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UNIVERSITY OF MICHIGAN
HEALTH SYSTEM

Stay Safe This Winter!

Winter Activity and Sports Safety

1) Check the weather!

- Dress in layers with warm boots, gloves or mittens, and a hat
- Wear sunscreen and sunglasses

2) Check your equipment!

- Make sure all of your equipment is working, fits correctly, and is in good condition
- Always wear the proper helmets, goggles, and padding



3) Check the rules!

- Sled, ski, snowboard, or ice skate **only** in areas meant for these activities
- Adults **must** supervise children during outdoor winter activities.

How long does it take to get frostbite?

- If it is 0°F with 25 mph winds, or if it is -10°F with 10 mph winds, frostbite can happen in **just 30 minutes**.
- If its -10°F with 25 mph wind, frostbite can happen after **just 10 minutes!**

Do not stay outside in cold weather for long periods of time!

Come inside often to warm up.