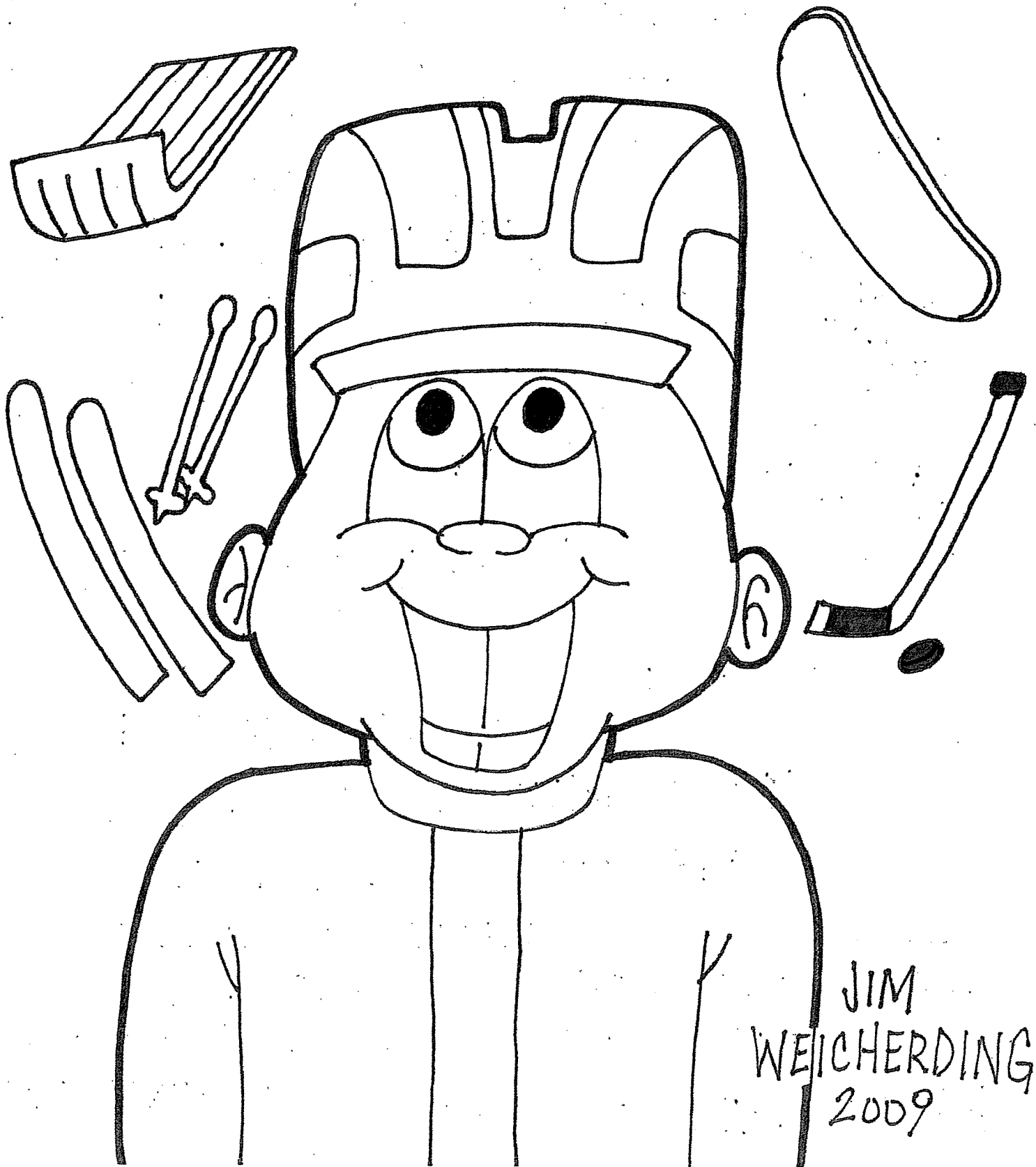


Wear a helmet when you ski, snowboard,
or play ice hockey.



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Dress in layers and wear warm clothes
without drawstrings.



