

North Dakota Conference on Injury Prevention & Control
August 10-11, 2016
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Child Care Aware of North Dakota

SAFE ACTIVE PLAY

Objectives

- Participants will learn how children's development can put them more at risk for injuries.
- Participants will be able to list common playground hazards.
- Participants will learn what is active supervision and how to use it when children are actively playing.

Facts

- 200,000 children are treated in ERs each year
- Approximately 17 children die each year
- Falls to surface accounted for 75% of all injuries
- Injuries to face and head most common for children under 4 yrs ; injuries to arms and hands for children 4 yrs and older

Facts

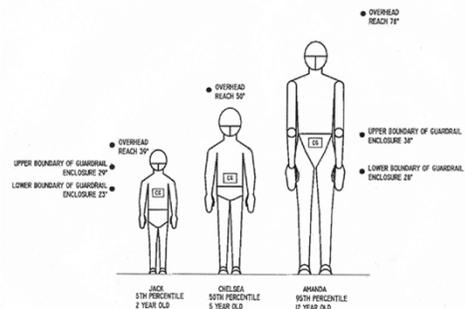
- Children up to age 4 years were most frequently injured on swings and slides
- Children 5 years and older were most frequently injured on climbing equipment and swings
- Injuries due to climbing equipment most common on public playgrounds
- Injuries due to swings most common on home playgrounds. Most common cause for injury due to swings – jumping off swings

Child Development and Injuries

Infants/Toddlers:

- Emerging physical skills are new and shaky
- Physical skills are developing rapidly – may not anticipate them
- Lack awareness of hazards
- Can climb up, but not down
- Size of head vs body

Comparative Anthropometric Chart of Children Ages 2, 5, and 12





Child Development and Injuries

Preschoolers:

- Physically active/agile
- Limited understanding of hazards/safety
- Curious and creative (imagination)
- Competitive

Developmentally Appropriate Equipment

- Most public playgrounds are designed for 5-12 year olds.
- Check for signage at parks
- Check age recommendations from the manufacturer when purchasing
- Be an educated consumer
- Equipment is not required for active play

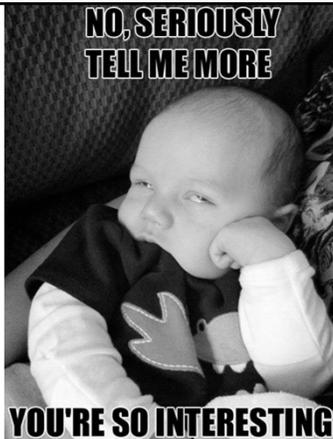
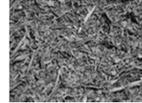


Protective Surfacing

- Indoor or Outdoor
- Any equipment over 18" needs to be placed over protective surfacing
- 4" mat required under 3 foot high equipment

Types of Surfacing

- Sand
- Pea rock
- Mulch/wood chips
- Engineered wood fibers
- Shredded rubber/Rubber mulch
- Rubber tiles
- Poured rubber



Key Points for Loose-fill Materials

- Initial fill of 12 inches
- Maintained at 9 inches (only exception is for shredded rubber)
- Fill in high use/worn areas – bottom of slides, under swings, etc.
- Watch for hidden hazards covered by materials

Sandboxes

- Recommended if you have sand as your surfacing under equipment
- Only use sand labeled as a safe play material or sand that is specifically prepared for sandbox use.
- Should be covered when not in use
- Rake to check for hazards
- Recommended to be replaced every 2 years
- If contaminated, remove. Can't disinfect. (ex. mice)

