

# BRAIN TALK

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## Playing it Safe at the Playground

Playgrounds offer children a place to play as they learn, grow, and develop their motor skills. It also allows children to test their abilities and help foster healthy development

### Ways to ensure safety while at the playground

#### 1) Supervise your child closely and ensure they know how to use equipment safely

#### 2) Teach your child the playground safety rules

- Wait your turn.
- Slide down feet first.
- Hold on to railings.
- Sit down on swings and slides.
- Don't go up the slide ladder until the other person has gone down the slide.
- Keep away from moving swings and the bottom of slides.
- Before using the playground, remove helmets, scarves and drawstrings.



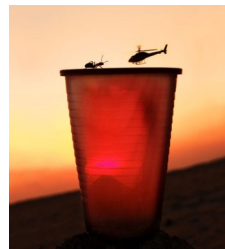
#### 3) Check the playground

- It should have a deep, soft surface as well as handrails and barriers to prevent falls.
- Watch out for sharp objects or spaces where your child's head could get stuck.
- If the surface in your playground is not deep and soft (15—30cm), keep your child on equipment that is close to the ground.
- Watch out for areas where your child's head or neck could get stuck. Spaces might be big enough for your child's body but might trap his head or neck. This could strangle your child. Safe spaces are smaller than nine cm (3.5 inches) and larger than 22.5 cm (nine inches).
- Look for broken glass, garbage, sharp edges, and bolts that stick out. Pick up any glass or garbage before your child plays. If your child is old enough, teach him to stay away from sharp edges or bolts.

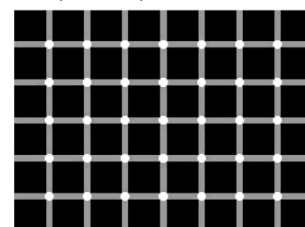


Resources: Parachute Canada—<http://www.parachutecanada.org/injury-topics/topic/C15#sthash.bjV51CrL.dpuf>

Do you see  
what I see?



How many black dots do you see? There are none...



Saskatchewan North Acquired Brain Injury Outreach Team  
..... A joint initiative of.....

For more information please call: 1-306-765-6470

