



live well, work well

Presented by Veritas Risk Services

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Winter Sports Safety Tips

The cold, crisp air and breathtaking views are just a few of the simple joys associated with winter sports. To ensure that your skiing or snowboarding excursions remain safe, be sure to keep in mind the following five tips:

1. Inspect your skiing or snowboarding equipment to ensure that it is in good working condition.
2. Wear protective headgear, such as a helmet and snow goggles.
3. Yield to skiers or snowboarders in front of or below you on the slope.
4. Carry a fully charged cellphone with you at all times.
5. Never drink alcohol while skiing or snowboarding.