



## 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.