



SKIING SAFELY

SafeTips from the Naval Safety Command

Skiing can be an exhilarating sport, but safety should always come first to ensure a fun and injury-free experience. Whether you're a beginner or an expert, following key safety guidelines can help you stay in control and protect yourself and others on the mountain.

- Wear a properly fitted helmet and goggles to protect your head and eyes.
- Check your equipment before skiing to ensure it's in good condition.
- Follow posted trail signs and stay within your skill level.
- Be aware of your surroundings and yield to skiers downhill from you.
- Keep a safe distance from others to avoid collisions.
- Stay hydrated and take breaks to prevent fatigue.
- Use sunscreen and dress in layers to stay warm and protect against sunburn.
- Learn how to fall safely to reduce the risk of injury.
- Ski with a buddy and carry a phone in case of emergencies.
- Know the signs of hypothermia and frostbite and seek shelter if needed.



Naval Safety Command
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