

Playground Manners- Swing 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.**
- You might hurt yourself or someone else if you jump from a swing.
- Sit in the center of the swing. Never stand or kneel on the swing.
- Always **stop** the swing before getting off.
- Hold on with both hands.
- Always swing yourself. Getting pushed could cause you to fall off.
- Every person gets their own swing. This is something that we do not share because someone may fall off.
- If someone is on the swing, give them plenty of room. Remember that a swing goes both ways, so be careful not to walk behind the swing.
- When you swing, be sure to stay away from empty swings so you don't get tangled up in the chains.