



# Safer Home Fact Kit

## Avoiding Playground Hazards

According to the U.S. Centers for Disease Control and Prevention (CDC), more than 200,000 children under 14 years of age visit emergency departments each year as a result of accidents on playgrounds at home, school, or in public parks.

Below are some tips from NSF International ([www.nsf.org](http://www.nsf.org)) and the Institute for Preventative Sports Medicine ([www.ipism.org](http://www.ipism.org)) to help parents and community leaders prevent playground injuries:

- Don't install equipment on a hard ground surface such as concrete. Create and maintain a softer surface using wood mulch, shredded tires, or sand at least one foot in thickness.
- When designing a play area, separate play activities for swinging and jumping versus quiet play areas, such as sandboxes. Keep play areas for younger children separate from those intended for older children.
- Make sure equipment is made from durable materials free from sharp edges, rust, or exposed loose screws or nails and that it is properly maintained.
- When in a public park, look to be sure a barrier is in place between the play area and any nearby streets, such as a fence.
- Don't let kids play on any equipment with openings that could trap or squeeze their head or another body part.
- Make sure children's clothing doesn't contain any loose strings that could become caught in play equipment.
- Inspect your children's play area regularly to eliminate any potential environmental hazards that could cause an injury, such as holes in the ground.

By taking a few minutes to inspect playgrounds for potential hazards, you can help reduce your child's potential for injury.



*To make play time safer, check the play area for potential hazards, such as holes in the ground or broken equipment.*