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SARGENT LAW FIRM INSIDER NEWS

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How to Prevent a Bad Ski Day



3 Ways to Stay Safe on the Mountain

Besides wearing a helmet, wearing appropriate cold-weather clothing, and using properly adjusted bindings/gear, what else can you do to stay safe while on the mountain?

1. Know your skill limits.

Skiing safely is all about staying within your personal limits. At a minimum, skiers should choose runs and terrain appropriate for their abilities. It's important to stay within your skill level, and slowly build up to more demanding runs over time.

It's essential to understand that, even if you're a proficient skier at resorts, skiing ungroomed snow in the backcountry requires a completely different skill set. At resorts, you generally don't expect rocks, trees, and other hazards. In the backcountry, on the other hand, successful runs are all about your ability to evaluate the snowpack and terrain, and to make wise choices.

Ski and snowboard to your current ability and personal limits.

2. Watch out for collisions.

It's always important to be fully aware of your surroundings. After all, no matter how skilled you may be, there's always the risk that somebody else isn't. One of the biggest causes of collisions on slopes is skiers/boarders who are out of control. Always look up the slope before you begin skiing. Failing to do so is one of the most frequent causes of collisions. So always watch out for others; don't assume your own ability will prevent you from getting injured.

Be prepared for potential accidents. It's a good idea to save the ski patrol or mountain rescue service phone number in your phone. You never want to be in a situation where someone is injured, and you don't know how to call in help.

In the event of an accident, stay calm. If you're at a resort and an injury occurs, alert ski patrol as soon as possible. Let them know where the accident took place, the number of people involved, and the type of injury, so they can come prepared. While you wait, put on layers if you're carrying them.

If you're not the injured party, secure the scene to prevent an even more dangerous situation, such as a collision. Mark the scene of the accident by placing your skis and poles uphill of the victim in an "X" shape. It helps warn other skiers to steer clear, and makes it easier for ski patrol to find you.

3. Know when to call it a day.

If there's one thing ski patrollers know to be true, it's that most injuries occur at the end of the day. "Just one more run" are infamous last words. Fatigue makes you sloppy and more accident-prone. Injuries usually happen when you let your guard down.

Given the rising price of lift tickets it's understandable that you may want to get the most out of your day, but it's essential to stop while you're ahead. Even the priciest lift ticket will probably cost less than a hospital bill.

Can you have a personal injury case from an accident on the mountain?

Most resorts have a liability waiver that you agree to when you purchase a lift ticket. These liability waivers are also usually posted at all lifts at the base of the mountain. You can't ski/board without agreeing to the liability waiver. Depending on what is stated in the liability waiver, you will likely be limited in what you could claim against the resort for any personal injuries. However, you could also have a claim against an individual who causes an accident. There are inherent risks in skiing and snowboarding that you assume when stepping on the slopes. If you've been injured on the mountain, and want to know if you have a potential case, give us a call and we can walk you through all your legal options.

Why a Car Emergency Kit is Essential



A car emergency kit should include basic survival supplies, safety items, car maintenance tools, and warm clothing.

These items will help you stay comfortable and hydrated if you ever get stuck on the side of the road or have to wait out a storm. Having the appropriate supplies can save your life. Gather up your supplies, pack them into a storage bin or large backpack, and place your roadside emergency kit inside your car before venturing out into the cold weather.

1. Flashlight

A bright flashlight can provide much-needed light to either work on getting back on the road or signal to others for help. It's smart to keep extra batteries in your emergency survival kit too.

2. First aid kit

A basic first aid kit can come in handy in the event of minor scrapes or pains, but even more so if you're stranded. If you take daily medications, you should also pack extras away in your kit.

3. Jumper cables

You'll need to be able to jumpstart your car if the battery goes dead. You can reduce the risk of sparking by never touching the end of the clamps together and avoiding any moisture near the cables.

4. Water

Dehydration is a serious threat when you're stranded. Keep a large jug of water in your car for emergencies. Replace the water every few months since it may go through extreme temperature changes inside your car.

5. Blanket

Pack a large, thick blanket away in your car to keep you warm in cold weather. Consider adding a reflective emergency blanket or sleeping bag to your kit too.

6. Cell phone charger

This is essential for most drivers already but it won't hurt to add an extra charger with a lighter adapter to your kit. A portable battery pack charger is also a good idea (be sure to charge it periodically).

Print out an emergency contact sheet to keep in your car just in case your phone dies and you don't have access to a charger. You may be able to borrow someone else's phone to call for help or contact your loved ones to let them know you're safe.

7. Reflective triangles

Breaking down on the side of the road can put you at risk for passing drivers, especially in low visibility conditions. Put out reflective triangles to make your car more visible and protect from any hazards.

8. Non-perishable snacks

Granola bars, nuts, crackers, dried fruit, and jerky are a few examples of snacks you can keep on hand in case you get stranded. Like the water, you should replace these every few months or sooner so they don't expire.

9. Matches

Waterproof matches or a lighter can provide some light and warmth in case of emergency. These small items hardly take up any space in your kit too.

10. Toolkit

Similar to the first aid kit, a basic toolkit can be useful year-round in your car. From small repairs to changing a tire, keep these on hand in case you need them.

Additional things if you live somewhere where temperatures drop below freezing:

Bag of cat litter

For those new to winter weather, icy conditions greatly reduce your tire traction. To get your car unstuck, pour non-clumping kitty litter in the path of your tires. Other alternatives include sand or road salt.

Snow shovel

If snow starts piling up around your car on the side of the road, you'll need a shovel to help you clear a path or uncover your car. Keep your car visible to rescue teams by limiting the amount of snow surrounding it or covering your tail lights or exhaust.

Ice scraper

During a deep freeze or emergency situation, you don't want to waste time — or your car's battery — waiting to defrost a thick sheet of ice on your windshield.

From Our CEO



January flew by, and 2023 is off to a wild start! This last month I did a deep review of our firm's prior year, looking at ways to improve our business, customer service, and to set new goals for this year. My goals are always aligned with our *Mission Statement: To help people who have suffered injury or death by providing access to the highest level of legal representation, medical treatment, and financial compensation.* My expectations for our firm and our team are derived from our firm core values: Teamwork, Integrity, Heart, Hustle, Grit, Innovation, and Give Back. A new year is always a great time to look for ways to improve, ensure we are working towards common goals, and strive to be the best in our business.

Thank you for continuing to trust us with your injury case, and as always please do not hesitate to reach out to us with any questions or concerns.

Kind Regards,
Ryan Sargent, Esq.

More Ways to Stay Connected with Our Firm



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