

INJURY PREVENTION

Make Sure Your Kids Play Safe

Every child needs to be watched when they play, even on the playground.

RULES FOR PARENTS

- ▶ Adults need to watch kids when they play.
- ▶ Swings and climbing bars can cause injuries. Be sure they are in good shape and attached to the ground.
- ▶ Look for a playground with a safe, soft landing floor so a child can fall on a soft spot.
- ▶ Check the playground for glass, needles and stray pets.
- ▶ After your child plays, make sure they wash their hands to prevent the spread of germs.

KIDS SHOULD DRESS SAFE TO PLAY

Make sure your kids wear the right safety gear and clothes. They should wear:

- ▶ The right safety gear for the sport (helmet, elbow, knee or shin pads, clothing)
- ▶ Shoes that won't slip
- ▶ Clothes that will not catch and choke them if they fall
- ▶ Sunscreen and clothes with light colors

RULES FOR KIDS

Use equipment that is right for your kid's age. Teach kids to hold on to handles when they climb.

- ▶ Don't jump from a moving swing.
- ▶ Each kid uses one swing.

- ▶ Don't talk to strangers.
- ▶ Don't take anything from strangers, including food.
- ▶ Drink water.
- ▶ Wear sunscreen.
- ▶ Don't play in the dark.
- ▶ Wash your hands after playing and when you get home.

SANDBOX SAFETY

Avoid letting your kids play in public sandboxes. It is not very clean.

Be careful of sand on the floor. It can cause kids to slip and fall. If a child gets sand in their eyes, wash their eyes with cold water.

Use toys that are too big for kids to swallow. Watch children in the sandbox at all times.

Don't let a fall or a bump spoil your kids' fun. Teach them how to play safe, and keep an eye on them just to be sure. You will have peace of mind, and they will come home with a smile.