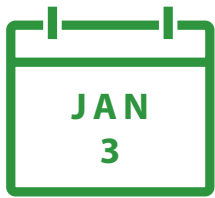


Tips

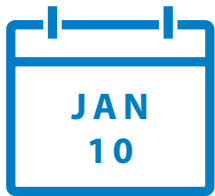
NATIONAL WINTER SPORTS TRAUMATIC BRAIN INJURY (TBI) AWARENESS MONTH

Try sending our CORE Solutions Tips of the Week to your employees for quick, easily digestible health and wellness tidbits they can incorporate into their daily lives.

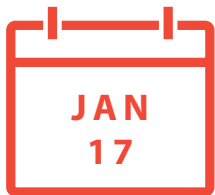
– Your CORE Solutions Team



Wear a Helmet. Make sure the helmet is fitted properly and appropriate for the activity. Helmets are critical in extreme winter sports like snow skiing and snowboarding, which account for a significant number of concussions. Helmets can go a long way toward preventing or reducing the severity of a TBI.



Take Lessons. If you're going skating, snow skiing or snowboarding, basic lessons will help you learn how to fall more safely and less often.



Play By the Rules. Set a "no hits to the head or other dangerous play" rule for hockey and other contact sports. If a person is injured, remove them from play and ensure the athlete is evaluated by a healthcare professional experienced in evaluating concussions.



Optimize the Conditions. Do everything possible to ensure the conditions where you are performing/playing winter activities are safe and appropriate. Stay within the marked boundaries on the slopes and watch out for obstacles and hazardous conditions.



Know Where to Get Medical Care. Try to participate in these activities in places where medical care is not far away. Professional competitions have doctors and emergency medical services, but many people participate in winter sports in remote locations. Know where to go to seek medical attention if there is any question that you might have suffered a TBI, no matter how minor it might seem.