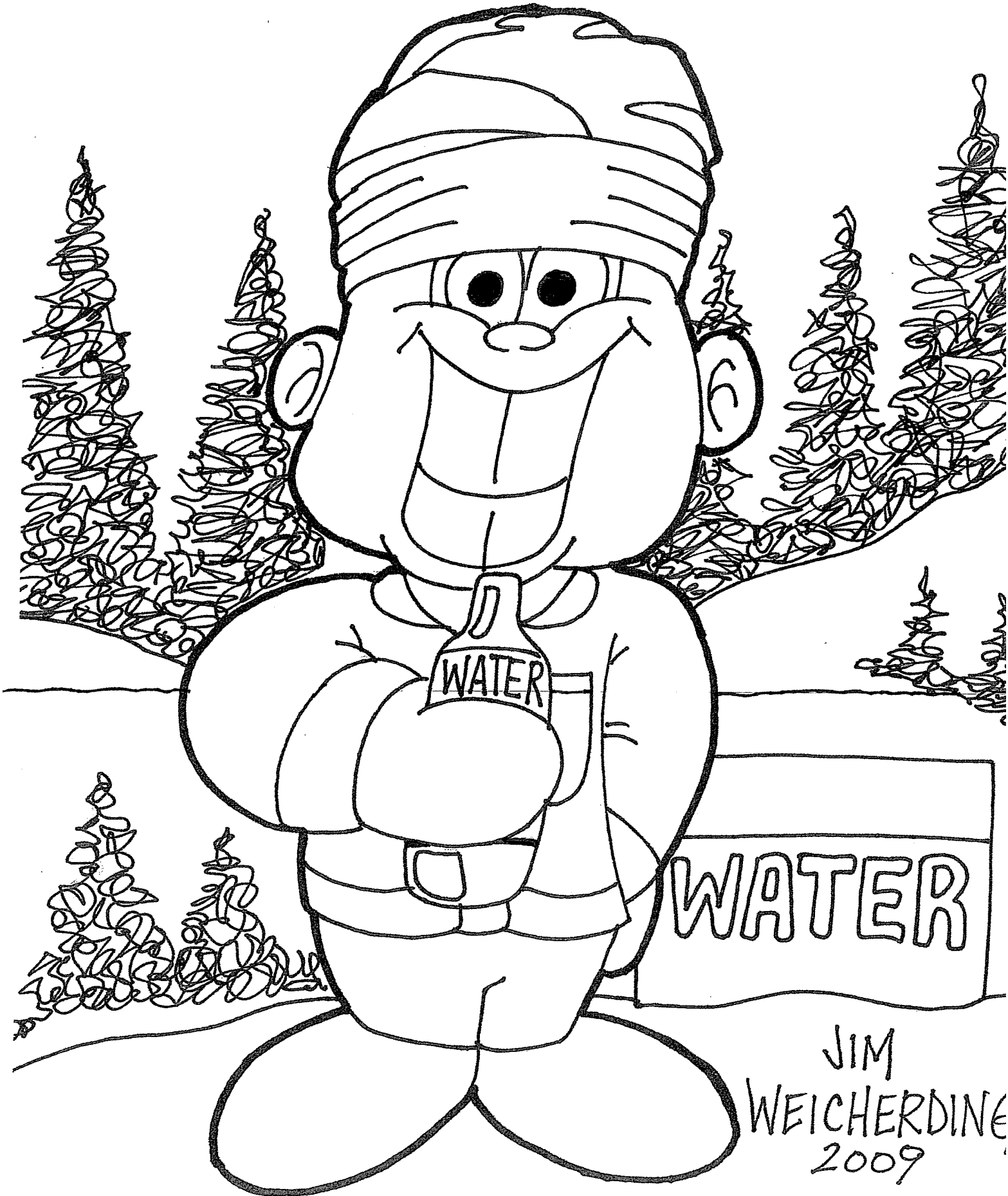
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Make sure that scarves are tucked in so they don't get caught in lifts, ski poles, or other equipment.



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Drink plenty of water or liquids.



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Wear sunscreen to protect your skin, even on cloudy days.



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