



# Protecting Your Health

Facts From The American College Of Emergency Physicians

## Winter Sports Injuries

(NAPSA)—Many winter dangers are caused by the season's more popular sports—skiing, snowboarding, sledding and snowmobiling. Although that powdery stuff can make the season bright, it can also lead to cold temperatures and slick surfaces.

"While enjoying the season of snow and ice, don't underestimate the dangers of winter sports and keep safety in mind before taking advantage of all the season has to offer," said Bruce Bonanno, MD, of the American College of Emergency Physicians (ACEP).

Reduce your chances of injury this winter, by following these preventive measures from ACEP:

### **Skiing and Snowboarding**

- Get in shape. Being physically fit before you ski or snowboard will make the sport easier and help prevent injury.

- Take a lesson. The best way to become a safe skier or snowboarder is to learn good skills from a qualified instructor.

- Use the right equipment. Make sure your ski or snowboard bindings are adjusted correctly.

- Wear protective gear, including eye protection.

- Know your limits. Stop before you become tired.

- Whenever starting downhill or merging into a trail, look uphill and yield to others.

- Learn to properly load, ride and unload from any ski lift.

### **Sledding**

- Check sleds for jagged, sharp edges and protruding rivets.

- Teach children the importance of checking out the sliding



**Safety is an important part of enjoying winter sports such as skiing and snowmobiling.**

area before sledding down a slope, as well as how to stop or bail off the sled in an emergency.

- Never hook sleds onto motorized vehicles.

### **Snowmobiling**

- Know how to properly operate the particular model of snowmobile before driving it.

- Wear goggles, helmets with chin straps and protective clothing.

- Conduct a safety check before each ride. Never start without a full tank of gas.

- Know the terrain. Know where fences, gullies, and rocks may be hidden. Beware of open bodies of water and thin ice.

- Be alert. Remember that the loud noise generated by the snowmobile may prevent you from hearing an approaching train, snowmobile or car.

- Don't snowmobile alone, attempt stunts or use excessive speed.