Height of Equipment

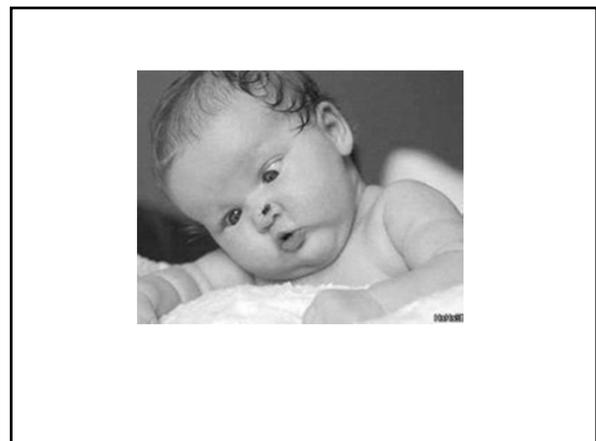
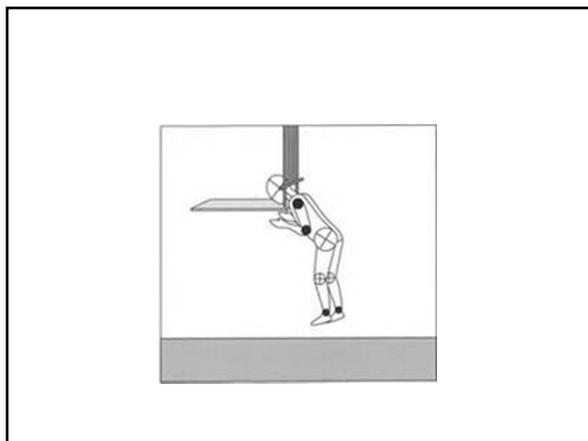
- One foot of height per year of age (ex. 2 year old, equipment 2 feet high or lower)
- Maximum height 60" for those under 5 years
- Maximum height 84" for those 5-12 years

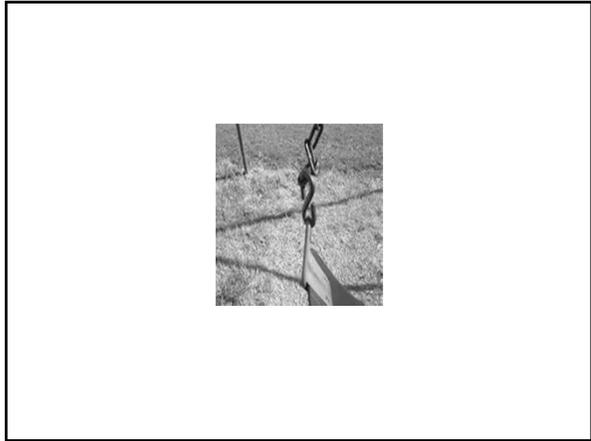
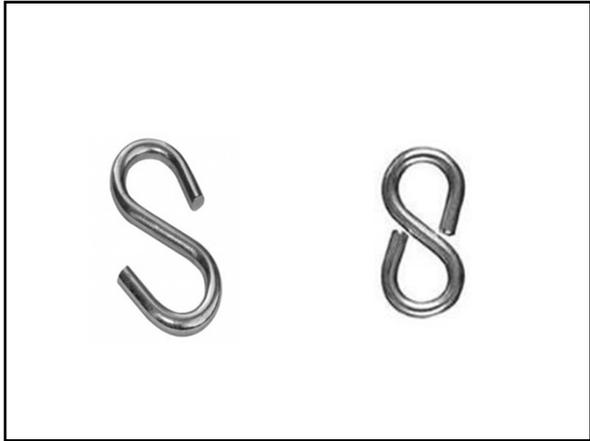


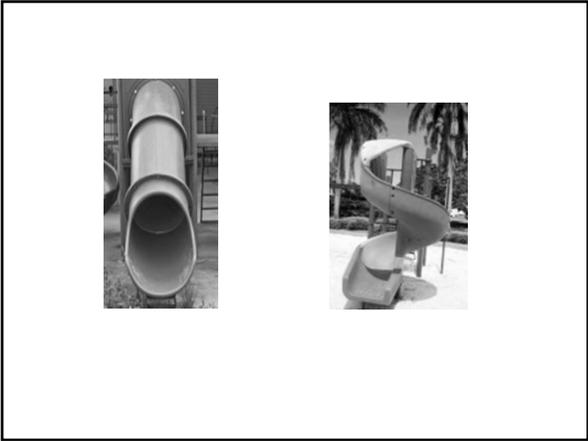
- ### Use Zones
- Stationary equipment: 6 feet
 - Swings: 2X the height of the swing beam in front and back of swing
 - Slides: 6 feet for slides up to 6 feet high; 7 feet for slides 7 feet high; 8 feet for slides 8 feet high or higher
 - Concrete footings should be covered
 - Space movable equipment (plastic climbers, slides, etc.) when displaced

