Have fun and stay safe during winter sports!

- Always wear a helmet
- Replace helmet after a serious fall
- Stay alert and aware of your surroundings
- Steer clear of trees, ice & people
- Avoid alcohol
Have fun and sled safely!

"Always wear a helmet. And it is really important to find a place to sled that isn’t going to put you at risk of running into something at the bottom."

Beth Ebel, MD
Professor of Pediatrics
UW Medicine Pediatrician
Harborview Injury Prevention and Research Center
Prevent carbon monoxide poisoning in your home

- Never use a gas oven or portable flameless chemical heaters indoors
- Never use a generator inside your home, basement or garage or less than 20 feet from windows, doors or vents
- Install carbon monoxide detectors near each separate sleeping area
- Get the chimney, furnace and other appliances serviced regularly