

Soundbite Script – Play but stay safe this snowmobile season

John Bednar, MD, emergency room physician, OSF HealthCare

"Snowmobile crashes can be absolutely horrendous, life threatening and such a tragedy if you have an unexpected accident, like we see every year. Deaths, severe spinal injuries, pelvic fractures, multiple broken bones that can be devastating, devastating injuries and totally unexpected when you're out there to have fun." (:20)

John Bednar, MD, emergency room physician, OSF HealthCare

"I've seen very few snowmobile accidents that did not have some sort of intoxication involved or other preventive kind of reckless behavior. Intoxication, number one, by far, seems to be most involved in the crashes I've seen over the decades." (:20)

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"Know your trail and stay on your trail. If it's a well-known, well-marked trail, then you're much less likely to hit a stump, hit a rock, get off course, hit the tree, because that's when we see the crashes. When they don't know their trail, they use excessive speed, or they get off course, that's when they hit the tree or the rock, and those things don't like moving, and our heads don't like sudden stops." (:21)

John Bednar, MD, emergency room physician, OSF HealthCare

"Most snowmobilers have great gear, including their helmets. But if you are going to go on ice, if you think it is safe ice, please consider wearing a life vest underneath your gear. We've seen multiple tragedies on thin ice." (:15)