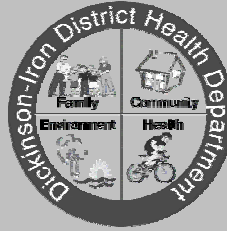


Sports & Playground Safety



Dickinson-Iron District Health Department

"Serving the community since 1936 in Health Protection, Health Education and Disease Prevention"

FACTS

- More than 3.5 million children ages 14 and under get hurt each year playing sports or participating in recreational activities.
- Between 1990 and 2000, 147 children ages 14 and younger died from playground-related injuries. Of these deaths, 82 (56%) died from strangulation and 31 (20%) died from falls to the playground surface.
- About 45% of playground-related injuries are severe, including fractures, internal injuries, concussions, dislocations, and amputations.

Summer Safety Month

SERVICES AVAILABLE:

Dickinson-Iron District Health Department

(906) 774-1868 or (906) 265-9913

<http://www.didhd.org>

WHAT YOU SHOULD KNOW

Sports Safety:

- ✓ Obtain necessary mouth guards or face masks for collision sports.
- ✓ Make sure to use appropriate protective equipment for each sport, such as pads, helmets, gloves, etc. Also make sure all equipment fits properly. Do not purchase equipment children need to grow into.
- ✓ Make sure your child drinks plenty of fluid while exercising and avoids drinks with carbonation and caffeine. One cup of water every 15 to 20 minutes should keep your child hydrated.
- ✓ Make sure your child is physically fit to participate in a particular sport. Your physician can help by administering a sports physical to determine which sports are appropriate.

Playground Safety:

- ✓ Check playgrounds where your children play. Look for age-appropriate equipment and hazards such as rusted or broken equipment and dangerous surfaces.
- ✓ Remove hood and neck drawstrings from all children's outerwear to avoid strangulation hazards on playgrounds.
- ✓ Carry an emergency kit that includes any special medications or supplies that your child may need using any playground equipment.
- ✓ Play only on dry equipment. If surfaces are wet, slips and falls can occur.
- ✓ Always slide sitting down and facing forward. NEVER slide down headfirst!
- ✓ Don't climb over any guardrails. Guardrails are there to protect you.
- ✓ Don't get burned! If you are playing in the sun, use care. Wear sunscreen so your skin won't get burned. And remember that sun heats metals. A hot slide could burn your skin too.

RESOURCES:

Safe Kids Michigan – Safety Tips

<http://www.michigansafekids.org/safety.shtml>

Centers for Disease Control and Prevention National Center for Injury Prevention & Control

<http://www.cdc.gov/ncipc>

Playground Injuries: Fact Sheet

<http://www.cdc.gov/ncipc/factsheets/playgr.htm>

American Red Cross – Summer Safety Tips

<http://www.redcross.org/services/hss/sumsafety/>

