

Lesson 1: Playground Safety

Parent/Guardian Instructions:

- Review the playground safety materials with your child (ren).

Lesson Discussion:

Playground injury is the most common school-related injury among children ages five to 14. Falls account for 80 percent of the most severe playground equipment-related injuries (typical head injuries and fractures). The risk of injury is four times greater if a child falls from playground equipment that is more than five feet high. The next playground injury is strangulation that accounts for 56 percent of all playground equipment related deaths. Whatever the cause of injury is, kids are at greater risks of injury when they are unsupervised. This accounts for 40 percent of playground injuries. Here are some tips to eliminate potential playground hazards and teach kids safety behaviors include

- Check playgrounds where your child (ren) plays. Look for age-appropriate equipment and hazards such as rusted or broken equipment and dangerous surfaces. Report any hazards to the school or municipality.
- Remove hood and neck drawstrings from your child's (ren) outerwear to avoid strangulation hazards on playground.
- Make sure your child (ren) removes their bike helmet before using any playground equipment.
- Teach your child (ren) proper playground behaviors such as no pushing, shoving or crowding.
- Tell them what equipment is appropriate for their age level.

Parent/Guardian and Child (ren) Activity:

- Teach your child (ren) proper playground behavior.
- Look for age appropriate equipment.
- Teach your child (ren) to be aware of broken and dangerous surfaces.
- Complete the playground safety awareness maze.