

PLAY SAFE

Playgrounds stretch children's muscles and their imaginations. Help your child stay safe while having fun.

Why children get hurt

- Most serious injuries happen when children fall from high equipment onto a hard surface.
- Some children have been strangled when their clothing drawstrings or bike helmet straps became caught on equipment. Children have also been strangled by skipping ropes tied to equipment.

TOP TIPS - PLAY SAFE

- Use playgrounds with a deep, soft surface such as wood chips, sand, pea gravel or rubber material.
- Remove all drawstrings from your child's clothing. Teach your child to take off her bike helmet at the playground. Remind her not to tie skipping ropes or anything else to equipment.

Is your child younger than age 5?

- Keep your child on equipment that is less than 5 feet (1.5 metres) high.
- Watch your child all the time. When he climbs, stand close enough to catch him. Teach him playground safety rules such as going "one at a time" on stairs and slides.

Check your local playground

Is your local playground missing a deep, soft surface? Does any of the equipment seem unsafe? Contact the people in charge of the playground.



To learn more about how to **PLAY SAFE**, visit www.safekidscanada.ca or call 1-888-SAFE-TIPS (723-3847).