in your Local offices. We are always on the go, but if you catch us in your community, stop us for chat. Ask us about the Program, we will be glad to answer questions.

## HAPPY NEW YEAR !!

### Contact us

**KTC Emergency Services**

TOLL- FREE NUMBER: (587) 415-1818,

### Proudly Serving our Nations!

