



# Grandparents Corner

*February 2012*

## Sledding Safety

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Sledding has been a winter ritual for generations. Anywhere there's snow and a hillside, you can find people sledding.

Though it may seem like harmless fun, and doesn't require any special skills or equipment other than a sled and helmet, sledding injuries send tens of thousands of people to hospital emergency rooms each year. More than half of all sledding injuries are head injuries, which can be very serious and even deadly. Below are some safety tips to help keep your children safe:

- Keep sledders away from motor vehicles.
- Children should be supervised while sledding.
- Keep young children separated from older children.
- Sledding feet first or sitting up, instead of lying down head-first, may prevent head injuries.
- Consider having your child wear a helmet while sledding.
- Use steerable sleds, not snow disks or inner tubes.
- Sleds should be structurally sound and free of sharp edges and splinters, and the steering mechanism should be well lubricated.
- Sled slopes should be free of obstructions like trees or fences, be covered in snow not ice, not be too steep, and end with a flat runoff.
- Avoid sledding in crowded areas.

While it is unlikely that your child will be injured while sledding, the possibility definitely exists. Just take a little extra time to make sure they dress properly and make sure they are following these safety guidelines and you'll have less to worry about. Sledding is supposed to be fun. Stay safe and warm!

**Resource:** [www.aap.org](http://www.aap.org)

*Cardiovascular disease kills more people than all cancers combined and is the Number One cause of death and disability in the United States. One in three American adults has high blood pressure, which is also called hypertension. High blood pressure increases the risk for heart disease and stroke, the first and third leading causes of death in the United States. Test your knowledge by answering True or False to the questions below.*

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1. Noticing any early changes and symptoms, and taking the appropriate steps to manage them, may help prevent a more urgent problem from developing.    T    F
2. Small changes in the person do not have to be reported to the doctor.    T    F
3. Swelling in the legs, feet, hands, or abdomen is an important symptom to report to the doctor.    T    F
4. Women have unique warning signs of heart attack.    T    F
5. It is very important to let the doctor or nurse know if the person in your care has new symptoms after a new medication is started.    T    F
6. Fatigue is not a typical symptom of heart failure.    T    F
7. A heart attack occurs when the blood flow to a part of the heart is blocked, usually by a blood clot.    T    F
8. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital. It is best to call EMS for rapid transport to the emergency room.  
T    F
9. Decreased or dark urine does not need to be reported to the doctor.    T    F
10. Freezing temperatures that constrict blood vessels put more stress on the heart.  
T    F

**KEY:** 1. T 2. F 3. T 4. T 5. T 6. F 7. T 8. T 9. F 10. T