



for the playground

Injuries on the Playground

S Children are injured every day on our school's playgrounds. Most playground injuries are minor bumps, bruises and cuts, and scratches. Unfortunately sometimes playground injuries can be more serious including concussion, strains/sprains, fractures and even death.

A Playground injuries can result from:

- Falls from slipping and tripping and falling from the play equipment
- Athletic participation in a game
- Impact with stationary or moving equipment
- Defective equipment
- Insufficient equipment spacing
- Lack of maintenance
- Improper play behavior
- Improper or inadequate surfacing
- Age-inappropriate activities- lack of child's abilities
- Miscellaneous including contact with crush points and sharp edges, entrapment and entanglement.
- Lack of supervision

F On the playground pay close attention to the following:

- Children getting on and off play equipment.
- Younger children, who may not have fully developed motor skills or upper body strength. Children displaying lack of caution.
- Overcrowding on play activities
- Items and clothing brought into the play environment that could become strangulation hazards
- Children interacting with other children
- Falls

E Tips

- Children are more likely to experience difficulties as they begin and end an activity.
- Supervise younger children closely when they attempt to use upper body equipment.
- Children should not be allowed to lift another child onto overhead climbers.
- Discourage running on and around the playground equipment. Teach children to be cautious as they move through the play environment.
- Be aware of overcrowding especially in the few first minutes of recess as children often rush to their favorite activities. If a play structure is frequently overcrowded, consider developing guidelines that ensure that all children have a chance to use the equipment.
- Items worn around the neck (mittens, scarves, long necklaces) and strings attached to children's clothing pose strangulation hazards should not be worn.
- By knowing the temperaments of the children in your care, learn to be proactive and intervene when necessary.
- Approved safety surfacing should be maintained under and around the playground equipment.

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