Prevent sledding injuries

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MILLERSBURG, Pa. (WHTM) – At Millersburg Hardware, you can find just about anything to prepare for pending snow. Even the kids have options. But while youngsters will have dreams of snowflakes and blazing speed down slippery slopes, medical professionals say their reality can slow you down quick.

“We see a lot of snow or sledding related injuries, something as little as a bump or bruise to fractures, broken bones, and even some lacerations,” Rebekah Wickenheiser of Patient First said.

At Patient First facilities around the Midstate, doctors and staff will be on hand as always, just in case. They say say prevention of an accident is the best remedy, and that includes knowing your sledding terrain before the first flake hits the grass.

“Survey your yard to make sure if there’s any small stumps or any pieces of debris that could be potentially hazardous for any child who is sledding, that way you know what areas to avoid,” Wickenheiser said.

Frostbite also is a concern for little ones and can be prevented by limiting time in the snow and making sure exposed skin, especially fingers and faces, are covered.