

Tips for Keeping Children Safe on the Playground

Minimize the risk of playground injuries all year long.

Protect children from sun.

- Use appropriate clothing and shaded areas.
- Apply sunscreen to children over 6 months.
- Check for safe temperatures.
- Provide safe drinking water.

Children can safely play outside in most conditions.

Prevent injuries.

- Keep younger children away from equipment designed for older children.
- Inspect the playground for hazards before each use.
- Keep children away from any hazards until they are fixed.
- Have a [Certified Playground Safety Inspector](#) check for hazards once per year.
- Use safe surfacing such as poured-in rubber, rubber mats, or loose surfacing (shredded rubber, mulch, or sand and pea gravel for children over age 3) that is at least 9 inches deep.

Safe playground surfacing will reduce injuries by more than half.

Play safe!
Preschoolers
only



Actively supervise children at all times.

- Have clear sightlines and easy access to the children.
- Watch, count, and listen to children.
- Anticipate what children may do and redirect when necessary.
- Account for all children before leaving the playground.

Active supervision could prevent nearly half of playground injuries.



National Center on

Health, Behavioral Health, and Safety

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