



PLAY IT SAFE

When it comes to playful children, it's easy to ignore common sense safety rules. Remind your kids to follow these simple safety rules so that their playtime is both fun and safe.

CHECKLIST FOR CHILDREN

- > Always slide down a slide feet first.
- > Remember that swings are for sitting and swinging, not roughhousing or jumping.
- > Be careful when you play on a jungle gym. Jumping and hanging can be dangerous.
- > Wear protective equipment during sports activities.
- > Take off protective equipment when it's not in use and don't wear helmets on the playground.

CHECKLIST FOR PARENTS

- > Keep chairs, cribs and other furniture away from windows.
- > Don't dress children in clothing that is loose or has drawstrings if they'll be playing on playground equipment.
- > Safe playgrounds should have 12 inches of shredded rubber, mulch or sand.
- > Fall-proof your home and inspect other areas of play to be sure the area is safe.
- > Don't allow children to play on equipment that doesn't look safe or well maintained.
- > Continually reinforce safe playing practices, and encourage children to think about possible risks involved with certain behaviors.
- > Ask them questions to see if they can judge the risk, and get them into the habit of asking themselves prior to playing.

