



ADAMS COUNTY FIRE RESCUE

Playground Safety

- The Center for Disease Control and Prevention reports that first responders respond to over 20,000 playground-related injuries a year. These involve children ages 14 and younger, and mostly involve falls. Although accidents can happen for various reasons, many are preventable.
- Conduct a quick survey of the area first to make sure it's free of hazards like trash and broken glass. If you see equipment that needs repair (rust, exposed nails or screws, loose pieces, cracked plastics, etc.), do not allow your child to use the equipment. Instead, report the equipment to Parks and Recreation.
- Steer children to age-appropriate equipment. County playgrounds are designed for multiple age groups. Help children stay safe by limiting their exploration to age-appropriate equipment.
- Watch children at all times. For example, monitor the slide so children go up the ladder one at a time. If there is more than one adult, split up so you each can watch the area from a different perspective. County playgrounds are designed so adults can supervise children while they play.
- Discuss safety measures and posted playground rules. Work with children to create three or four playground guidelines, such as "Make sure I can see you." and "Take turns on the slide."
- Protect children from potential burns from playground equipment during sunny days. Take the back of your hand and lightly touch all surfaces exposed to the sun to check for heated surfaces. If it's too hot for your hand, do not allow your child to use it.
- Drink plenty of water, use plenty of sunscreen and make sure children wear appropriate clothing and shoes. Avoid playground activities during extreme temperatures, strong winds and thunderstorms.