

Remember to Play SAFE

In the U.S., a child is taken to the emergency room every 2 ½ minutes for a playground related injury. More than 200,000 children are treated in hospital emergency rooms for playground related injuries each year.

Be S.A.F.E. on the Playground

- **S**upervision: An adult should be present when children are at the playground.
- **A**ge-Appropriate Equipment: Make sure children use age appropriate equipment.
- **F**alls to the surface should be cushioned: Playground equipment should not be on hard surfaces, such as concrete. The area beneath playground equipment should be filled at least 12 inches thick with material such as wood chips, mulch, sand, or pea gravel. Safe surfacing should extend at least 6 feet in all directions of the play area.
- **E**quipment Maintenance: When something is broken or in an unsafe condition, an adult should be alerted immediately. Parents should inspect playground equipment before children play.



When playing, children should remember:

- Do not push or roughhouse on jungle gyms, slides, seesaws, swings or any other equipment.
- Use all equipment properly.
- If you jump from equipment, check to make sure you have a clear landing with no other children in the way.
- Leave bikes, backpacks, and bags away from the play area to prevent tripping.
- Playground equipment should never be used when wet.
- In the summer be aware of hot metal.
- Do not wear clothes with strings that can get caught on playground equipment.
- Wear Sunscreen.

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