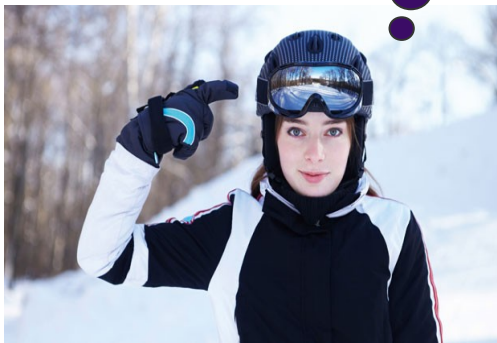


# Be Safe While Skiing - Wear Your Helmet

“Recent research has shown that the use of helmets reduces the incidence of any head injury by 30 to 50 percent.”<sup>1</sup>

HELMETS  
PROTECT  
YOUR  
HEAD!



“It protects your head, keeps it a bit warmer and helps your goggles stay on. And helmets work by absorbing and spreading out the shock wave that is the result of a hard impact. The main thing a helmet does effectively is protect against surface injuries like fractured skulls, head and facial lacerations.”<sup>2</sup>

## MY STORY

### Why I love wearing my helmet:

Hi there! My name is Elizabeth and last year my life was saved by a helmet. In February of 2017 I was up in Duluth skiing with my brother for the day. As I was going down a hill, I skied over a large patch of ice and lost control of my speed. I sped into a nearby grove of trees and hit my head. **My family and I believe I wouldn't be alive today if I wasn't wearing my helmet.** So, as you go out on the hills on any ski trips, or just in general, please wear your helmet.

I have been out skiing again this year with my new helmet. I hope to see you out on the slopes with a helmet on too!

Elizabeth Neil  
Former Nativity student  
HS Junior

<sup>1</sup> <https://www.nsa.org/.../NSAA-Facts-About-Skiing-Snowboarding-Safety-10-1-12.pdf>

<sup>2</sup> <https://coolerlifestyle.com/longform/truth-ski-snowboard-helmets#s39X8ChSb6kp0mM.97>