



Top Reasons to Wear a Helmet When Skiing

Ski adventures are a fantastic vacation for the family or as a way to get some quality time doing something fun with your friends. However, it's important that you make it a habit to keep safety in mind when you're out on the slopes. When you're skiing in the stunning Utah winter landscape you should always wear a helmet and encourage everyone in your group to wear helmets.

Research that has been done shows that even though helmets won't completely prevent head trauma when ski accidents occur wearing a helmet can [lessen the damage](#) done by falls and spills on the ski slopes. Research also shows that kids are more likely to start wearing helmets when they see older teens and adults wearing them, so you can help protect kids on the slopes just by wearing a helmet and inspiring them to wear helmets. Some of the other reasons why you should always wear a helmet when you're skiing are:

Helmets Make You More Visible

Have you ever been knocked over or knocked off course by a skier who came around a curve or over a fence and just didn't see you? It's scary, and it can be very dangerous. Getting knocked over by a skier hurtling down the hill can send you careening off course into the trees or rocks or it can knock you flat and cause you to hit your head on the frozen ground. If you're [wearing a helmet](#) that has bright colors or patterns on it, you will be more visible and there's a better chance that other skiers will be able to see you before they hit you. If they do hit you then your head will be protected from serious damage because of the helmet.

Helmets Protect Your Face

A ski helmet with a face guard and goggles attached to it solves a lot of problems that skiers face. The helmet's goggles will be held in place by the helmet so your eyes will be protected from wind, snow, and sun. And the face guard will ensure that your face isn't slashed by tree branches or cut badly in a fall. If you're skiing some of the most challenging Utah ski hills, you should wear a helmet with goggles and a faceguard to be sure that your face and head are protected.

Helmets Will Make It Easier to Find You

A brightly colored helmet or one that has reflective patches on it will make it easier for the rescue teams to find you if you get hurt, get lost, or need assistance when you're out on the slopes. Even experienced skiers sometimes need help from the medical team but if they can't find you then you won't get the help you need to get back to the lodge safely. A bright helmet that can be spotted easily in the white snow either by rescue teams on snowmobiles or in the air can make all the difference when it comes to getting the help you need quickly if you are injured when you're skiing.

This article was provided by www.personalinjury-law.com, an organization dedicated to providing the public with information about personal injury and safety information. Nothing in this article should be construed as legal advice, and it is intended for informational use only.

