

417th Base Support Battalion

SAFETY BULLETIN



SAFE SKIING



THE MOST COMMON CAUSE OF SKIING INJURIES IS A COLLISION WITH A FIXED OBJECT—SUCH AS A TREE, ROCK, CHAIR LIFT POLE OR ANOTHER SKIER.

A LOT OF SERIOUS INJURIES AND FATALITIES OCCUR AT THE END OF THE DAY WHEN PEOPLE ARE FATIGUED. THEIR MUSCLES ARE TIRED AND THEY DON'T HAVE THE CONTROL THEY HAD AT THE BEGINNING OF THE DAY. IN ADDITION, THE LIGHTING ON THE SLOPES IS NOT AS GOOD AT THAT TIME OF THE DAY. ONLY SKI ON THE ILLUMINATED TRAILS WHERE YOU CAN SEE WELL.

HEAD INJURIES ACCOUNT FOR 2.6 PERCENT OF SKIING INJURIES. AN ESTIMATED TWO SKIERS DIE OF HEAD INJURIES EACH YEAR. OTHER INJURIES INCLUDE LOWER LEGS, THUMB LIGAMENT, LOWER BACK, SHOULDER DISLOCATIONS AND EYE INJURIES. INJURIES INCREASE AS SKIERS GO INTO AREAS THAT HAVE TREES OR ARE NOT USED ON A REGULAR BASIS.

INJURY PREVENTION

WEAR APPROPRIATE EYE/HEAD PROTECTION: WEAR INSULATED SKI GLOVES WITH GLOVE LINERS, SKI PANTS/JUMPSUIT, TINTED GOGGLES, INSULATED SOCKS WITH SOCK LINERS, INSULATED UNDERWEAR, FACE MASK AND SOCK HAT.

STICK TO THE (BEGINNER OR INTERMEDIATE LEVEL) APPROVED SLOPES/TRAILS. MATCH THE SKI SLOPE WITH YOUR ABILITY. PERSONAL PHYSICAL CONDITIONING. REST WHEN YOU ARE TIRED DON'T DRINK AND SKI.

TAKE BEGINNING SKI OR SNOWBOARD CLASSES FIRST ! (EVERY SKI RESORT OFFERS THESE CLASSES TO NEW SKIERS).

CHECK YOUR BINDINGS TO ENSURE THAT THEY WILL RELEASE WHEN YOU FALL—THE BINDINGS SHOULD RELEASE YOUR BOOTS FROM SKIS !

ALWAYS SKI IN CONTROL—DON'T ATTEMPT THE BLACK (ADVANCED) SKI TRAILS UNTIL YOU HAVE REACHED THAT LEVEL OF ABILITY.

DON'T SKI WHEN YOU ARE EXHAUSTED (NO CONTROL). TAKE A BREAK IN THE SKI LODGE.

IF YOUR FINGERS OR TOES LOOSE FEELING (POSSIBLE FROSTBITE) GO INSIDE NEAREST LODGE TO WARMUP AS SOON AS POSSIBLE.

HAVE FUN !