

Playground Safety

You are her safety net.



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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 organizations 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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For information on keeping your kids safe and upcoming family events, visit us at www.chop.edu/kohlschildsafety.

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