

Tobogganing Fact Sheet



During the 2004/2005 year, there were a total of **1,731** visits to an emergency department and **108** hospitalizations due to a tobogganing injury in Ontario.

82% of the ER visits were due to a collision with an object.

Males accounted for 58% of ER visits and 56% hospitalizations, the largest peak observed among 4-15 year olds.

Head was the most common site of injury.

It is recommended that while tobogganing you wear a properly fitted ski or hockey helmet.

The Helmet must be CSA certified.

Choose a safe hill with a gentle slope, long run-off area and no obstacles nearby (ex. Trees, rocks or fences).

Hazards can be difficult to see, make sure you can clearly see and be seen by others.

Stay away from roads and cars.

Do not go head first down the hill. The safest position to be in while tobogganing is kneeling. Sliding on your stomach, headfirst, offers the least protection from a head injury. Laying flat on the back increases the risk of injuring the spine or spinal cord.

Make sure your toboggan is in good condition and that you can properly control it.

Wear bright coloured and reflective clothing. Do not wear scarves, drawstrings or long hair outside of your coat, it can get snagged and injure you.

Children should not toboggan at night.

Pay attention to other tobogganers on the hill.

Adults should supervise and accompany children while tobogganing.

After tobogganing children should get out of wet clothes and boots quickly to prevent frostbite.

Resources:

www.childsafetylink@iwk.nshealth.ca – Child Safety Link

www.cheo.on.ca – Children's Hospital of Eastern Ontario

www.sickkids.ca – The Hospital for Sick Children

www.smartrisk.ca – Ontario Injury Compass



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