

Parents Playground Injury Prevention Checklist



Supervise children at the playground

- You need to see the children you are supervising at all times.
- Remove necklaces and drawstrings from your child's clothing before they use the playground in order to avoid strangulation.
- Your child should always wear a bicycle helmet while riding his or her bike, but he or she should remove it before playing on the playground to avoid strangulation.

Survey the playground site

- Inspect the playground for hazards such as broken glass, litter, sharp objects, broken equipment and for tripping hazards like exposed concrete footings, tree stumps, and rocks.



Check the equipment

- Know the type of equipment that is appropriate for your child's age and make sure that he or she plays on that equipment.
- Check the equipment temperature. Metal equipment, particularly slides, can cause serious burns in hot, sunny weather. They should be in shaded areas.
- Elevated surfaces, platforms and ramps, need guardrails to prevent falls.
- All spaces on equipment must be less than 3½ inches or more than 9 inches to help your child avoid getting his or her head stuck.
- No bolt should stick out and there should be no hook that could catch your child's clothing. If a dime can fit through any hook connecting swings, it is dangerous.
- Check the equipment for sharp edges or points that could cut your child's skin.
- Check the playground regularly to see that the equipment is in good condition and free of broken or missing parts. Wood equipment should have no rot or splinters. Plastic equipment should not be cracked.



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Examine the surfacing

- Acceptable playground surfaces include loose-fill materials, such as wood chips, shredded rubber, sand or pea gravel. However, without consistent maintenance these surfaces can hide hazardous materials. Loose fill should be 12 inches deep. Hard surfacing - asphalt, concrete, dirt and grass should never be used under equipment. Rubber tiles, mats or poured rubber are safer surfaces for your child to play on.
- Generally, safety surface zones for equipment are six feet in all directions in order to protect what's called a fall zone. For swings, the length of the fall zone should be twice the height of the beam from which the swing hangs.
- Immediately report unsafe conditions to the owner or operator of the playground, the principal of the school, the director of the children's center or director of the park.

**Play is the work of children.
Children need safe spaces
and good supervision by
adults. Let them play and
help them play safely.**



Injury Free Coalition for Kids®:

The Injury Free Coalition for Kids® is one of the country's fastest growing and most effective injury prevention programs. The Coalition is a National Program of the Robert Wood Johnson Foundation located in Columbia University Medical Center's Mailman School of Public Health. It is comprised of hospital-based, community-oriented programs, whose efforts are anchored in research, education, and advocacy. Currently, the coalition includes 40 sites located in 37 cities, each housed in the trauma centers of their participating institutions.



Information about the Allstate Foundation:

The Allstate Foundation is an independent, charitable organization made possible by the Allstate Corporation. Allstate and The Allstate Foundation sponsor community initiatives to promote safe and vital communities, tolerance, inclusion, and diversity, and economic empowerment. The Allstate Foundation believes in the financial potential of every individual and in helping America's families achieve their American dream.



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In the year of 2004 The Allstate Foundation is proud to provide funding for "Little Hands Playgrounds" to these Injury Free Coalition for Kids® Sites:

Austin

Children's Hospital of Austin

Chicago

Children's Memorial Hospital

Detroit

Children's Hospital of Michigan

Lexington

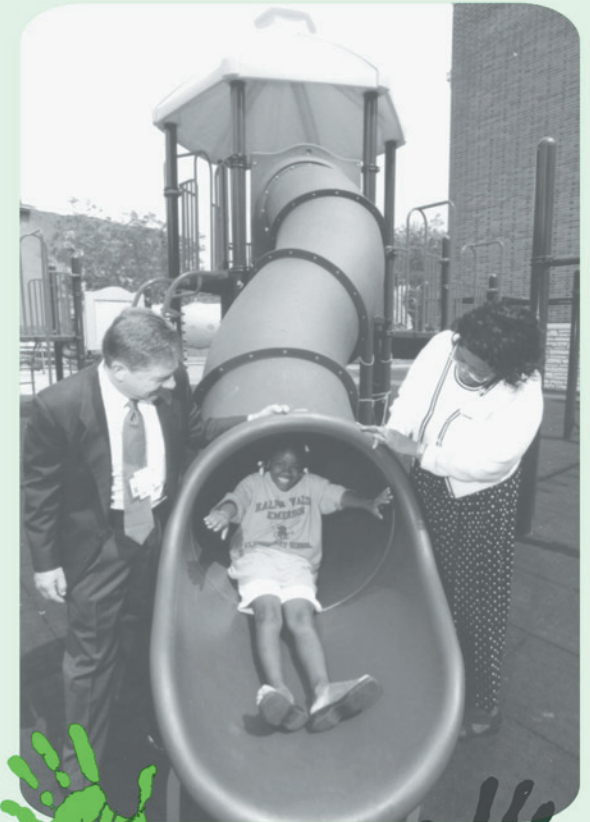
University of Kentucky Children's Hospital

Providence

Rhode Island Hospital
Hasbro Children's Hospital

Little Hands Playground Safety

*Always remember nothing can
replace the watchful eye of
a caring adult...*



Inside you'll find some tips to help keep your child injury free while at play.