



Playground safety tips

Spending time outdoors on a playground is a fun way to be active. Here are a few tips to protect your child from injury while at the playground.

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.
- Surfaces are key. Choose playgrounds with shock-absorbing surfaces such as rubber, synthetic turf, sand, pea gravel, wood chips or mulch. These surfaces are more cushioned than asphalt, concrete, grass or dirt.
- Check playgrounds. Look for hazards, such as rusted or broken equipment and dangerous surfaces. Report any hazards to the school or appropriate local office.

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 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

Dress appropriately for the playground. Remove necklaces, purses, scarves or clothing with drawstrings that can get caught on equipment and create a strangulation hazard. Wearing a helmet can be dangerous on a playground, too, so save those for bikes.

Appropriate play

Teach kids that pushing and shoving other kids on the playground can be dangerous. Instruct them to take turns on slides and swings and not to crowd others while playing.

Playground falls are a leading cause of emergency department visits and hospitalizations for kids ages 5-9.

75 percent of playground injuries occur on public playgrounds such as at a school or park.

Many injuries that occur on the playground are preventable.

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