
Contents

Preface	VII
1 Introduction	1
Brief Description of the Sport of Skiing	1
The Risk of Accidents	2
Pilot and Vehicle in One	4
2 The Causes of Accidents	7
Slope Accidents	7
Free Fall	7
Collision with Another Skier	10
Injury Caused by Ski Equipment	14
Slipping or Sliding	16
Hit by Ski-Lift	19
Collision with Various Obstacles	22
Unknown Causes	30
Discussion	31
3 Case Reports and Statistical Data	32
Free Fall	32
Collision with Another Skier	39
Injury Caused by Ski Equipment	47
Slipping or Sliding	50
Hit by Ski-Lift	53
Collision with Various Obstacles	58
Unknown Causes	73
Alcohol	77
Combined Injuries (Head and Neck)	77
Statistical Data	81
4 Experimental Study	86
Physical Conditions of Skiing	86
Skull Injuries from the Application of Force	88

Experimental Study of Depressed Skull Fracture	91
Experimental Procedure	91
Sites of Impact and Results	92
The Reaction to the Energy of Impact	97
Clinical and Experimental Study of the Morphology of the Depressed Fracture	102
Clinical Study	102
Experimental Morphological Study	104
Discussion	112
5 First Aid and Immediate Treatment	115
First Aid at Accident Site	115
Immediate Treatment	120
Conservative Therapy	121
Immediate Surgical Treatment	122
6 Prevention	125
Indirect Preventive Measures	125
Personal Aspects	125
Accidental Aspects	126
Natural Aspects	127
Technical Aspects	129
Traffic Aspects	129
Social Aspects	133
Discussion	136
Direct Preventive Measures: The Safety Helmet	136
History	137
Preventive Functions	139
Clinical Observation	141
Ideal Protection	144
Additional Advantages	145
Discussion	149
7 History of Skiing as a Sport	152
References	158
Subject Index	161