**PLAYGROUND SAFETY CHECKLIST**

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| **1. Follow Playground Equipment Rules**  First and foremost, ensure that your child is using age-appropriate equipment. If they can't reach the ground on a swing or climb steps easily, they should probably wait until they grow a bit until they use that equipment.  Also, explain the importance of using equipment the right way. For instance, hanging upside-down on the monkey bars could lead to a serious injury if the child falls. |  | **2. Look Before Using**  Teach your youngster to make a quick observation of a piece of playground equipment before using it. Check to see if there are any other children in tunnels or moving down the slide before entering. This can help avoid collisions, which can injure your child and others. |
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| **3. Be Mindful of Surroundings**  Children get so excited to run around the playground that they can easily forget to watch their surroundings. Teach your kiddo always to keep their head up and eyes open as they move around the park. Walking several feet away from swings and slides instead of right in front of them is a fundamental rule to remember. Also, watch for other kids and adults when moving around. |  | **4. Avoid Wet Equipment**  It can be tempting to bring the kids to the park after a rainshower passes and the sun starts shining. But wet playground equipment can be hazardous, even if your child takes their time walking across it. If you must take a trip to the playground, bring several towels to wipe down an area, and make sure your child knows to only play on dried-off areas. |
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| **5. Wear Appropriate Clothing**  Avoid dressing little ones in clothing that could catch on playground equipment or cause injuries. For a trip to the park, a pair of sweatpants is best to offer extra protection in case of falls or bumps. Look for any straps, buttons, or strings that could snag while using slides, swings, or other pieces of equipment. Ask your child to remove necklaces, earrings, and other jewelry before playing. |  | **6. Away from Playground Equipment**  Children love playing games like hopscotch, hide and seek, or tag at the park. But when they play on or near playground equipment, accidents can happen to them or other kids. Remind youngsters to play on the ground, preferably in an area of the park that's not near play equipment, and to watch for other children while they play. |