

Ski Helmet Safety and Why Helmets Should be Mandatory for Skiers and Snowboarders

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Abstract

52% of ski and snowboard injuries include an injury to the brain (McBeth 562). A 2006 study found a 60% reduction in brain injury risk when the subject wears a helmet. While to some wearing a helmet is an obvious safety measure, one study found that only 67% of skiers and snowboarders in the United States wear helmets. Currently, only one state, New Jersey, has a law requiring helmet use while skiing or snowboarding. This is a report analyzes information on ski and snowboard helmets, how they work, their effectiveness, and why their use should become mandatory.