



Wear a *properly fitted helmet* appropriate for winter sports.



Helmets should be flush against your child's cheeks and forehead, making sure the back of the helmet does not touch the nape of your child's neck. It should be snug, but not tight, with the chin strap fastened, sitting level on the head with the front edge being no more than one inch above your child's eyebrows. The helmet should not shift when head is shaken from side to side.



Helmets greatly prevent or reduce the effects of head injuries suffered by children while skiing, snowboarding or sledding.



Dress in layers and wear warm, close-fitting clothes. Gloves, boots and jackets should also be worn to protect from injuries. It's also important to wear sunscreen and lip balm with sunscreen.



Head injury is common in the higher speed winter sports including skiing, snowboarding and snowmobiling. There is mounting evidence that head injury is increasingly common among sledders as well, especially in young children.

## **Did you know?**

***Skiers and snowboarders often move at speeds much higher than the average bicyclist, yet more people wear helmets while biking.***



It is important that parents help model safe behavior for their children. Parents must make sure sleds are safe, checking for sharp or jagged edges. To ensure safety, double check the route before allowing children to sled ride, with special attention to the end of the route.



It is also important to always sit up on a sled, and use a sturdy sled that you can easily steer.



Stay away from homemade sleds like garbage cans, pool floats and cafeteria trays.



**For more information, or to purchase a winter sports helmet (at cost), contact the American Trauma Society, Pennsylvania Division.**



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