



# Weekly Safety Briefings

Week 49 – December 6 - December 10, 2020

## *Winter Sports Safety*

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### **Introduction**

The cold weather is fast approaching and has already arrived in many areas. Winter is an excellent time for friends and families to enjoy an array of fun wintertime activities. This week we will discuss ways to stay safe while enjoying your favorite winter sports.

### **Monday – The Stats**

The traditional favorite winter sports include skiing, sledding, snowboarding and skating, all typically involving ice and snow. Of these activities, snowboarding and sledding account for the majority of reported injuries each year and most of the injured individuals are under the age of 14. Many of these injuries are attributed to high speeds while traversing icy and snowy hills.

### **Tuesday – Snow Boarding and Skiing Tips**

Dusting off the boards and skis after a long summer and gearing up to enjoy the fresh powder can be thrilling! Today we will discuss some simple safety tips for avoiding mishaps and injury and getting the most out of a favorite winter activity for many.

- Make sure you are physically prepared and conditioned for the activity, especially if just starting out.
- Ensure all equipment is in good working condition.
- Make sure all PPE including helmets are in good condition and fit properly.
- Stay in areas appropriate to your skill level.

### **Wednesday – More on Sledding**

Sledding is another favorite winter sport which also contributes to many of the injuries of the season. Today we will take a little deeper dive into staying safe on the sled.

- Children under 12 should always wear a helmet.
- Always sit in a forward-facing position and never head first.
- Find a safe environment to sled, avoid areas with lots of trees, steep hills, high traffic and dark or poorly lit areas.

### **Thursday – General Safety Tips**

Winter weather in general can be unpredictable. Preparing for the unexpected will help avert disaster. Today we will discuss some of those simple tips.

- Have the proper warm gear appropriate to your environment. Multiple layers work best to prevent hypothermia. The innermost layer should keep moisture away from the skin and the outermost layer should be wind and waterproof.
- Sunburns on a snowy hillside occur more easily than on a summer day at the beach. You are closer to the sun and the rays reflect against the white background. Apply sunscreen liberally and frequently. Also, it's not just skin that gets sunburned. Wear sunglasses and lip balm to avoid damage to those areas.

### **Friday – Open Discussion**

This week we've shared some simple safety tips for getting the most out of your favorite winter activities and avoiding mishaps and injuries. Now let's open it up to the group for discussion.

- What are your favorite winter activities?
- How do you keep yourself and your loved ones safe while enjoying these activities?



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- What advice would you give to someone who is interested in learning a new winter time sport?