

For more information on playground safety

Contact the Injury Free Coalition for Kids of Columbus® (IFCK), a program of the Center for Injury Research and Policy at Nationwide Children's Hospital at (614) 722-2400 or nationwidechildrens.org/injuryresearch. Or contact the United States Consumer Product Safety Commission (CPSC) at 800-638-2772, or <http://www.cpsc.gov> to receive a copy of the "CPSC Handbook for Playground Safety" and other safety-related materials.

SAFE-T-SAURUSSM – Keeping Kids Safe

For more than ten years, SAFE-T-SAURUS has been helping Nationwide Children's Hospital keep children and families safe.

Educational safety information is provided through brochures, activity books, videos and personal appearances. Programs are available on a wide variety of safety topics.

And now you can visit SAFE-T-SAURUS on the Web. Nationwide Children's complete library of SAFE-T-SAURUS topics is available at www.nationwidechildrens.org. Safety items for your children and home can be purchased through Safe-T's online safety store also found on the Nationwide Children's Web site.



Sign Up For Health e-Hints

Nationwide Children's Hospital's Health e-Hints is a free email-based program designed to provide you with important age-appropriate child health information conveniently delivered right to your desktop.

Sign up today for this free service at www.nationwidechildrens.org/healthhints.



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Playground Safety



Parents want the best for their children. They want them to be healthy, happy and to develop normally and safely in all ways... from the first feedings to the first steps, and well beyond.

The questions and answers in this brochure are designed to help you, as a parent, make healthy and safe choices for your children.



Should I be concerned about playground safety?

Yes. Each year, over 200,000 children are treated in hospital emergency departments as a result of playground-related injuries. That equals one child every 2 minutes.

What is the most common cause of playground injury?

Falls account for three-fourths of all playground injuries. Having a soft cushioned surface under and around playground equipment is the best way to prevent these injuries.

What are some other ways that children are injured while playing on the playground?

- Running into equipment or being struck by swings.*
- Cut, pinch, or crush injuries.*
- Loose clothing, scarves, or drawstrings become caught in equipment causing a child to choke.*

What are some playground hazards parents and children should watch out for?



- Playground surfaces that are too hard, such as concrete, pavement, packed earth or grass.*
- High surfaces without guardrails or barriers.*
- Spaces that could trap a child's head.*
- Sharp points and edges.*
- Loose, broken, or missing parts.*
- Trip hazards.*
- Not enough spacing between equipment.*
- Lack of adult supervision.*

Anything else I need to know?

Yes. Bicycle helmets should always be worn when cycling, but should never be worn when playing on playground equipment. The helmet can become caught in the equipment and cause a child to choke.