

# Playground Safety: Tips for Kids

Playgrounds are great places to have fun. Here are some rules to remember the next time you visit the playground — so you won't get hurt while you're playing.

## GETTING READY TO PLAY

- Wear sunscreen so you don't get a sunburn.
- Wear shoes that keep your feet safe.
- Tell an adult if any playground equipment is broken. NEVER play on broken equipment; wait until it's fixed.



## SWINGING

- Sit down while you swing.
- Only one person should swing on the swing at a time.
- Wait until the swing stops moving before you get off.

## SLIDES

- Go down the slide one person at a time, sitting and FACING FORWARD.
- Don't start to go down until the person ahead of you is on the ground and has moved away from the slide.
- Never climb up the front of the slide, and don't climb over the guardrails!



## IF SOMETHING GOES WRONG

- If there's a problem or if someone gets hurt on the playground, ask an adult for help.

Learn more at [OrthoInfo.org](https://www.orthoinfo.org)

