



PLAYGROUND SAFETY

Playgrounds are great places for kids to spend time outside, have fun and be active. But they are also a common place for kids to get injured. Between 2001 and 2008, about 218,851 preschool and elementary school children received emergency care for injuries that occurred on playground equipment in the U.S.*

Here are some tips to make sure kids can have fun and stay safe while playing on a playground:

1

Stick with softer surfaces.

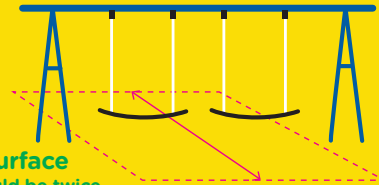
Make sure there is a **safe surface**—like sand, pea gravel, wood chips, rubber mats or synthetic turf—**beneath** and surrounding playground equipment.



2

Swing safely.

The length of the soft **surface beneath** a swing should be twice the height of the swing set.



3

Rely on the experts.

All playground equipment should be **inspected and maintained** by qualified personnel with daily, monthly and annual maintenance schedules.



4

Safety in schools.

Make sure that your children's schools and childcare centers have supervised, **age-appropriate**, well-maintained playground equipment.



5

Maintain age-appropriate areas.

Children under age 5 should have a **separate play area**. All children should use age-appropriate playground equipment.

6

Be on the lookout.

Always stay where you can **see and hear** children using playground equipment.

7

Dress for safety.

Don't allow children to wear clothing that could get **caught on equipment** while playing – like hooded sweatshirts, jackets with drawstrings, necklaces, purses and scarves.

8

Play, just no horseplay.

Prevent unsafe behaviors like pushing, shoving, crowding or using equipment inappropriately.

9

Seek out specialists.

Always **consult a pediatrician or other healthcare provider** if you have any questions concerning an injury. Pediatric orthopaedists and radiologists are **specially trained** to diagnose and treat injuries in children. If the injury appears serious or life-threatening, call 911 immediately.



10

Know the signs.

The **symptoms of a fracture** include swelling, redness, pain, deformity and joint stiffness.