SAFE PLAYGROUND HABITS

Swings
• Sit in center of swing. Never stand or kneel.
• Stop swing before getting off.
• Stay away from moving swings.
• Only one child at a time.

Slides
• Only one child at a time.
• Slide down feet first. Only slide if sitting up.
• After sliding, move away from the slide.

Environment
• Surface under playground equipment should be shock-absorbent and soft.
• Explain safety rules patiently. Enforce rules consistently.
• NEVER leave children unattended in the playground.