

# BE PREPARED FOR AN AVALANCHE

People caught in avalanches can die from suffocation, trauma, or hypothermia. An average of 28 people die in avalanches every winter in the U.S.

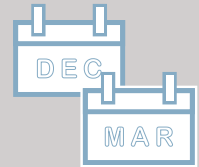
An avalanche is a large amount of snow moving quickly down a mountain. People caught beneath the heavy snow from an avalanche may not be able to dig out.



Can be caused by people, new snow, and wind



Can move at speeds of 60–80 mph



Peak season is December through March

## PROTECT YOURSELF FROM AN AVALANCHE

Get training on how to recognize hazardous conditions and locations to avoid.



Learn how to properly use safety equipment.



Sign up for alerts on current avalanche dangers.



Use proper equipment. This should include helmets and materials to create pockets of air if trapped.



Use devices to support rescue.



Use a guide familiar with the area. Always have a buddy.



July 2023