

# **HELMET SAFETY**

## **Why You Should Wear a Helmet When Skiing**

You may understand the importance of wearing a helmet while motorcycling or bicycling, but still fail to wear a helmet on the slopes. It is just as important to wear a [helmet](#) when you are skiing. You can suffer from traumatic brain injuries if you fall on the slopes. Unfortunately, there are hundreds of people who suffer head trauma on the slopes each year and that could often be prevented if a helmet had been worn.

Studies have shown that helmets can significantly decrease your chances of a serious head injury. A helmet won't make you invincible from all head injuries entirely, but research has shown that it can reduce the severity of those injuries.

## **Studies Show the Facts**

A study by [Johns Hopkins University](#) proves that helmets do save lives of snowboarders and skiers. According to the study, there is a great case to be made for wearing a helmet when skiing or snowboarding. The leader of the study, Adil H. Haider, M.D., M.P.H., is an associate professor of surgery at the Johns Hopkins School of Medicine.

He said that the study shows that by increasing awareness and giving scientific evidence to back the claims, hopefully behavior changes will be soon to follow. Out of the 60,000 snowboarding injuries reported each year, about 20% of them are head injuries that result when skiers or snowboarders hit trees, the ground, or other inanimate objects.

## **Difficult Enforcing Slope Helmet Law**

Police officers are always on the watch for motorcyclists and bicyclists who aren't wearing helmets. They can quickly and easily access them and pull them to the side of the road, issuing a citation for their failure to adhere to the helmet law. Enforcing a helmet law on the slopes would be much more challenging, or even impossible.\*

Ski resorts and slopes are limited to ski patrols who have to watch for safety hazards and make sure that anyone in danger is rescued. It would be far too time consuming for ski patrol to issue warnings to every skier without a helmet. It is not illegal to ski without a helmet, although if it were mandatory, lives may be saved in the future.

## **Use Common Sense**

Keeping the scientific research and data that shows the effectiveness and the [importance of wearing a helmet](#) in mind, you should consider purchasing one before your next adventure on the slopes. You don't need to worry about how the helmet will affect your skiing abilities, as the studies also show that wearing a helmet does not increase risky behavior and it does not impact your ability to hear and see.

There are many benefits to wearing a helmet out on the slopes. Your head is the source of most heat loss. When you wear a helmet, you are going to be surprised at how warm it can keep you. It can also help hold your goggles in place, which in turn, can help improve your vision and your performance on the slopes because you are keeping snow and the sun out of your eyes.

## **Choosing a Helmet**

When you buy a helmet, you'll find there are several different materials available. Some helmets are more lightweight, some have more ventilation, and some have a different head or facial shape. Choose the right helmet for you. Make sure it sets level on your head and is snug when you connect the chin strap. A ski supply professional can help you choose the right helmet for your needs.

\*This article was not written by a legal professional, and you can choose to go with or without a helmet when you ski! Just keep in mind that you may prevent a serious injury if you choose to wear one.