

Health Topics

East Hill Elementary School

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Topics

- **Helmet : Why should I wear it?**
- **When it is cold, be careful!**

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Helmets: Why should I wear it?

With the 2010 Vancouver Olympic Games coming up, snow sports will be even more popular. Some of you already ski or snowboard and you know that sometimes it could be dangerous. Here comes the question: Why should I wear my helmet? It is to protect you from head and neck injuries. When you wear a helmet when you go skiing or snowboarding, you have less chance of breaking your neck or hitting your head.

For people involved in ski or snowboarding competitions, it is a **rule** that they wear a helmet in order to be allowed to practice their favourite sport. Why don't you join them and start wearing your helmet every time you go skiing!

You can visit the Alpine Ski Association at:
<http://canski.org/>

(Sulheim, et al., 2006)

When it is cold, be careful!

Chilblain forms when parts of your body such as your hands, feet, chin, nose, and ears are exposed to cold and not protected by your winter clothes. You know that you have a chilblain if your skin gets cold and pale, you feel pain or tingling, or you have decreased sensation when you pinch your hands, feet, chin, nose, and ears.

What do I do if you have a chilblain?

Try to put the affected body part (example: nose, ear, hands, feet) in warm water (not hot!) until you feel better, warm it up with your won hands, or put your hands under your armpits. If it doesn't work, go see a doctor.

How do you prevent chilblain to happen?

- Keep your hands and feet warm in dry mittens and winter boots
- Move your toes and fingers often
- Wear a scarf and a hat to cover your chin and ears
- Go inside to warm up yourself when you play outside for more than an hour.

(Durocher, 2006)