



Information for You from Your Health Care Team

Ski and snowboard safety tips

- ❄ You need to stay control and be able to stop or avoid other people or objects.
- ❄ People ahead of you have the right of way.
- ❄ You must not stop where you block a trail or are not able to be seen from above.
- ❄ When starting downhill or merging into a trail, look uphill and yield to others.
- ❄ Always use devices to help prevent runaway equipment.
- ❄ Observe all posted signs and warnings. Stay off closed trails.
- ❄ Prior to using any lift, you must know how and have the ability to load, ride and unload safely

Ski and snowboard helmets

- ❄ Ski and snowboard helmets are meant to prevent or reduce the severity of head injuries caused by head impact.
- ❄ In a crash, it is not the fall; it is the sudden stop that produces injury.
- ❄ Helmets protect by getting between the skier's head and the collision. The helmet gets crunched instead of the head. The helmet does not change the skier's speed before or after the crash, it changes the transition in between.
- ❄ The helmet may run out of crunch space before the crash is over. If this happens, it may not be able to prevent all head, brain or neck injuries.
- ❄ A skier without a helmet is at great risk for injury.

Speak up if you have any questions or concerns

