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[Don't let injuries get in the way of winter fun.](#) Try these tips to reduce the likelihood of sustaining a concussion and other injuries:

- **Use a proper sled.** Never use a sled substitute such as a lunch tray or cardboard box because they can be pierced by objects on the ground.
- **Dress appropriately.** Frostbite and hypothermia are real concerns during any winter sport. Be sure to wear sensible winter outerwear while sledding or snow tubing.
- **Always wear a helmet.** Be sure to wear a helmet as a safety measure to protect against head injuries like skull fractures.
- **Choose the right terrain.** Choose a hill that is specifically designated or designed for sledding and has a long, flat area at the bottom so you can glide to a stop. The hill should be clear of trees, bumps, rocks, poles, and other obstacles.
- **Go sledding during the daytime,** when visibility is better. If you go sledding at night, make sure the hillside is well-lit so you can see potential hazards.
- **Designate a go-to adult.** In the event someone gets injured, you'll want an adult on hand to administer first aid and, if necessary, take the injured sled rider to the emergency room.
- **Sit face-forward on your sled or tube.** Never sled down a hill backwards or while standing, and don't go down the hill head-first, as this greatly increases the risk of a head injury.
- **Young children** (five years of age and younger) **should sled with an adult**, and children younger than 12 should be actively watched at all times.
- **Go down the hill one at a time** and with only one person per sled (except for adults with young children).
- **Never build an artificial jump** or obstacle on a sledding hill.
- **Keep your arms and legs within the sled at all times.** If you fall off the sled, move out of the way. If you find yourself on a sled that won't stop, roll off and get away from it.
- **Walk up the side of the hill.** Leave the middle open for other sled riders and snow tubers.
- **Never ride a sled that is being pulled by a moving vehicle.**

While it's unlikely that you'll be injured while sledding or snow tubing, the possibility does exist. Remember, concussions are treatable when managed properly. If a concussion is suspected, it's important to seek medical attention from a health care provider trained in concussion.