

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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