

OUTSIDE PLAY

[SANFORD CHILDREN'S SAFETY CENTER]

Through the eyes of a child...

Wide open space to explore
and use my imagination.



SANFORD[®]
Children's

PLAY SAFE IN THE GREAT OUTDOORS

The wide open outdoors brings many spaces for young minds and bodies to grow and thrive. It also brings safety risks for the innocent explorer. For children ages 0-4, 44% of falls are from playground related injuries. Adult supervision and safety awareness can help keep the outdoors a safe place for your child to play.

THROUGH THE EYES OF A CHILD:

- I love to explore and will venture into new areas when given the opportunity.
- I tend to be more fearless than adults and I am more likely to put myself in a potentially unsafe situation.

POINTS FOR PARENTS TO REMEMBER:

- Supervise children while they are playing outdoors.
- Test playground equipment to make sure it is working properly and not broken.
- Make sure playground equipment is age appropriate for your child.

OUTSIDE PLAY CHECKLIST

- Set up clear boundaries so child knows where to play.
- Check playground equipment for safety.
 - Swing set parts free from rust, splinters, and sharp edges
 - All parts on swing sets or other outdoor equipment securely fastened
 - Check for cracks in wood structures, or bends in metal structures
- Make sure playground has mulch, wood chips, or shredded rubber to cushion a child's fall.
- Make sure concrete play areas do not have tripping hazards due to heaving and cracking.
- Lock up your pool. If you have young children, your pool is a major household hazard.
- Rid your yard of stagnant water. Stagnant water is a breeding ground for mosquitoes.
- Make sure fence and railing spaces are too small for a child to stick one's head through.
- Make sure fence and railings are free of rust and splintering
- Keep children well hydrated.
- Prevent cuts and bruises. Put knee protectors on toddler.
- If your child is playing in a public park, playground, or beach, examine the area for tripping hazards, ant hills, wasp nests, or slippery surfaces.

SUGGESTED SAFETY PRODUCTS:

- Railnet®
- Helmets
- Mulch Chips
- Fence
- Sunscreen
- Knee Pads
- Elbow Pads
- Insect Spray

SANFORD
Children's