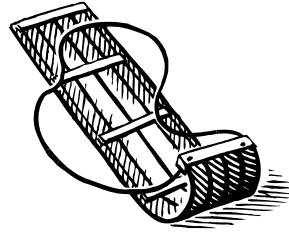


Winter Safety



True Story

A seventh-grader smashed head on into a tree while on a sledding outing. The boy's skull was fractured in three places and his nose was pushed up into his nasal cavity. After spending a few weeks in the hospital, the boy was released and has fully recovered.

-From the University of Chicago

The Facts

- Nearly 22,600 children ages 5 to 14 are treated in emergency rooms for snow skiing and snowboarding injuries each year.
- More than 14,000 children ages 5 to 14 are treated in emergency rooms each year for injuries related to sledding.
- Approximately 1,400 children are treated each year for injuries received in snowmobile incidents.
- Snowmobiles can weigh up to 600 pounds and travel at speeds in excess of 90 mph.

What You Can Do

- Use sturdy, safely constructed equipment.
- Sled and ski only on terrain that is free of obstacles.
- Never ride on a sled that is being pulled by a motorized vehicle.
- The American Academy of Pediatrics has stated that operating snow mobiles is inappropriate for children younger than 16. If a child is riding as a passenger on a snowmobile, be sure he/she is wearing an approved helmet. Children ages 5 and younger should never ride on snowmobiles.



Led By

**BLANK CHILDREN'S
HOSPITAL**
IOWA HEALTH SYSTEM

Safe Kids Greater Des Moines, led by Blank Children's Hospital, is a grassroots organization dedicated to preventing unintentional injury in children ages 0-14.

For more information call (515) 241-6293 or visit www.dsmsafekids.org.