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## How safe is your child's play area?

Playgrounds are an integral part of childcare settings. They allow children to actively explore their environment, develop their large muscles, burn calories, and enjoy the outdoors. Unfortunately, they also pose a danger if they are not properly set-up and maintained.



*"Carefully supervise children at play to make sure they are safe."*



For more information log on to:

**[www.safekids.org](http://www.safekids.org)**

(The National SAFE KIDS Campaign)

OR

**[www.uni.edu/playground](http://www.uni.edu/playground)**

(National Program for Playground Safety)

Brochure by:



**A local coalition of  
The National SAFE KIDS  
Campaign.**


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## Is Your Home Play Area Safe?

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***"The path to safety starts with you."***

## Did you know that:

- ↳ In Sonoma County, falls are the leading cause of hospitalized injuries among children.
- ↳ Safe playground surfaces are generally not found in home play yards. \*
- ↳ 70% of all playground deaths occur in homes. \*



**“SAFE KIDS  
are no  
accident”**

† California Office of Statewide Health Planning and Development, Patient Discharge Data, 2000.

\* Consumer Product Safety Commission.

## Here are some simple steps you can take for

### a safe play area:

- 1) Carefully supervise children at play to make sure they are safe.
- 2) Check for sharp points or edges in wood. Make sure there are no open “S” hooks, protruding bolt ends, or other dangerous hardware.
- 3) Look for tripping hazards, like exposed concrete footings, tree stumps, and rocks.
- 4) Make sure surfaces around playground equipment have at least 12 inches of wood chips, mulch, sand, or pea gravel, or are mats made of safety-tested rubber or rubber-like materials.
- 5) Protective surfacing should extend at least 6 feet in all directions from play equipment. For swings, be sure surfacing extends, in back and front, twice the height of the suspending bar.

- 6) Elevated surfaces, like platforms and ramps should have guardrails to prevent falls.
- 7) Make sure play structures more than 30 inches high are spaced at least 9 feet apart.
- 8) Make sure spaces that could trap children, such as openings in guardrails or between ladder rungs measure less than 3.5 inches or more than 9 inches.
- 9) Check playgrounds regularly to see that equipment and surfacing are in good condition.

*“In Sonoma County, falls are the leading cause of hospitalized injuries among children.”*

