**Winter Safety Tips**

**Snow Skiing and Snowboarding Safety**

Each year more than 17,000 children ages 5 to 14 are treated in hospital emergency rooms for snow skiing-related injuries.

Always supervise young children:

- Have your children enroll in professional skiing or snowboarding lessons
- Encourage your child to drink plenty of fluid, eat nutritious food and rest
- A helmet specifically designed for snow sports as well as eye protection should be worn
- Always use sunscreen, even on cloudy days
- Make sure your child layers clothing to stay warm and dry

Snowboarding is not recommended for children under 7 years of age.

**Snowboard Safety:**

- Supervise children while they are snowboarding
- Sled with children age 5 years or younger
- Make sure that children sled in a safe area
- Sledding should be done during daylight or on well-lit hills
- Have your children wear a properly fitted helmet while sledding
- Instruct children to never go down a hill headfirst; sit facing forward and steer
- Make sure your child layers clothing to stay warm and dry

**Fireplace Safety**

- Before lighting any fire, remove all objects from the fireplace.
- Check to see that the flue is open.
- Do not use “fire salts.”
- Do not burn wrapping papers in the fireplace. A flash fire may result as wrappings ignite suddenly and burn intensely.
- Have fireplace professionally inspected yearly.

**Bundling Children in the Car can be DANGEROUS**

Safety belts, child safety seats and booster seats protect children best when straps are making contact with the body part, which they are intended to make contact with.

Bundling children in thick jackets and blankets increases the chance that the restraint straps will be too loose and not protect children in the case of a motor vehicle crash. This increases the chance of injury or ejection.

ACTS Oregon Child Safety Seat Resource Center suggests putting children in motor vehicle safety restraint system without bundling and placing blankets or jackets over them to keep them better protected.

**Winter Clothing and Frostbite Prevention**

Frostbite happens in children mostly because they do not like to wear gloves or hats. Up to 40% of body heat can be lost through the head.

- Dress children warmly in many thin layers.
- Their articles of clothing should consist of long johns, thermal underwear, turtlenecks, shirts, pants, warm socks, hats and gloves.
- Instruct children to come inside when they get wet or cold.
- Change wet clothes immediately.
- Have children come in every 1/2 hour to get warmed up.
- Avoid taking your baby outside if the temperature is below 40°F, because infants lose body temperature quickly.