

Top 5 Safety Tips



1. Age

Make sure your child is the right age for the playground equipment. In Canada, all public playgrounds have the age posted on a sign. Children under 5 should play on equipment under 5 feet high (1.5 m). If they cannot reach the play equipment on their own, it is too big for them.



2. Surfacing

Use playgrounds that have a wood chip, pebble or rubber ground surfacing. These surfaces absorb impact better than pavement or grass.



3. Hazards

Check that the playground equipment is in good repair, with no obvious broken parts. Look around the ground to make sure there is no broken glass or other sharp objects nearby.



4. Clothing

Remove loose clothing or anything that could become a strangulation hazard on the play equipment (e.g. scarves or drawstrings).

5. Active supervision

Have fun with your child as you enjoy outdoor play together! Keep a close eye on your child, and make sure that he or she is following playground rules (e.g. taking turns on equipment, keeping clear of the swings).