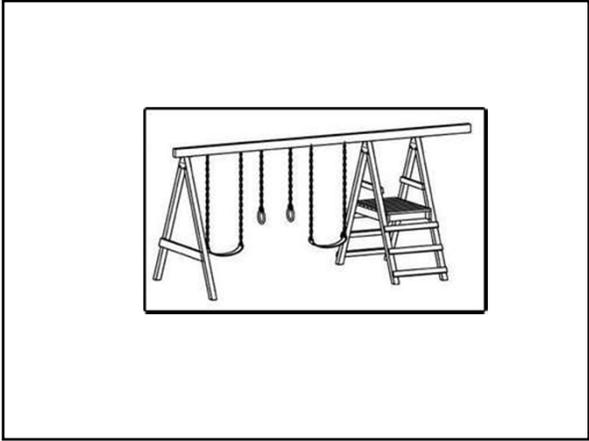
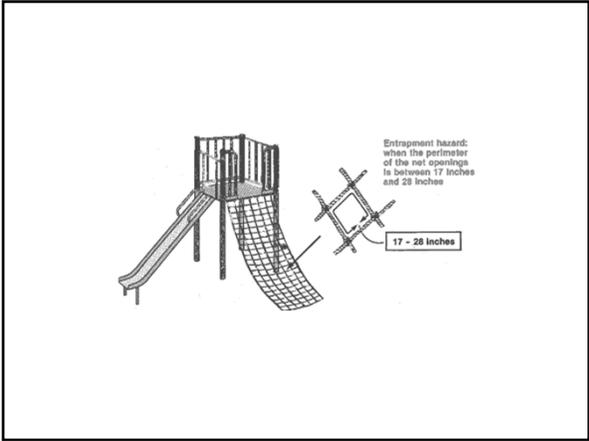
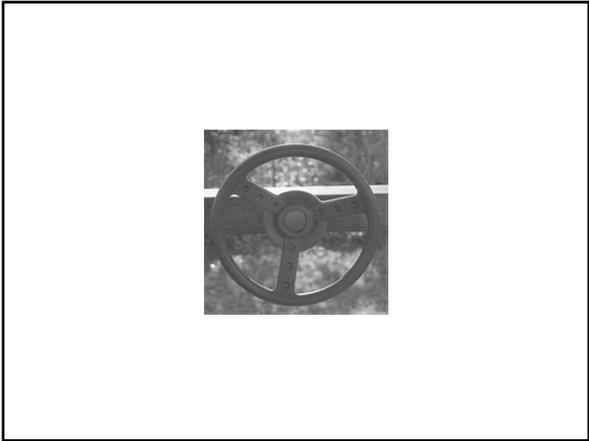
- ### Hazards
- Broken, loose, or missing parts
 - Open "S" hooks – gap should be less than thickness of a dime
 - Protruding bolts or parts
 - Sharp edges, corners, points
 - Gaps between 3½" - 9"
 - Structure is unstable
 - Rust - metal equipment
 - Chipping paint – lead?

- ### Hazards
- Burns – aluminum/metal equipment
 - Splinters – wood equipment
 - Cracks/holes – plastic equipment
 - Chains
 - Guardrails – platforms 30" or higher
 - Fences
 - Broken toys
 - Safety straps missing or broken
 - Unattached ropes
 - Loose and open steering wheels









CAUTION WARNING...

