

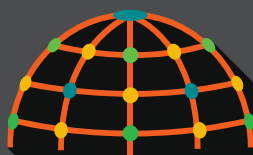
PLAYGROUND SAFETY

Playgrounds are a fun way to get outdoors and be active. Here are a few tips to protect your child from injury while using playground equipment.



PLAYGROUND EQUIPMENT

- Equipment is age specific, either for 2-5 year olds or 5-12 year olds. Keep younger kids on equipment intended for their age.
- Surfacing is key! Ensure there is appropriate surfacing under all playground equipment such as rubber or wood mulch, pea gravel or sand.
- Regular maintenance will pay off! If you own or oversee playground equipment, make sure it's put together properly and tighten hardware a few times a year. Keep a watchful eye for loose bolts, jagged edges and other broken or loose parts.



SUPERVISE KIDS

Watch to make sure equipment is being used as intended - going down a slide head first or climbing on top of monkey bars can cause serious head injuries. Kids love to show off their new skills and are also more likely to follow the rules if an adult is actively watching them.

PROPER CLOTHING

Keep sweatshirt strings and bike helmets away from playground equipment. These items can easily get caught on playground equipment and cause strangulation.



DID YOU KNOW?

- Playground falls are a leading cause of ER visits and hospitalizations for children 5-9 years old.
- Traumatic brain injuries from playground falls have increased significantly since 2005.
- 75% of playground injuries occur on public playgrounds such as a school or park.



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