

OUTDOORS



[ SANFORD CHILDREN'S SAFETY CENTER ]

Through the eyes of a child...  
All I see is a big playground with  
so much to see and do.



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## THROUGHOUT THE SEASONS – KEEPING OUTSIDE SAFE

Kids can get some exercise and have a lot of fun playing in the outdoors. Whether your children are playing on playgrounds, swimming in pools or just playing in your yard, there are always potential hazards for injury.

### THROUGH THE EYES OF A CHILD:

- When I am busy playing outside, I do not feel how hot it is or see potential safety hazards. I am just playing.

### POINTS FOR PARENTS TO REMEMBER:

- Supervise children while they are playing outdoors.
- Avoid letting your child play in the front yard if there is not a fence and a lot of traffic.
- Be sure children are aware of stranger danger and what to do if they are in a situation where they feel threatened.

## OUTDOOR SAFETY CHECKLIST

### General

- Sunscreen on children (30 SPF or higher)
- A hat and clothing can also protect your child's skin from the sun's rays
- Bug spray (deet free)
- Keep children hydrated
- Dress in appropriate clothing for the season/climate
- Check outdoor grills are off and covered
- Keep lawn equipment and poisons in a locked area
- Set up boundaries and communicate with child the perimeters of their play space
- Use protective helmets and pads (knee and elbow) for outdoor activities

### Playground

- Inspect playground equipment for loose parts, rust or splinters
- Use mulch, wood chips, or shredded rubber to cushion a child's fall

### Water

- Provide your child swimming lessons
- Enclose pool on all four sides with a fence and a locked gate
- Pool gate has a self locking latch; keep gate locked.
- Install door alarms or pool alarms to alert you if your children have gone outdoors
- Don't let your children swim without adult supervision

## SUGGESTED SAFETY PRODUCTS:

- Railnet®
- Helmets
- Mulch Chips
- Fence
- Gate Locks
- Knee Pads
- Elbow Pads

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