

Winter Sports + TRAUMATIC BRAIN INJURY (TBI)



Winter sports are a marvelous way to stay in shape and have fun during the chillier months.

Flying down the slopes on skis or a snowboard, cruising through the woods on a snowmobile, sledding down the perfect sled hill, or whacking a hockey puck into the goal is exhilarating.

These activities are good for our overall fitness and health, but it is crucial to take precautions and know the risks, especially if you hit your head and get a concussion. Head injuries can cause long-term and permanent health issues and must be taken very seriously.

According to the U.S. Consumer Products Safety Commission, snowboarding is the leading cause of winter sports injuries.



To ensure your winter adventure is safer, keep these tips in mind:

- Always wear a helmet for high-velocity sports.
- Prepare for extreme physical activity by stretching and warming up.
- Hydrate and eat a well-balanced diet.
- Wear appropriate protective gear and outerwear to limit skin exposure.
- Know when to stop. Injuries can happen from exhaustion.
- Avoid overexposure to sub-freezing temperatures.
- Be informed about current weather conditions.
- Stay in bounds on the slopes and watch for obstacles and hazardous conditions.
- Never participate in winter sports activities alone.
- Extreme sports activities should be enjoyed where medical care is near.
- Seek medical attention if injured.



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