

Use Your Head

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



essential travel.co.uk

Average speed 30



43 km/h



Why is Skiing/Snowboarding without a helmet dangerous?

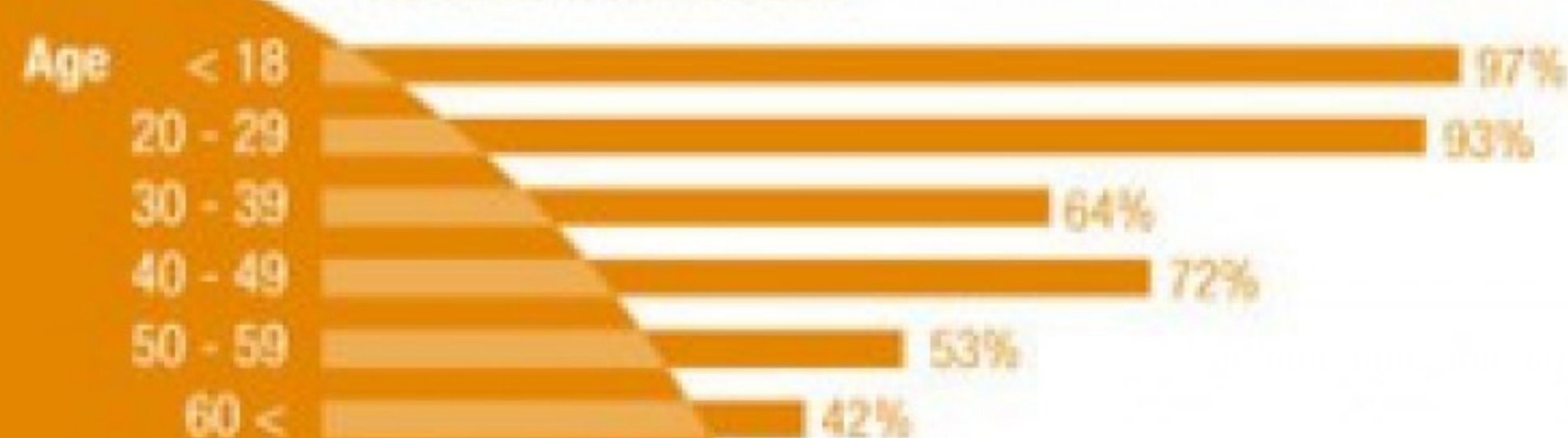
Most head injuries occur when skiers collide with objects like trees, packed snow or other people. Intermediate skiers on well groomed slopes travel at an

average speed of 30-43 km/h. An impact with an object at these speeds causes concussion, contusions and in the worse case scenario - death.

Essential Travel Survey Results

37% did not wear a helmet on their wintersports holiday

Breakdown of helmet users by age



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



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

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

73% Never Worn One

29% Uncomfortable 24% Reduced Vision
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.

Head injuries between men and women



Helmet wearers 2.3%

Non helmet wearers 5.8%

The proportion of cases of concussion among hospital visits for snowsports in the EU from 2002 to 2008

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



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, was charged with involuntary manslaughter after colliding with a woman on the slopes - who 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.
- | Small | Medium | Large |
|--------------|--------------|--------------|
| 52 - 55.5 cm | 55.5 - 59 cm | 59 - 62.5 cm |
- Sizes vary according to brand and age.
- Make sure your helmet is rated by one of these agencies: