**Teaching Kids About Playground Safety**

Another key part of playground safety: Kids must know how to be safe and act responsibly at the playground.

Kids should know to:

* Never push or roughhouse while on jungle gyms, slides, seesaws, swings, and other equipment.
* Use equipment properly — slide feet-first, don't climb outside guardrails, no standing on swings, etc.
* Always check to make sure no other kids are in the way if they're going to jump off equipment or slide, and land on both feet with their knees slightly bent.
* Leave bikes, backpacks, and bags away from the equipment and the play area so that no one trips over them.
* Always wear a helmet while bike riding but take it off while on playground equipment.
* Never use playground equipment that's wet because moisture makes the surfaces slippery.
* Check playground equipment in the summertime. It can become uncomfortably or even dangerously hot, especially metal slides, handrails, and steps. So, use good judgment — if the equipment feels hot to the touch, it's probably not safe or fun to play on. Contact burns can happen within seconds.
* Wear clothes without drawstrings or cords. Drawstrings, purses, and necklaces could get caught on equipment and accidentally strangle a child.
* Wear sunscreen when playing outside even on cloudy days to protect against sunburn.