DISTRICT SAFETY COMMITTEE’S
DECEMBER SAFETY TIP

AVOID WINTER SPORTS ACCIDENTS

Winter Wonderland means fun for millions of Americans, but the Consumer Product Safety Commission estimates that hundreds of thousands of skiers/snowboarders, skaters, hockey players, sledders/tobogganers and snowmobilers will require hospital emergency room treatment for injuries this season. Consider these helpful tips before you embark on a sports activity this winter:

- Take lessons—studies show that beginners are hurt more frequently.
- Use proper and well-fitting, good-quality equipment.
- Experts agree that wearing a helmet is key to reducing head injuries.
- Proper adjustments to bindings are essential—knee, ankle and wrist injuries exceed head injuries in skiing and snowboarding accidents.
- Only tackle slopes that are within your personal abilities, and use marked trails while observing trail signs.
- Keep hands, arms and legs inside toboggans, sleds and snowmobiles.
- Beware of long scarves and loose clothing that can become entangled in equipment—tow ropes for example.
- Never sled or toboggan on streets, or hills that lead into streets—numerous accidents occur when sledders hit curbs or ram cars. Inspect the hill first. Face forward, and don’t go down the hill head-first.
- Do not skate or snowmobile on lakes, ponds or rivers until the ice has been tested by a local official.

In general, physical conditioning, common sense and good sportsmanship can eliminate some accidents. Play wisely this winter!