



Kids Winter Safety Tips

Winter weather is coming, and along with it all the activities associated with it! For children, this includes going outside to play in the snow. Here are a few safety tips to keep them safe while having fun!

- **PROPER CLOTHING:** Warm thin layers with an outer waterproof layer for playing in the snow. Warm boots, dry socks and extra mittens to keep fingers and toes comfortable throughout the day.
- **WATCH FOR HYPOTHERMIA AND FROSTBITE:** Minimize the amount of bare skin exposed to the cold air. Kids get chilled faster than adults, so make sure they take frequent breaks from the outdoors when the temperature drops. Snacks are a great distraction!
- **SUNBLOCK:** Even though it is cold outside, the sun's rays are still powerful and can reflect off the snow and cause sunburn.
- **SAFETY EQUIPMENT:** Safety equipment should be used/worn at all times, even in the winter months. Ski bindings, ice skates and sleds should all be checked by adults to ensure they fit properly and are not worn out or broken.
- **HELMETS:** The National Pediatric Trauma Registry reports that almost half of all winter sports injuries are head injuries. Protect children from traumatic brain injury, disability and possibly death by having them wear a properly fitting helmet when sledding, ice skating, snowboarding, and snowmobiling.
- **SLED FEET FIRST:** Sledding feet first makes sledding safer. There should ALWAYS be an adult supervising while sledding. Make sure the path is clear of trees, rocks, and pedestrians, and NEVER sled near traffic.
- **WRIST GUARDS:** When learning to ice skate, children should wear wrist guards to protect their wrists from possible injury. Falls are more likely to occur when they are learning to skate.



Most of all, have fun!

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