



## Sam the Safety Dog says...

The NSC Safety Dog, Sam, is here to share messages of safety just for kids like you! This time, Sam has a special message about sunscreen:

**"Sunscreen isn't only for summer! Put some on your face before heading outside to play in the snow."**



## Ice skating safety

Ice skating isn't just fun – it's good exercise! Here are some tips for staying safe:

- ❄️ Wear a hat, gloves, long pants, warm socks and a helmet. If you have long hair, pull it back to keep it from getting into your eyes.
- ❄️ Don't touch the blades on your skates – they're sharp! Ask an adult to help you put on your skates.
- ❄️ Wear skates that are the right size for your feet and support your ankles.
- ❄️ If you're new to skating, make sure an adult is on the ice with you.
- ❄️ Visit the skating rink when it's less crowded to help prevent colliding with other skaters.
- ❄️ Stay away from ponds – only skate in designated areas.

