

# Playground Safety

## Facts About Injuries



- ◆ Each year, about 200,000 children are injured on playground equipment. The majority of the injuries happen on public playgrounds.

- ◆ About 15 children die each year as a result of an injury related to playground equipment.
- ◆ Most of the injuries are caused by falls to the ground below the equipment. Most of the deaths are due to strangulations or falls.

## Playground Safety Tips

- ★ **SUPERVISION.** All Children need adults to help them stay safe. Children under 5 years should **NEVER** be left to play on a playground alone. An adult should be close enough to be able to grab a child.



- ★ **Follow safety rules.**
  - ✓ No running, pushing or hurting others.
  - ✓ Show respect for other people using the playground equipment.
  - ✓ Hold handrails at all times.
  - ✓ Do not go in front of swings.
  - ✓ Slide down feet first not head first.
  - ✓ Use equipment one at a time.

- ★ **Check what your child is wearing.**

Certain types of clothing can become caught on playground equipment and cause injury.



- ✓ Avoid loose fitting clothing.
- ✓ Avoid clothing with drawstrings on the head and neck area or at the bottom. If clothing has a drawstring, remove it.
- ✓ Tie up long hair so it cannot get caught.
- ✓ Children should wear shoes **at all times** – sharp objects and glass can cause injury.

- ✓ **Children should remove bike helmets when playing on a playground.**



- ✓ Children should not bring rope or wire to a playground or be allowed to play on structures with it.

- ★ **Check playground equipment!**

- ✓ Make sure that the equipment is age appropriate for your child.
- ✓ Avoid metal slides, steps and platforms, but if your child plays on them check that they are not too hot to touch.
- ✓ Playground area should have a soft deep surface of sand, pea gravel or wood chips that is at least 6 inches deep.
- ✓ Swings should not be too close together or too close to the support structures.
- ✓ Playgrounds should be inspected regularly.

