

# Playground Manners

## Did You Know?

Every year Hamot treats children that are injured on a playground. Here are some playground facts:

- More than 200,000 children, ages 14 and younger, are treated for injuries on playgrounds each year.
- Most injuries occur on public playgrounds due to falls.
- Most deaths occur on home playgrounds due to strangulation.
- Children, ages 5-9, are at the most risk for injury.
- Climbers cause more injuries on public playgrounds.
- Swings cause more injuries on home playgrounds.

**For more information please click on the following web sites:**

- 1. Center for Disease Control**
- 2. National Recreation and Park Association**
- 3. Safe Kids USA**



**Please visit our web site at [Hamot.org](http://Hamot.org)**

## Safety Tips:

- **An adult should always be able to see the children as they play on a playground.**
- Have an adult check out the playground to be sure nothing is broken and there is nothing sharp that could cause a cut.
- Share. Everyone would like a turn.
- Be cool. Wait for your turn.
- Nobody likes to be pushed or shoved.
- Take off scarves, mitten cords and loose strings and purses before playing.
- Take off your hood or put it on and tie it tight so it does not get caught on things.
- Tie shoelaces to prevent tripping.
- Use handrails and guardrails.
- Take off your helmet before you play. It may get caught on something and you could get hurt.
- Do not run in front of swings and slides.
- Playgrounds are no place of skates or bikes.
- Put book bags, books that anything else somewhere safe so someone does not trip on them.
- Walk far around swings and slides so you do not get hurt.