



If you're anything like me, you love to sled.
But whenever you're out and about on the snow,
take a few precautions:

1. Always check your sledding spot over first for any rocks, trees, or other debris that could hurt you.
2. Pick a place away from the road. Many kids get killed because their sled goes too far. They slide right underneath a car driving by and get runned over.
3. Sledding is just like bike riding-only you crash more often. It's a good idea to wear a bike helmet over your stocking cap. It will keep you warm AND keep your brain safe.



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