Use Your Head

Use your head and wear a helmet this season, because even a small bang can have a major impact.

Why is Skiing/Snowboarding without a helmet dangerous?

- Most head injuries occur when skiers collide with objects like trees, packed snow or other people.
- Intermediate skiers on well groomed slopes travel at an average speed of 30-40 km/h. An impact with an object at these speeds causes concussion, confusion and in the worst case scenario - death.

Essential Travel Survey Results

37% did not wear a helmet on their wintersports holiday

- Breakdown of helmet users by age:
  - Age: 18, 20-29, 30-39, 40-49, 50-69, 70+
  - Helmet use: 38%, 66%, 78%, 84%, 90%, 100%

65.8% of skiers and snowboarders have had an injury on the slopes

66.7% Two thirds of skiers who have been injured and were wearing a helmet believe their helmets prevented a more serious injury.

I don't wear a helmet, because...

- 29% Uncomfortable
- 24% Reduced Vision
- 73% Never Worn One
- 29% Low Risk
- 26% I Ski/Snowboard Carefully
- 23% Inconvenient to pack
- 12% Dislike the way they look
- 5% Too expensive

10-15% Head injury

- The general head injury rate for wintersports across Europe and North America of all snowsport injuries.

A 2005 Scottish survey of injuries showed that they occurred on the following body parts for skiing and snowboarding:

- Head injuries between men and women:
  - 33.2% Knee
  - 22.2% Ankle
  - 10.0% Neck
  - 7.9% Foot
  - 7.9% Wrist
  - 5.4% Hand
  - 5.4% Shoulder

- Staying safe:
  - Wear a helmet
  - Wear a high vis jacket
  - Wear protective goggles
  - Wear appropriate ski/snowboard equipment

Famous Skiing Deaths

- Sonny Bono: former husband of Cher, died after hitting a tree while skiing near Lake Tahoe in 1998.
- Natasha Richardson: suffered head injuries whilst skiing in Canada and subsequently died due to those injuries in 2009.
- Dieter Althaus: German politician, charged with involuntary manslaughter after colliding with a woman on the slopes - later died from her injuries. He was wearing a helmet, but she was not.

Sizing a Helmet

- Wrap a measuring tape around your head above your eyebrows.
- Measure where the tape overlaps.
- Sizes vary according to brand and age.
- Make sure your helmet is rated by one of these agencies:
  - ANSI
  - EN

Sources:

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