

Winter Sledding Safety

Snow is a great time to break out that sled and have fun. Most sledding accidents also include injuries to the head. The Faith Community Health Team would like to remind wear a helmet to protect your head. Before you start your fun, check your sled for cracks or sharp edges. Before you start down the hill, look for a gentle slope with a level area at the bottom so you can bring your sled to a gradual stop. Make sure you dress in thick layers and heavy boots to avoid frostbite. For more information, visit the National Safety Council's website at <https://www.nsc.org/home-safety/tools-resources/seasonal-safety/winter/sledding>