

# Helmet Safety



## Helmets

Save your brain. You only have one!

Whether you are a pro rider at the olympics, are working on the clock at Homewood Ski Resort, or enjoying your active sports with friends, you should wear a helmet!

## Homewood Helmet Policy

**All employees that are driving small engine off hwy vehicles, skiing or snowboarding while on the clock are required to wear a helmet, at all times, no exceptions.**

While helmets may reduce or prevent injury, your best tool for injury prevention is to ride or ski in control.

### When choosing a helmet:

- Proper Fit = Proper Function. Helmets should coordinate with goggles, giving a snug fit and not obstructing vision.
- Don't be fooled by the halo effect that a helmet can offer; Helmets don't make you a better rider, stay within your limits at all times.
- Helmets reduce the risk of brain injury among skiers and snowboarders by 65-75% over those not wearing a helmet.
- Helmets can provide significant protection at speeds under 12-14 mph.
- Helmets do not increase the risk of spinal injuries or other injuries, remain in control at all times.
- It is recommended to use ski/snowboard helmets that are at least ASTM or Snell certified.