

3-5 years old

# Checklist: Safety at Play

**CHILDSAFETYLINK**  
Here for you.



- Make sure that your child uses outdoor play equipment that is designed for his or her age.
- Supervise your child closely while using outdoor play equipment.
- Remove scarves and drawstrings from your child's clothing when at a playground.
- Follow age recommendations on toys.
- Keep the battery door closed tight on toys and other household items that use batteries.
- Choose the right helmet and safety gear for your child's sports and activities.
- Make sure your child's helmet fits properly by using the 2V1 Rule: 2 fingers above the eyebrows, straps form a V under the ears, and 1 finger under the chin strap.
- Use a lifejacket on your child and stay within arms reach when he or she is playing in or around water.
- Allow your child to be active and take healthy risks when he or she is playing.

Child Safety Link: a program of the IWK Health Centre. Here for you with helpful information to keep your children safe. CSL-2016

Have questions? Call us at 1-866-288-1388



[childsafetylink.ca](http://childsafetylink.ca)