

SAFETY TIPS



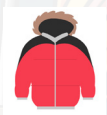
Gear

Check that equipment is working properly prior to use. Protective gear, such as helmets or padding, should be worn properly and should be in good condition.



Sledding

Make sure sleds are safe, checking for sharp or jagged edges. It is also important to always sit up and use a sturdy sled that you can easily steer. Stay away from homemade sleds like garbage can lids, pool floats and cafeteria trays.



Dress

Check the weather in advance and dress appropriately. For cold weather, it is best to dress in layers and wear warm, snug-fitting clothes. Gloves, boots and jackets should also be worn to protect from injuries. If the sun is out, you can get sunburned, so remember the sunscreen.



American Trauma Society, PA Division
2 Flowers Drive, Mechanicsburg PA 17050
717.766.1616 • atspa@atspa.org

WINTER SPORTS

According to the U.S. Consumer Product Safety Commission, almost **200,000** people were treated in 2018, at hospitals, doctors' offices, and emergency departments for injuries related to winter sports.

A breakdown of these injuries include:

- 76,000 snow skiing
- 53,000 snowboarding
- 48,000 ice skating
- 22,000 sledding and tobogganing

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Helmets

Not all helmets are the same. Ensure that you are wearing the proper helmet for the winter sport you are participating in.

- Helmets should be flush against the cheeks and forehead, making sure the back of the helmet does not touch the nape of the 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 the eyebrows.
- The helmet should not shift when head is shaken from side to side.