

# Five S's of Playground Safety

## #1

### SRINGS

The S ring attaches a swing's chains to the overhead bar and to the seat. See if the S rings at your child's playground are worn or bent. Bent S rings can cause the chain on the swing to come loose. On home playgrounds, swings are responsible for most injuries and the most severe, according to the Centers for Disease Control and Prevention (CDC).

## #4

### SOFT SURFACES

Mats made of safety-tested rubber are a great surface. Wood chips, mulch or sand, about a foot deep, is considered best. On public playgrounds, more injuries occur on climbers, so-called jungle gyms, than on any other equipment, the CDC reports.

## #2

### SHARP EDGES

Look for protruding bolts and screws, corners with bent metal—check for sharp edges around the playground. They can cause scrapes and serious cuts particularly on the hands and legs.

## #3

### SUPERVISION

Watch your children on the playground — they certainly won't mind the extra attention.

## #5

### SPACE

Kids need plenty of landing space when jumping off swings or a jungle gym. Make sure the soft surfaces extend well beyond the equipment. A good rule of thumb is double the height of a swing set.



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