



# Sled Safe Jo's Way, Wear a Helmet

**BE SAFE WEAR A HELMET DURING SLEDDING, Help your child follow this simple safety tip for safer sledding, Wear a Helmet.**

Although a helmet has not yet been designed for sled riding, until such helmets exist, wearing one of the three listed types of helmets may be preferable to wearing no helmet at all..



**Ski Helmet**

## **Bicycle, Skateboard, or Ski Helmet (U.S. Consumer Product Safety Commission)**

According to the US Center for Disease Control and Prevention, an **estimated 23,000 people** in 2008 were treated for sled riding injuries at emergency rooms.

## **"Sled Safe Jo's Way", wear a helmet!**

Head injuries are very serious and while a broken arm or leg can be repaired, many head injuries are permanent and life threatening.

**Help keep this fun  
winter activity safe, Jo's Way!**

**For Further Information visit the following Websites:**

US Consumer Product Safety Commission - [www.cpsc.gov](http://www.cpsc.gov)

US Center for Disease Control - [www.cdc.gov](http://www.cdc.gov)

Bridge, Inc. - [www.bridgesnky.org](http://www.bridgesnky.org)

Brain Injury Alliance of Kentucky - [www.biak.us](http://www.biak.us)

**Protect that Head!**

Order an approved ski helmet through

**"Sled Safe Jo's Way"**

Order At: [sledsafejosway@hotmail.com](mailto:sledsafejosway@hotmail.com)

## "Our Story"

Our mission to create "Sled Safe Jo's Way" resulted from a tragic accident to my son Coby Jo.

On January 30th, 2009, Coby Jo at 4 years old excitedly hopped on a sled at his grandparents home. He sped down the hill before any adult could be at the bottom to slow his speed and stop him. Coby Jo's sled went out of control, taking him under an outside-stored boat, severely hitting his head on the boat. We couldn't run fast enough to get to Coby Jo, praying for his safety in those first seconds that seemed like hours.

Coby Jo was knocked unconscious and when he awoke, was not responsive to our touch, which immediately raised our concern that he might be paralyzed.

Within a half an hour of the paramedics being on scene, Coby Jo's sense of touch began to come back. As you can imagine, we were extremely relieved and thankful Coby Jo's injuries were minor and temporary.

From that point on, it has been our family's mission to promote the importance of wearing a helmet when sledding, because helmets aren't just for bicycles.



- Amanda and Rusty Kramer  
(Coby Jo's Parents)

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Questions, comments or helmet orders can be forward to:

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Your Donations to help educate parents  
and children can be forwarded to :

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