



## Safety Tips for Home Playground Equipment

- When purchasing home playground equipment, choose a set that is labeled as meeting safety standard ASTM F1148.
- Carefully supervise young children using playground equipment. Keep children from shoving, pushing, or fighting.
- The surface under playground equipment should be energy absorbent. Use safety-tested mats or loose-fill materials (such as shredded rubber, sand, wood chips, or bark) maintained to a depth of at least 9 inches.
- Install the protective surface at least 6 feet (more for swings and slides) in all directions from the equipment.
- Swing seats should be made of something soft, not wood or metal.
- Children should not twist swings, swing empty seats, or walk in front of moving swings.
- Put home playground equipment together correctly. It should sit on a level surface and be anchored firmly to the ground. You may need help from a professional to install the equipment properly.
- Cap all screws and bolts. Check periodically for loose nuts and bolts and broken, rusty, or sharp parts.
- Install playground equipment at least 6 feet from fences or walls.
- Check for hot metal surfaces on equipment, such as those on slides, which could cause burns.
- Never attach ropes, jump ropes, clotheslines, or pet leashes to playground equipment because children can strangle on them.
- Children should always wear shoes and should not wear helmets or clothing with drawstrings while playing.

From Your Doctor

The information in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

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