

Temiskaming Hospital

March 12, 2008

Experts Urge Tobogganers To Wear Safety Helmets

Two-thousand children go to hospital every year with injuries from tobogganing. It may seem odd to consider wearing a helmet, but sliders have been found to reach speeds of up to 35 km/h. This is faster than most kids go on their bikes. Health Canada recommends that all children wear helmets for sledding -- because the best cure for head injuries is **prevention**.

It is recommended that you use a helmet designed for skiing or snowboarding. Check that your helmet is CSA approved. It is possible to purchase non-approved helmets in Canada so be sure to check. There is legislation in the works to try to be sure all snow-sport helmets sold in Canada are approved.

A great way for parents to get their kids to wear helmets for any sport is to wear one themselves and to be nearby to supervise dangerous activities. You could also show your kids an animated tobogganing safety video from the Children's Hospital of Pittsburgh. The link can be found at the Ontario Brain Injury website at www.obia.on.ca/prevention.. Safe Sledding!



Temiskaming Hospital
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Visiting Hours:

- 1000 to 2000 hours for medical patients, surgical patients and Long-Term Care patients;
- 1400 to 1600 hours and 1800 to 2000 hours for obstetrics;
- Visitors to the Special Care Unit (SCU) are restricted to immediate family and/or significant other(s).