

Why Wearing a Helmet is Important for Skiers and Snowboarders

The number of people wearing helmets has slowly climbed throughout the last decade. While only 25% of those hitting the slopes in 2003 wore helmets, that figure had gone up to 70% in 2013 according to a study conducted by the [National Ski Areas Association of America](#).

While wearing a helmet doesn't keep you from being injured in a fall or a crash, it does reduce the severity of those injuries. There are several reasons for wearing a helmet, so it should be of no surprise to those who enjoy skiing and snowboarding that helmets have become more popular among winter sports enthusiasts.

The Benefits of Wearing a Helmet

They Promote Safety – There are numerous [reasons to wear a helmet](#), but arguably the most important is because it helps you stay safe and protects your head when you are out on the slopes. Brain trauma is a very serious injury, and wearing a helmet can make a significant difference in the severity of your injury.

They Add Warmth - Helmets can help you stay warm. Much of the body's heat is lost through the head. Wearing a helmet on the slopes will help increase your body temperature and keep you much warmer than you imagined.

Set an Example - Wearing a helmet on the slopes also sets a good example. All too often, parents will make their kids wear a helmet but not wear one themselves. If children see more adults wearing helmets on the slopes, they are going to be much more likely to protect themselves as they grow older by wearing a helmet and the proper protective gear.

Choosing the Right Helmet

Make sure you [choose the helmet](#) that best fits you so it can do its job. You want your helmet to [fit level on your head](#) and not tilt from side to side.

Helmets are inexpensive, and come in a variety of styles so there is definitely one available to meet your needs. They are also available in a variety of stores, such as sporting goods stores, department stores, and in the gear shops at many ski resorts.

*This article was not written by a legal professional, and it is always your choice to wear a helmet or not! Just remember that choosing a helmet may save lives.