

SAFETY TIPS: WINTER SPORTS SAFETY



While winter sports can be fun, they can also be dangerous, especially for children. Last year, more than 64,000 children, ages 5 to 14, were taken to emergency rooms for injuries resulting from winter sports.



SKIING AND SNOWBOARDING

Everyone should wear helmets. According to the U.S. Consumer Product Safety Commission (CPSC), ski helmets could prevent or reduce the effects of 53 percent of the head injuries suffered by children under the age of 15.



SLEDDING

Children should not go down a hill head first — they should sit up and face forward. A sledding hill should not lead to a street, a body of water or a crowded gathering place.



SNOWMOBILING

All snowmobile drivers and passengers should be wearing helmets designed for high-speed motor sports. Children under 6 years of age should not be on snowmobiles.



ICE SKATING AND HOCKEY

Teach children what to do if they do fall through the ice — stretch their arms out wide and kick as if swimming, shout for help and try to crawl backward onto solid ice.

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For more information visit amr.net/safety

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