

## The Top 4 Reasons to Wear a Helmet on the Slopes

By Deanna Power

While the number of people opting to wear a helmet on the slopes has increased significantly throughout the last decade, there are still many people who don't wear helmets. While most resorts do not make wearing a helmet mandatory, medical professionals recommend wearing a helmet on the slopes because of the impact it can make on the outcome of an accident. There are several advantages to wearing a helmet when skiing or snowboarding, so there is no reason for you to not wear one when participating in alpine sports.

### The Statistics

While there is an [excellent safety record](#) for snowboarding and skiing overall, there are inherent risks that comes with any dangerous sport. When you wear a helmet, you can improve your safety and decrease the risks of you being seriously injured in an accident. The most recent data provided from helmet studies reveal that skiers and snowboarders are understanding the benefits of wearing a helmet. According to a study conducted by the National Ski Areas Association (NSAA), 67% of those who ski or snowboard wear helmets while participating in alpine sports.

The study shows that the use of helmets reduces the risks of suffering a head injury anywhere from 30% to 50%, but that decrease is usually limited to the less serious head injuries. Just because you wear a helmet, you shouldn't participate in risky behavior because there has not been a significant reduction in the number of fatalities on the slopes during the last 9 years.

### Four Reasons Why You Should Wear a Helmet

There are multiple advantages to wearing a helmet. Here are just a few:

1. [Safety](#). Research shows that while helmets may not completely prevent head injuries, they can significantly impact the severity of the injury and the outcome of the accident. Most injuries occur when a skier strikes an inanimate object, such as a rock, tree, or the ground. [Helmets](#) can play a significant role in reducing the severity of the impact and reduce the trauma that your head suffers.
2. Warmth. Being out on the slopes can be cold. Because the body loses most of its heat through the head, a helmet can be beneficial in keeping you warm. Helmets act as insulators and will keep your head warm.
3. It can hold your goggles in place. When you are skiing, you want to wear goggles to protect your eyes. A helmet can help you keep your goggles in place so you can see better when you are out on the slopes.
4. There are many [reasons to wear a helmet](#), but an important one is that you set a good example. When children and adults see other people wearing helmets on the slopes, they pay attention. You wearing a helmet can lead others to wear a helmet and protect themselves as well.

### Choosing a Helmet

When you select a helmet, you want to choose the right helmet for your needs. You want to get a helmet that properly fits. This means that when you strap it on, you don't want it to shift when you tilt from side to side. There are helmets of different styles and designs. Some helmets are more lightweight than others, but they are usually more expensive. Select a helmet that feels comfortable so you can get a lot of use out from it. If you choose to wear a helmet, you'll be going a long way in protecting yourself while skiing or snowboarding.

\*This article was not written by an attorney, and it's always your choice as to whether you want to wear a helmet. Just keep in mind that if you wear a helmet, you could be saving lives!