



## Preventing Winter Injuries: What You Need to Know

### Frostbite/Hypothermia

- ❄ Wear warm clothing and dress in layers.
- ❄ Keep clothing dry.
- ❄ Go indoors at regular intervals.
- ❄ Do not go out in cold weather after bathing or showering.
- ❄ Keep your hands and head covered with mittens/hats.

### Sledding

- ❄ Always wear a helmet (ski, multisport or bike)
- ❄ Sit (not lay) facing forward, feet first.
- ❄ Find an obstacle free course.
- ❄ Sleds with runners and steering mechanisms are best (no disks or tubes).
- ❄ Roll off a sled that won't stop or you can't control.
- ❄ Parents should supervise children.

### Skiing/Snowboarding

- ❄ Take lessons first.
- ❄ Make sure equipment is in good condition and has been properly fitted to you.
- ❄ Wear a helmet that is designed for skiing or snowboarding.
- ❄ Never ski or snowboard alone.
- ❄ Dress in several light layers.
- ❄ Only ski or snowboard in areas that match your ability.
- ❄ Know the Responsibility Codes.
- ❄ Snowboarders should wear wrist guards and knee pads.

### Snowmobiling

- ❄ Always wear a helmet, goggles, and gloves.
- ❄ Slow down – high speed almost always factors in fatalities.
- ❄ Avoid crossing frozen bodies of water whenever possible.
- ❄ If you are between 12-17 years old you must have a Snowmobile Safety Certificate.
- ❄ Children should be supervised by an adult.
- ❄ Make sure your machine is in good condition.

### Ice

- ❄ Wear helmets and appropriate gear when playing hockey or skating.
- ❄ Only venture onto ice that has been approved by an adult.
- ❄ Adults should supervise children on frozen lakes and ponds.
- ❄ Ice on moving water (rivers, streams) is never safe.

### Skating/Hockey

- ❄ Make sure your skates fit properly and provide good ankle support.
- ❄ Skate only where ice has been checked for safety.
- ❄ Learn basic skating skills (how to stop and fall properly).
- ❄ Never skate alone.
- ❄ Always check for cracks, holes, or debris.
- ❄ When playing or practicing hockey, make sure you wear the appropriate gear every time.
- ❄ Make sure your gear fits properly.

### Snow Plows

- ❄ Stay away from the road. Snow is thrown a long way from the plow, so it is very difficult for the driver to see people
- ❄ Stay away from the snow spray. Often the snow being thrown by a plow contains ice, rocks, and other debris.

### 4 Things to Remember:

Dress for the weather

Use proper gear & a helmet  
(if you're doing something fast)

Take a buddy with you

Ask permission  
(from an adult)

**For more information:**  
[gtinjuryprevention.com](http://gtinjuryprevention.com)

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