- Wooden playground equipment or decking materials may have wood injected with arsenic (CCA – chromated copper arsenate)
- Arsenic-treated wood poses serious health risks to children and others exposed to it.
- Arsenic can be absorbed from the wood through hand contact
- Children can ingest arsenic when they touch arsenic-treated wood and then put their hands in their mouth.
- Before purchasing any treated wood for outdoor projects, check on how the wood was "treated".
- Recommended to seal wood of any wooden structure older than 2002 with clear preservative seal on a yearly basis.



Daily Safety Check

- Dry wet equipment
 - Keep loose-fill material off equipment
 - Look inside tunnel slides/tunnels
 - Rake loose-fill material if needed
 - Pick up animal waste if needed
 - Pick up cigarette waste or other garbage
- ** Remember to check public playgrounds

Inspections

- Daily inspection and maintenance, prior to play
- Weekly, monthly, quarterly, bi-annual, or yearly inspection and maintenance, as recommended by the manufacturer and your playground safety consultant
- If the safety check identifies a significant hazard (e.g., broken guardrail, unstable climbing equipment), it should be made off-limits to children immediately and fixed as soon as possible.
- Report unsafe findings to the organization responsible for the site (ex. park board, school, etc.)



Clothing and Shoes

- Weather appropriate
- No strings, necklaces, scarves
- No open toed shoes
- Rubber soled



Other Outdoor Issues

- Heat/storms
- Winter – next slide
- Water for drinking
- Standing water
- Tissues/Hand Sanitizer/Garbage
- First aid kit
- Sunscreen/Insect repellent
- Plants/Flowers
- Helmets



Winter

- Clothing & boots
- Surfacing
- Plastic toys & equipment
- Snow & ice



Ooohhoo!

It is Friday!

9LoLs.com

Trampolines

Not approved by the AAP

If you choose to use one:

- Adult supervision at all times
- Only one jumper on the trampoline at a time
- No somersaults
- Adequate protective padding and net enclosure must be used
- Check equipment often
- Check homeowner's policy for coverage

The Most Important Thing to Remember.... SUPERVISION!!!!

- Lack of or improper supervision is associated with approximately 45% of all playground-related injuries.
- Active supervision is best – focused attention and intentional observation of children at all times.

Active Supervision

- Set up the environment
- Position adults
- Scan and count
- Listen
- Anticipate Children's Behavior
- Engage and Redirect



Adult Supervision and Safety Rules

Review playground safety rules with children in advance:

- Make rules appropriate for the children's development.
- Limit rules to as few as possible:
For children age 2-5: 3 rules;
For children over age 5: 5 rules
- State positively, as much as possible:
"Keep the sand in the sandbox" rather than "Don't throw the sand"



Safety Rules

- Use the equipment correctly
- One down the slide at a time
- No walking up the slide
- Feet first
- Sit on your bottom
- Come to a complete stop on swings
- Don't walk in front or behind swings



Adult Supervision and Safety Rules for Children

- Maintain an adequate number of adults to supervise the children.

Follow the adult:child ratios required by state child care licensing regulations

- Spread out around the play area.

Make sure children are visible and can communicate with at least 1 teacher at all times.

Adult Supervision and Safety Rules for Children

- Station an adult close to the play activities most likely for injuries (e.g., climbing structures, slides, swings, and running games)

- Scan the play area to observe the children and their play activities.

- Provide children positive feedback for following the rules.

Adult Supervision and Safety Rules

- Intervene quickly when children are playing unsafely.

Enforce the safety rules gently but firmly in positive language. If unsafe behavior persists, redirect children to safer activities.

- Communicate among adults.

If a caregiver must leave the play area, adjust the coverage to maintain adult:child ratios and supervision.

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- Participants will learn what is active supervision and how to use it when children are actively playing.

In closing...

- Any questions?
- www.safekids.org
- www.playgroundsafety.org
- www.cpsc.gov
- Check out our website www.ndchildcare.org
- Contact info: sarahm@ndchildcare.org
800-997-8515

THANK YOU for all you do to keep children safe!