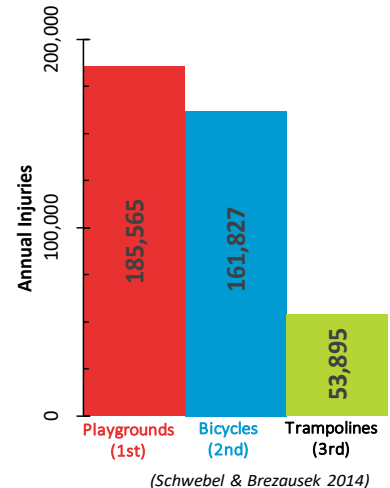




Playgrounds
are the
Leading
Cause of
Recreation
Injuries for
Children
Under 10



Playgrounds are a central hub for a child’s play, fun for families, enjoyment with friends, and places for communities to come together. Play is considered so vital to a child’s development, including their physical and mental health, it is included in Article 31 of the U.N. Convention on the Rights of the Child.

Although playground standards address many critical issues, *injury rates continue to be stagnant (Macarthur et al. 2000; Keays & Skinner 2012).*

- Each year in the United States, over 200,000 children are injured on playgrounds seriously enough to seek emergency room treatment (*Hanway 2016; Tuckel et al. 2017*).
- Upper extremity and head and neck injuries are a concern on playgrounds. Fractures of an upper limb account for approximately half of medically treated injuries, while head and neck injuries account for approximately one third of all injuries (*Adelson et al. 2018; Tuckel et al. 2017; Loder 2008*).
- Annually 20,000 children visit U.S. emergency departments for traumatic brain injuries on playgrounds (*Cheng et al. 2016*).

Of equal importance are environmental dangers:

- UV exposure and sunburns as a child are linked to many adult skin cancers and melanoma (*Dennis et al. 2008; American Cancer Society 2013*).
- Playgrounds often present some of the highest surface temperatures within an urban area, amplifying heat extremes – and most playgrounds lack adequate shade (*Olsen, Kennedy, & Vanos, 2019; Bloch 2019*).
- Research has shown contemporary playground materials, along with peak sun and temperature periods (10 am – 2pm), can expose children to unsafe equipment and surface temperatures (*Vanos 2016*).

Visit playgroundsafety.org to learn about playground injury prevention tips and what communities can do to create safe and fun playgrounds.

Playground Research Efforts & Partnerships

Since 1995, NPPS has lead projects that increase the quality and safety of play environments. NPPS's current efforts include raising awareness of S.A.F.E.™ playgrounds. We aim to understand child playground injury rates, playground field testing, and identify common risk factors.

NPPS is interested in collaborations to:

- Reduce playground injuries,
- Raise awareness of the importance of safe and healthy play, and
- Investigate playground design on child risk factors in order to promote short and long-term health.

Online Training for Playground Injury Prevention

The National Program for Playground Safety offers **online training** for individuals to become *Certified Playground Inspectors*. This certification is part of NPPS's mission to make playgrounds safe for children around the world. NPPS's S.A.F.E.™ framework, based on national standards and guidelines, is used to teach specific competencies necessary to conduct a playground safety inspection. The nationally recognized training program provides a comprehensive understanding of relevant standards and guidelines.

There is emphasis within the training on synthesis of relevant standards and guidelines, as well as thorough and systematic training to prepare for the physical playground inspection process.

Playground Supervision Kit

The School-Age Supervision Kit will equip playground supervisors with the knowledge to properly supervise using the ABC's of Supervision — **A**nticipation, **B**ehavior, and **C**onsideration — within the S.A.F.E.™ Playground Injury Prevention framework.

Supervision Kit includes:

- Playground Supervision Training Manual
- Online access to four instructional videos which highlight tips and techniques of ABC's of Playground Supervision
- Durable fanny pack to hold essentials while on duty
- Quick tip cards for easy reference while on duty
- Digital infrared thermometer for use in accurately measuring surface temperatures to prevent burns



Play Together • Play Smart • Play S.A.F.E.™