



## SKIING AND SNOWBOARDING INJURIES

Tens of thousands of skiers and snowboarders enjoy snowsports every year, however few prepare for the rigorous physical demands that these sports place on the body. Although they can be safe sports, unexpected injuries may occur with improper preparation, varied snow conditions or poor judgment.

Many injuries can be prevented by proper physical preparation, suitable and properly adjusted equipment, and common sense.

### What causes skiing and snowboarding injuries?

Most snowsport injuries are traumatic, caused by being on dangerous terrain, lift accidents, falls, and collisions. In

many instances, fatigue after a long day on the slopes or poor judgment can be blamed for injuries. The most common issues that predispose people to injury are:

- Time skiing/snowboarding without rest
  - Skiing/snowboarding above ability level
  - Improper/faulty equipment
  - Inadequate adjustment to altitude
  - Dehydration/fatigue
  - Skiing/snowboarding off trail or in closed areas
  - Failure to observe posted warning signs
- by the mountain responsibility conduct code

## How can SNOWSPORT injuries be prevented?

Proper Instruction and equipment Instruction prior to getting on the slopes is important in preventing injuries. Instructors can educate beginners on the importance of a good warm-up and cool-down, properly fitted equipment, and safe skiing techniques. These same principles hold true for snowboarders. They can also determine at what point it is appropriate for beginners to progress to more advanced levels of terrain. Appropriate equipment is critical to being safe. Poorly functioning or improperly adjusted equipment is a frequent cause of injuries. Bindings that are too loose or too tight, as well as equipment that is improperly sized or used on improper terrain, can cause injury.

Preventative equipment such as helmets can prevent disastrous and even fatal accidents, even though resorts do not universally require them. Only about 48% of U.S. skiers and snowboarders routinely wear helmets. In terrain parks, wrist guards and elbow and kneepads are also recommended. The use of protective equipment has been associated with a 43% decrease

in the rate of head, neck, and face injuries.

### Parental Oversight

Parents play an important role in educating their children about safe skiing and snowboarding practices. They

should help their children avoid terrain that is beyond their ability and encourage professional instruction and routine rest breaks with rehydration. It is also important to caution children against improper speeds and the risks of skiing/snowboarding out-of-bounds.

### National Ski Areas Association Responsibility Code for Reducing Risk

- Always stay in control
- People ahead of you have the right-of-way
- Stop in a safe place for you and others
- Whenever starting downhill or merging, look uphill and yield
- Use devices to help prevent runaway equipment
- Observe signs and warnings, and keep off closed trails
- Know how to use the lifts safely

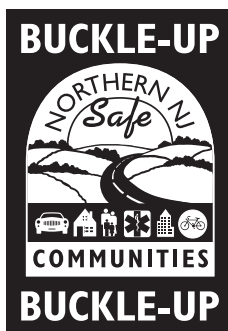
<http://www.stopsportsinjuries.org/skiing-and-snowboarding-injury-prevention.aspx>



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## Buckle Up Northern NJ

The New Jersey Division of Highway Traffic Safety develops state highway safety plans and coordinates the funding for state and local projects to reduce the incidence of traffic crashes and their resulting deaths and injuries.

The division coordinates traffic safety programs through education, engineering

and enforcement activities.

Northern New Jersey Safe Kids / Safe Communities continues to promote traffic safety as a priority.

In this fast paces world, sometimes a picture can get the message out faster than words.

The logo's below are clear and direct. Make them part of your safety plan.



## Responsibility begins at home!

Whether you are attending a super bowl, holiday or a family gathering, pre planning for a safe event is key. NJHTS offers these safety tips for those attending a party or hosting a party.

- \* Designate a sober driver before the party begins and give that person your car keys.
- \* Consider using a taxi cab or car service, or ask a sober family member or friend to come and get you, or spend the night where you are.
- \* Report impaired drivers in New Jersey by dialing #77. You'll be asked to provide the location and a brief description of the vehicle.
- \* If you're intoxicated and traveling on foot, the safest way to get home is to take a cab or have a sober friend or family member drive or escort you to your doorstep.

For those individuals hosting a party:

- \* Make sure there's ample food and non-alcoholic beverages available.
- \* Stop serving alcohol at the prior to the beginning of the third quarter of the game. Instead, offer guests coffee and dessert.
- \* Be sure that all guests have designated their drivers in advance, or help to arrange ride-sharing with sober drivers.
- \* Have the phone number of a local cab company available, and always take the keys away from anyone who may be thinking of driving after drinking.



Remember to remove all ice and snow from your vehicle before driving, especially from the hood, windows and roof.

It's the law in New Jersey!

Motorists who fail to do so face fines of \$25 to \$75 for each offense, regardless of whether the ice and snow is dislodged from the vehicle.

If flying ice or snow causes property damage or injury to others, motorists face fines of \$200 to \$1,000 for each offense.



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## Winter Driving Tips

- ▲ Drive slow (at or below the posted speed limit) and adjust your speed for the changing road conditions.
- ▲ Turn on your headlights, using low beams when traveling in snow.
- ▲ Increase your following distance. In winter weather, travel at least eight to 10 seconds behind the car in front of you.
- ▲ Give snowplows plenty of room to work. Don't tailgate and try not to pass. If you must pass, take extreme caution in doing so. Remember, a snowplow operator's field of vision is restricted. You may see them, but they don't always see you.
- ▲ If you skid, don't brake or accelerate. Remove your foot from the gas, and gently steer your car in the direction of the skid (the direction the rear of your vehicle is sliding.) When your car starts heading in the desired direction, carefully straighten the wheel.
- ▲ Slow down before exiting the highway. Exit ramps often have icy patches, sharp curves and stalled or stopped vehicles.
- ▲ Have a personal safety kit easily accessible in your vehicle that includes: an ice scraper/brush; shovel; jumper cables or battery starter; blanket; sand, salt or kitty litter for traction; lock de-icer; flashlight and new batteries; extra windshield wiper fluid; safety flares/warning device; cell phone with a spare battery; water and non-perishable food (i.e., granola or protein bars); and paper towels or a cloth.
- ▲ If your vehicle does become disabled, pull off the road as far as possible and turn on your emergency flashers. Remain with your vehicle until help arrives. If you can't get your vehicle off the road and are uncertain about your safety, do not stay in your vehicle or stand behind it. Proceed carefully to a safe location away from traffic.



Prevention Works is the official triennial newsletter of Northern NJ SAFE KIDS/Safe Communities.

We welcome articles of interest highlighting your community or organization.

Let us know how you have made your community a safe community.

If you have any comments or topics you would like to see covered, please feel free to contact

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