

Jackson County Department of Public Health

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MORE THAN 200,000 KIDS TREATED IN EMERGENCY ROOMS FOR INJURIES AT PLAYGROUNDS

Spring is officially here and a trip to the playground is a great activity that both parents and kids enjoy. During Playground Safety Week (April 22-26), Safe Kids Jackson County reminds parents to actively supervise their kids while playing on a playground.

Each year, more than 270,000 kids are treated in emergency rooms for injuries that occur on the playground. While 75% of the injuries from playgrounds are due to falls, most fatalities are caused by strangulation.

Event nonfatal injuries from playground falls can be serious. Almost half of playground-related injuries are severe, including fractures, internal injuries, concussions, and dislocations.

“Lack of improper supervision is associated with approximately 45% of playground-related injuries,” says Safe Kids Coordinator Anna Lippard. “Playgrounds are a great way for kids to get exercise and explore, and with active supervision and some basic safety tips, every day at the playground can be a walk in the park.”

Safe Kids Jackson County reminds parents and caregivers of the following 4 playground safety tips:

1. Actively supervise children on playground. It won't be hard—they'll probably be calling for you to watch them climb, jump, and swing.
2. Take your kids to playgrounds with shock-absorbing surfaces such as rubber, synthetic turf, sand, pea gravel, wood chips, or mulch. If your child falls, the landing will be more cushioned than on asphalt, concrete, grass or dirt.
3. Dress appropriately for the playground. Remove necklaces, purses, scarves, or clothing with drawstrings that can get caught on equipment and pose a strangulation hazard. Even helmets can be dangerous on a playground, so save those for bikes.
4. Teach children that pushing, shoving, or crowding while on the playground can be dangerous. Encourage the older kids to look out for the younger ones. Little kids play differently than big kids. It is important to have a separate play area for children under 5.

For more information about playground safety, call 828-587-8225 or visit www.safekids.org.

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