

Playground Safety

1. Spring is slowly “springing” and it won’t be long until the snow will be melted and playgrounds can be used again. Always supervise your children using playground equipment – it won’t be hard – they’ll be calling you to watch them climb, jump, and swing.
2. Lack of supervision accounts for 45% of playground injuries. Keep an eye on your children while using playground equipment.
3. Falls are the most common type of playground injury.
4. Surfacing beneath playground equipment is a must to prevent severe playground injuries. Recommended surface materials include: sand, pea gravel, wood chips, mulch, and shredded rubber. Rubber mats and other synthetic turf are also safe. For more information on determining dimensions needing surfacing, go to <http://www.safekids.org/tip/playground-safety-tips-pdf>
5. Dress your child appropriately for the playground. Remove necklaces, purses, scarves or clothing with drawstrings that can get caught on equipment and pose a strangulation hazard. Even helmets can be dangerous on a playground – save those for bikes.
6. Choose the right play area based on your child’s age. Children 5 and younger should be on smaller equipment.
7. If your baby had fairly good head control and can sit up with support (usually around 9 months old), give the baby (bucket-shaped) swings a try.
8. Double check with your child’s school and childcare center to make sure they have age-appropriate, well-maintained playground equipment.