

# ENJOY WINTER SPORTS SAFELY!



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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



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**“ 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 & Research Center



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