

**S****A****F****E****T****Y**

SUPERVISION

AGE APPROPRIATE

FALL SURFACING

EQUIPMENT

TIPS

YOUR CHILD

<p><b>MOST SERIOUS</b></p> <p><b>MAY CAUSE DEATH</b></p>	<p><b>Are adults at the playground?</b></p> <p>Adult supervision is key to preventing injury and/or death.</p> <p>Yes <input type="checkbox"/> No <input type="checkbox"/></p>	<p><b>Are the play areas separated?</b></p> <p>Play areas should be separated for children 18 months to 5 years and 5 to 12 years. Signs should be posted.</p> <p>Yes <input type="checkbox"/> No <input type="checkbox"/></p>	<p><b>Does the surface have appropriate materials?</b></p> <p>Ensure that surface is sand, pea gravel, wood chips, or rubber. No grass or concrete surface.</p> <p>Yes <input type="checkbox"/> No <input type="checkbox"/></p>	<p><b>Are all spaces less than 9 cm/3.5 in. or more than 22.5 cm/9 in.?</b></p> <p>Spaces between 9 cm/3.5 in. and 22.5 cm/9 in. can cause head and neck entrapment.</p> <p>Yes <input type="checkbox"/> No <input type="checkbox"/></p>	<p><b>Can your child get onto equipment without assistance?</b></p> <p>If you child needs help onto equipment, s/he should not use it. It is for older children.</p> <p>Yes <input type="checkbox"/> No <input type="checkbox"/></p>	<p><b>Are you following your young child at all times?</b></p> <p>Keep your child off equipment that is not age appropriate. S/he is more likely to get hurt.</p> <p>Yes <input type="checkbox"/> No <input type="checkbox"/></p>
<p><b>VERY SERIOUS</b></p> <p><b>MAY CAUSE SEVERE INJURY</b></p>	<p><b>Can adults see children in crawl spaces?</b></p> <p>Crawl spaces are places where children can hide.</p> <p>Yes <input type="checkbox"/> No <input type="checkbox"/></p>	<p><b>Is the equipment at the right height?</b></p> <p>Equipment should be below 243 cm/8 ft for children 5 to 12 years and below 154 cm/5 ft. for children 18 months to 5 years.</p> <p>Yes <input type="checkbox"/> No <input type="checkbox"/></p>	<p><b>Are the materials 30 cm/12 inches deep?</b></p> <p>Sand, pea gravel, wood chips or shredded rubber should be 30 cm/12 in. deep.</p> <p>Yes <input type="checkbox"/> No <input type="checkbox"/></p>	<p><b>Is the equipment in good condition?</b></p> <p>The equipment should not have any broken, loose, or missing parts. Check handrails, barriers and guardrails by wiggling them.</p> <p>Yes <input type="checkbox"/> No <input type="checkbox"/></p>	<p><b>Did you teach your child the playground rules?</b></p> <p>Reinforce playground safety with your child. Remember play safe!</p> <p>Yes <input type="checkbox"/> No <input type="checkbox"/></p>	<p><b>Do you check your child's clothing?</b></p> <p>Remove drawstrings, scarves, skipping ropes and bike helmets before playing on the playground.</p> <p>Yes <input type="checkbox"/> No <input type="checkbox"/></p>
<p><b>SERIOUS</b></p> <p><b>MAY CAUSE MINOR INJURY</b></p>	<p><b>Are the rules posted?</b></p> <p>Rules should be posted to tell children what to do and what not to do.</p> <p>Yes <input type="checkbox"/> No <input type="checkbox"/></p>	<p><b>Are signs posted about supervision and separation of equipment?</b></p> <p>Signs should be posted about adult supervision and separation of play areas.</p> <p>Yes <input type="checkbox"/> No <input type="checkbox"/></p>	<p><b>Is the playground environment clean?</b></p> <p>The playground area should not have any garbage, broken glass, or fecal matter.</p> <p>Yes <input type="checkbox"/> No <input type="checkbox"/></p>	<p><b>Is the equipment surface smooth?</b></p> <p>The equipment should have no rust, splinters or pinching areas.</p> <p>Yes <input type="checkbox"/> No <input type="checkbox"/></p>	<p><b>Do you bring a First Aid kit to the playground?</b></p> <p>Remember to bring a First Aid kit to the playground. Take a First Aid course, too!</p> <p>Yes <input type="checkbox"/> No <input type="checkbox"/></p>	<p><b>Do you do a walk around check with your child?</b></p> <p>Check for safety hazards. Remove hazards if you are able or do not let your child use the area.</p> <p>Yes <input type="checkbox"/> No <input type="checkbox"/></p>

## ADDITIONAL TIPS

### CLOTHING

- Remove drawstrings.
- Use clips for mittens, not a string.
- Use a neck warmer, not a scarf.
- Bring a packsack for skipping ropes, bike helmets and a first aid kit. This leaves your hands free.
- Use sunscreen with SPF 15 or higher, and re-apply every 2 hours.
- Remove bike helmets.

### SAFETY CHECKS

- Encourage your child to stay close to the ground if there is not enough soft surfacing OR choose another playground.
- Is the surface 30 cm/12 inches deep? Dig your heel in, it should be at least 15 cm/6 inches.
- Give handrails, barriers and railings a wiggle to check if they are loose.
- Walk with your child through the playground. Play "I Spy" to point out hazards.
- Ensure tires do not trap water.

### WHILE SUPERVISING

- Discuss playground rules before visiting.
- Follow your child through the play ground. For children 18 months to 5 years old, stand beside them. Make sure you can reach your child.
- Make sure equipment is being used properly.

### Take a CPR/First Aid Course!

Contact your local Canadian Red Cross or St. John's Ambulance

## CONTACT NUMBERS

If you checked "No" to any of the boxes in the checklist contact the:

### Thunder Bay District Health Unit

[www.tbdhu.com](http://www.tbdhu.com)

or

1-888-294-6630

### Safe Kids Canada

[www.safekidscanada.ca](http://www.safekidscanada.ca)

or

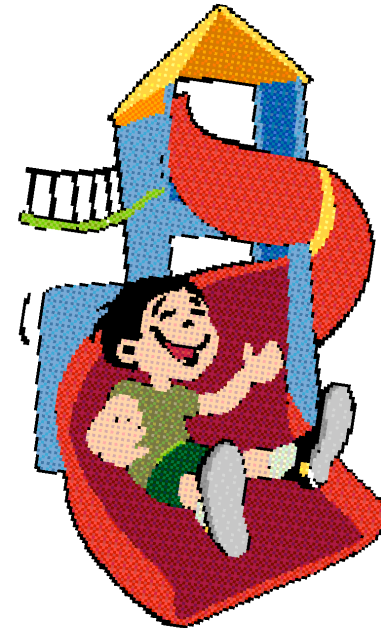
1-888-SAFE-TIPS  
(732-3847)



Thunder Bay District  
Health Unit

Adapted from Kid Checker and used with permission by the National Program for Playground Safety  
[www.playgroundsafety.org](http://www.playgroundsafety.org)

# PLAYGROUND SAFETY



**Complete the checklist  
inside to see if your  
child's playground is safe**