



## **PREVENTING INJURIES TO CHILDREN AT SCHOOL**

### **Monitor and maintain school safety equipment and procedures.**

- Schools should implement an annual safety check, including a maintenance schedule for all equipment and facilities.
- School staff should be trained in first aid and CPR.

### **Ensure safety on all playgrounds in order to minimize the risks of falling.**

- The ground beneath playground equipment should be cushioned with shredded rubber, hardwood fiber mulch or chips, or fine sand. Avoid asphalt, concrete, grass and soil surfaces. The material should be 12 inches deep and extend at least 6 feet in all directions. This won't prevent falls, but it can reduce the risk and severity of injuries.
- Always supervise children using playground equipment. Prevent unsafe behaviors like pushing, shoving, crowding and inappropriate use of equipment. Ensure that children play on age-appropriate equipment.

### **Sports programs should follow guidelines for a safe playing environment.**

- Group children according to skill level, weight and physical maturity, especially for contact sports.
- Make sure proper physical and psychological conditioning and use of appropriate safety equipment are included in all programs.
- Adults should be present at all times to ensure a safe playing environment and the enforcement of safety rules.

### **Make sure children riding school buses use them safely.**

- Teach children to arrive at the bus stop early, wait for the bus to come to a complete stop before approaching, watch for cars and avoid the driver's blind spot.

- Ensure that children on buses stay seated at all times and keep their heads and arms inside.
- Children should be taught to wait to exit the bus until it comes to a complete stop, to exit from the front using the handrail to avoid falls and to cross the street at least 10 feet in front of the bus.

