



# Keep children S.A.F.E. on the playground!

*Before heading out to the playground keep these important safety tips in mind:*

## **Supervision is present and active.**

Adults are needed to watch for potential hazards, observe, and get involved in play when needed.

## **Age-appropriate equipment is provided for all children**

Preschoolers, ages 2 - 5, and children ages 5 - 12, are developmentally different and need different equipment in separate areas to keep the playground safe and fun for all.

## **Falls are cushioned.**

Nearly 70 percent of all playground injuries are related to falls to the surface. Acceptable surfaces include hardwood fiber/mulch, pea gravel, sand and synthetic materials such as poured-in-place, rubber mats or tiles. Playground surfaces should not be concrete, asphalt, grass, blacktop, packed dirt or rocks. For more information: [www.cpsc.gov/CPSCPUB/PUBS/325.pdf](http://www.cpsc.gov/CPSCPUB/PUBS/325.pdf)

## **Equipment is safe.**

Check to make sure the equipment is anchored safely in the ground, all pieces are in good working order, S-hooks are entirely closed, bolts are not protruding, and there is no broken glass or other dangerous trash.

Please go to: [www.playgroundsafety.org](http://www.playgroundsafety.org) for checklist and other playground information.

Adapted with permission from the National Program  
for Playground Safety.



For more Fact Sheets please go to [www.ParentHelpNH.org](http://www.ParentHelpNH.org)

Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org