



American Trauma Society

Pennsylvania Division

The following poem is a true story
written by Stevie's Mother.

On a cold winter's day
when the snow was intense,
a neighbor's hill was beckoning
with a sled riders intent.

With snowsuit and boots,
Stevie was dressed for the chill.
And with excitement and delight
he was ready for a thrill.

But before leaving the house
a bicycle helmet he found.
When asked why he wore it
he just smiled and left without a sound.

I followed him over to watch all the fun,
the laughter and chatter when each run was done.
A path had been made in the snow so deep,
as each sledder went down,
on the trail they did keep.

Waiting and waiting, Stevie's impatience did grow.
He just couldn't wait any longer for his turn.
Off to the side, he took off on a sled,
a great big mistake he soon was to learn.

With his head pointing down,
as he rode down the hill
he swerved to the left
and into a post, he took a spill.

An old iron clothes line, he met head on.
Thank goodness for the helmet that he had on.
A tad bit shaken, but that was all,
a crisis was prevented in this fall.

In biking and skiing, and sledding downhill,
a helmet will be worn to protect from another spill.



Provided by:
American Trauma Society
Pennsylvania Division

M.M. Buzby

Phone: (717) 766-1616 • Fax: (717) 766-6989
Email: atspa@atspa.org • Website: www.atspa.org
2 Flowers Drive • Mechanicsburg, PA 17050-1711



American Trauma Society

Pennsylvania Division

SLEDDING

Always Wear A Helmet!

* Helmets have been proven
to prevent head injuries
even while sledding.

Face Forward!

* Don't go downhill headfirst.
Go downhill sitting and never standing.

Ease On Down The Hill!

* Snow tubes and discs can be difficult to control. Be
sure there are straps on your sled to hold onto. These will
help you maneuver around objects and other sledders.

Take A "Buddy" Along!

* Never go sledding alone. Be sure to take a friend along
and have an adult nearby. Also, avoid overcrowded hills.

You Can Avoid A Spill!

* Check out the hill. Look for hazards such as trees, tree
stumps, rocks or other objects under the snow and watch
out for other sledders. Also, don't sled where there are
roads, railways, or water.



Sledding mishaps account for about
55,000 emergency-department visits each year.
More than 8,200 of these visits are for head injuries.

U.S. Consumer Product Safety Commission

These sledding tips courtesy of:
American Trauma Society, Pennsylvania Division
An organization dedicated to injury prevention
717-766-1616 * 1-800-822-2358



*This project is funded, in part, under a contract
with the Pennsylvania Department of Health.*