

Take 5 minutes to check

- **Wear a helmet:**
 - While the skiing authorities don't require the wearing helmets, it is indeed encouraged to wear head protection while skiing.
 - Be sure that the helmet you wear is certified.
- **Be fit to ski:**
 - While people think that they can ski to make themselves fit, it is actually the other way around, one gets fit to ski.
 - Work out during the year so that you will be in good shape during the ski season. This will ensure your enjoyment of the sport and it will also help prevent injuries.
- **Use the right ski equipment:**
 - Don't borrow from somebody else, unless you are borrowing from an identical twin sibling.
 - Your ski boots and outfit should fit you properly.
 - Your bindings should be properly adjusted.
- **Dress appropriately:**
 - You are going to ski in extreme cold and thus you will want to avoid being frostbitten or struck by hypothermia.
 - Layer clothes and keep your extremities protected.
 - You won't be able to ski well if you are shivering all day.
- **Take professional skiing lessons:**
 - Whether it is with a group or alone, the value of formal ski lessons can't be underestimated.
 - You need to learn how to ski properly to enjoy the sport
- **Wear skiing goggles:**
 - Goggles make a world of a difference when skiing; it protects your eyes from the blazing light from the sun or from particles that could hurt your eyes and impair your vision.
 - You want a clear view of the world when you ski.
- **Know when to stop:**
 - Skiing is enjoyable but you need to have occasional breaks to recover energy and replenish your water supply.
 - Don't ignore tiredness as you can get injured if you ski with fatigue.

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- **Don't ski alone:**
 - Look for a skiing buddy so that you can watch out for each other while skiing.
 - Set a rendezvous area so you can meet easily if you get separated.
 - Use two-way radios or mobile phones to keep in touch.

- **Know your limits:**
 - You shouldn't ski over your level.
 - Be sure that you ski at your own pace to maintain safety.

Skiing is fun especially if you maintain your safety. Be safe and be assured to have many more skiing trips ahead.

This is a form to assist you with your health and safety procedure. The information included is for initial guidance only. You should edit and adapt the text to ensure it meets your/statutory requirements. If you cannot edit/amend the form electronically please do so by hand. It is only as good as the information you enter. Please remember the items should be amended as you deem necessary. Your judgement is imperative to the effectiveness of this form. This form is provided free by www.safetyguru.co.uk