

Playground Safety

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You are her safety net.



 The Children's Hospital *of* Philadelphia®  
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Each year, more than 150,000 children are treated in hospital emergency rooms for playground equipment-related injuries.


### **Follow these tips to keep your child safe at the playground:**

- Supervise your child at all times.
- Make sure your child wears a helmet or protective gear when using scooters, skates, skateboards or bicycles.
- Teach your child not to jump for distance from the swings or other equipment.
- Only use playgrounds that are age-appropriate and have safe surfacing like wood chips, mulch, sand, pea gravel or rubber under and around equipment.
- Report dangerous playgrounds to the organization responsible for them.

### **To help prevent injuries, remind your child to:**

- Use playground equipment properly.
  - Always swing sitting down.
  - Allow only one person on a swing at a time.
  - Wait his turn on the slide.
  - Sit on the slide, and slide on his bottom only.
  - Use monkey bars for climbing only — not acrobatics.
- Play gently — pushing and roughhousing can lead to falls.
- Never wear jewelry, jackets with drawstrings or scarves when playing. They can get caught on playground equipment.
- Wear proper footwear, such as sneakers.
- Tell an adult if playground equipment does not look safe.

Kohl's Injury Prevention Program

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