How can SNOWSPORT injuries be prevented?

Proper Instruction and equipment

Instruction prior to getting on the slopes is important in preventing injuries. Instructors can educate beginners on the importance of a good warm-up and cool-down, properly fitted equipment, and safe skiing techniques. These same principles hold true for snowboarders. They can also determine at what point it is appropriate for beginners to progress to more advanced levels of terrain. Appropriate equipment is critical to being safe. Poorly functioning or improperly adjusted equipment is a frequent cause of injuries. Bindings that are too loose or too tight, as well as equipment that is improperly sized or used on improper terrain, can cause injury.

Preventative equipment such as helmets can prevent disastrous and even fatal accidents, even though resorts do not universally require them. Only about 48% of U.S. skiers and snowboarders routinely wear helmets. In terrain parks, wrist guards and elbow and kneepads are also recommended. The use of protective equipment has been associated with a 43% decrease in the rate of head, neck, and face injuries.

National Ski Areas Association Responsibility Code for Reducing Risk

• Always stay in control
• People ahead of you have the right-of-way
• Stop in a safe place for you and others
• Whenever starting downhill or merging, look uphill and yield
• Use devices to help prevent runaway equipment
• Observe signs and warnings, and keep off closed trails
• Know how to use the lifts safely


Common Sense Precautions

Most injuries occur after lunch and when fatigued. Be sure to stay adequately hydrated throughout the day and stop to rest every couple of hours. In addition, changing snow and ice conditions can dramatically increase the complexity of terrain quickly. Abiding by the signs and warnings are imperative for your safety and the safety of others.
Remember to remove all ice and snow from your vehicle before driving, especially from the hood, windows and roof. It’s the law in New Jersey!

Motorists who fail to do so face fines of $25 to $75 for each offense, regardless of whether the ice and snow is dislodged from the vehicle.

If flying ice or snow causes property damage or injury to others, motorists face fines of $200 to $1,000 for each offense.

Buckle Up Northern NJ

The New Jersey Division of Highway Traffic Safety develops state highway safety plans and coordinates the funding for state and local projects to reduce the incidence of traffic crashes and their resulting deaths and injuries.

The division coordinates traffic safety programs through education, engineering and enforcement activities.

Northern New Jersey Safe Kids / Safe Communities continues to promote traffic safety as a priority.

In this fast paced world, sometimes a picture can get the message out faster than words.

The logo's below are clear and direct. Make them part of your safety plan.

Responsibility begins at home!

Whether you are attending a super bowl, holiday or a family gathering, pre planning for a safe event is key. NJHTS offers these safety tips for those attending a party or hosting a party:

- Designate a sober driver before the party begins and give that person your car keys.
- Consider using a taxi cab or car service, or ask a sober family member or friend to come and get you, or spend the night where you are.
- Report impaired drivers in New Jersey by dialing #77. You’ll be asked to provide the location and a brief description of the vehicle.
- If you’re intoxicated and traveling on foot, the safest way to get home is to take a cab or have a sober friend or family member drive or escort you to your doorstep.

For those individuals hosting a party:

- Make sure there’s ample food and non-alcoholic beverages available.
- Stop serving alcohol at the prior to the beginning of the third quarter of the game. Instead, offer guests coffee and dessert.
- Be sure that all guests have designated their drivers in advance, or help to arrange ride-sharing with sober drivers.
- Have the phone number of a local cab company available, and always take the keys away from anyone who may be thinking of driving after drinking.

Prevention Works is the official triennial newsletter of Northern NJ SAFE KIDS/Safe Communities.

We welcome articles of interest highlighting your community or organization.

Let us know how you have made your community a safe community.

If you have any comments or topics you would like to see covered, please feel free to contact Karen Jean Feury, RN Phone: 973-971-4327 Fax: 973-290-7350 email: karenjean.feury@atlantichealth.org.