National Playground Safety Week is April 21-27!

**Playground safety tips**
- Surround playgrounds with shock-absorbing surfaces such as sand, pea gravel, wood chips, mulch and shredded rubber.
- Avoid playgrounds with asphalt, concrete, grass, dirt and soil surfaces under the equipment. A fall onto a shock-absorbing surface is less likely to cause a serious injury than a fall onto a hard surface.
- Surfacing should be at least 12 inches deep and extend at least 6 feet in all directions around stationary equipment. Depending on the height of the equipment, surfacing may need to extend farther than 6 feet.

**Playground maintenance**
- Maintain separate play areas for children under age 5.
- Schools and child care centers should have age-appropriate, well-maintained playground equipment, and trained supervisors should be present at all times when children are on the playground.
- Report any playground safety hazards to the organization responsible for the site (such as a school, park authority or city council).

**Playground supervision**
- Always supervise children using playground equipment. Stay where you can see and hear them.
- Prevent unsafe behaviors like pushing, shoving, crowding and inappropriate use of equipment.
- Ensure that children use age-appropriate playground equipment.
- Remove hood and neck drawstrings from all children’s outerwear. Never allow children to wear helmets, necklaces, purses, scarves or clothing with drawstrings while on playgrounds.
Did you know?

• In 2009, nearly 220,000 children ages 14 and under were treated in emergency departments for injuries associated with playground equipment.
• From 2001 through 2008, the U.S. Consumer Product Safety Commission (CPSC) investigated 40 deaths associated with playground equipment. The average age of victims was 6.
• Approximately 20 percent of playground-related injuries treated in emergency departments occur at home.
• Among children ages 4 and under, most traumatic brain injuries occur on the playground.
• Falls are the most common type of playground injury, accounting for more than 75 percent of all playground-related injuries.
• According to the National Playground Safety Institute, lack of proper supervision is associated with approximately 45 percent of playground-related injuries.

Keep your eyes on the road

What is distracted driving?

Distracted driving is any activity that could divert a person’s attention away from the primary task of driving. All distractions endanger driver, passenger and bystander safety. Distractions include:

• Texting
• Using a cellphone or smartphone
• Eating and drinking
• Talking to passengers
• Grooming
• Reading, including maps
• Using a navigation system
• Watching a video
• Adjusting a radio, CD player or MP3 player

Did you know?

• Drivers who use hand-held devices are four times more likely to get into crashes serious enough to injure themselves than those who use hands-free devices.
• Sending or receiving a text takes a driver’s eyes from the road for an average of 4.6 seconds. At 55 mph, that’s the equivalent of driving the length of an entire football field blindfolded.
• Driving while using a cellphone reduces the amount of brain activity associated with driving by 37 percent.

Are hands-free devices safe?

So far, research indicates that the distraction of having a hands-free phone conversation keeps drivers from seeing or hearing the cues that would ordinarily help them avoid a crash.
National Window Safety Week is April 7-13

Screens keep bugs out, not kids in
Keeping windows and doors open provides fresh air through the home, but it is also a danger if you have little ones.
Window falls increase dramatically during the spring and summer months, but they can be prevented.

Top tips to prevent window falls
• Install window guards to prevent children from falling out of windows. For windows above the first floor, install window guards with an emergency release device in case of fire.
• Install window stops so that windows open no more than four inches.
• Keep windows locked and closed when they are not being used.
• Keep furniture away from windows so kids cannot climb to the ledge.
• If you have double-hung windows — the kind that can open down from the top as well as up from the bottom — it is generally safer to open the top pane, but growing kids may have enough strength, dexterity and curiosity to open the bottom pane.
• Do not rely on window screens to prevent falls.
• Supervise children at all times, especially around open windows.

No device replaces active supervision! It’s the key to ensuring your child doesn’t have access to open windows or doors around the home.

For more information, contact Safe Kids at 859-323-1153 or visit www.safekidsfayettecounty.com.

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