ENJOY WINTER SPORTS SAFELY!

HARBORVIEW
Injury Prevention & Research Center
UNIVERSITY of WASHINGTON

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Have fun & stay safe during winter sports:

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