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Playground Safety

The playground is a great place for children to make new friends, test their skills, and exercise. As a parent, you want to make sure the playground is safe for your child. The American Academy of Pediatrics has provided tips on what to look for when inspecting a playground in their article, *Safety Tips for Home Playground Equipment* and in their video, *A Minute for Kids: Playground Safety*.

1. The surface under playground equipment should be energy absorbent. Look for safety-tested mats or loose fill materials (shredded rubber, sand, wood chips, or bark) maintained to a depth of at least 9 inches.
2. The playground should be on a level surface and anchored to the ground.
3. Swing seats should be made of something soft and flexible, not wood or metal.
4. Children should be taught not to twist swings, swing empty seats, or walk in front of moving swings.



5. Check that bolts and screws are tight and in good condition.
6. Check wooden structures for splinters.
7. Check for hot metal surfaces on equipment such as those on slides, which could cause burns.
8. Teach your child "Playground Manners"
 - Wait for your turn.
 - No pushing or shoving.
 - Take extra care when playing around smaller children.
9. Never attach ropes, jump ropes, clotheslines, or pet leashes to playground equipment because children can strangle on them.