

Playground Manners- Slide Safety

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

Safety Tips:

- **An adult should always be able to see the children as they play on a playground.**
- Use the ladder to get up to the slide.
 - If you climb the slide you might fall and get hurt.
- Always sit down on the slide with your feet out in front of you.
 - This is the only right and safe way to go down a slide.
- Use the handrails and guardrails.
 - They are there to keep you safe.
- When you are at the bottom of the slide, be quick to move away so the next person can slide.
- Touch the slide before you use it to be sure that it is not hot. This is very important if the slide is in the sun or is made of metal.
- Do not run up or down the slide. That is a sure way to get hurt.
- Wait until the person ahead of you is away from the slide before you start down.
 - If you hurry and start down too soon you may run into them.