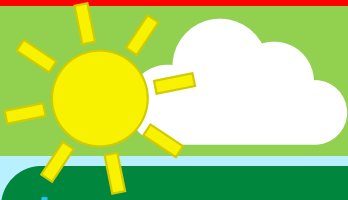


MCLB ALBANY SAFETYGRAM



Playground Safety Guide

For Parents

Playgrounds are fantastic places for kids to spend time outside, have fun and stay active. However, they're also a common place for kids to get hurt. In the U.S. over 200,000 children aged 14 and younger need emergency care each year due to playground injuries. Here are some tips to make sure your children can have a blast while staying safe on the playground:

1 Maintain Age-Appropriate Areas.

Children under 5 should play in a designated area that is separate from older kids. Additionally, it is important for all kids to use playground equipment suitable for their age.



2 Dress for Safety.

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



3 Play, Just No Horse Play.

Stop any unsafe behaviors you see like pulling, shoving, crowding, or using equipment inappropriately.

4 Don't Fall.

Avoid playgrounds with non-impact absorbing surfaces, such as asphalt, concrete, grass, dirt, or gravel. Safe surface materials include sand, pea gravel, wood chips, mulch, and shredded rubber.

5 Keep a Watchful Eye.

Actively supervise kids on playgrounds. It won't be hard – they'll probably be calling for you to watch them climb, jump, and swing.



6 Be on the Lookout.

Before allowing children to play, inspect equipment for signs of damage or hazards such as sharp edges, rust, or loose parts.



7 The Heat is On.

Be alert for signs of heat-related illnesses such as dizziness, headache, rapid heartbeat, and excessive sweating. If a child displays symptoms, move them to a cool area, offer water, and seek medical assistance.



8 Know the Signs.

The symptoms of a fracture include swelling, redness, pain, deformity, and joint stiffness. Always consult a pediatrician or other healthcare provider if you have any questions concerning an injury. If the injury is serious or life threatening, call 911 immediately.



For more playground safety tips visit <https://www.safekids.org/tip/playground-safety-tips>



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