



## Helpful Hints for Playground Safety

The sun is shining and children (and grownups) are keen to get outside and enjoy what nature has to offer. Here are some suggestions to make your next trip to the playground a safe and enjoyable one!

- Always check the playground for dangerous items (broken glass, damaged equipment) before your children start playing
  - Be sure to remove drawstrings from hoods, hats and jackets
  - Tuck in any clothing that might get caught on playground equipment
  - Always take off bike helmets or backpacks while playing at the playground. Straps can catch between the bars and put your child at risk for injury to their neck and throat in the case of helmets, or their shoulders, arms and back in the case of backpacks
  - Always wear shoes
  - Steer clear of possible collision areas (in front or behind swings, at the bottom of slides etc.)
  - Always hold on with both hands when swinging and climbing
- Make sure children leave toys off the playground equipment. Toys can be a tripping hazard and ropes tied to the equipment can be a serious strangulation risk
  - Use the equipment as it was meant to be used. Slides are for sliding DOWN and monkey bars are for swinging under NOT walking on
  - Everyone will have more fun if you play with your kids on the playground and it allows you to make sure they learn how to use equipment safely!

For more information on playground safety please contact:

- Calgary Injury Prevention Coalition - KIDSAFE Connection 943-2922
- Safe Kids Canada 1-8888-723-3847 ([www.safekidscanada.ca](http://www.safekidscanada.ca))

