Welcome to CCEI110B

This course identifies common outdoor injuries and appropriate ways to prevent them. Participants will learn about major factors in playground safety and best practices for avoiding a variety of outdoor hazards.

Course Objectives:

By taking notes on the handout and successfully answering assessment questions, participants will meet the following objectives as a result of taking this course:

- Identify common causes of outdoor injuries
- Identify effective practices for preventing outdoor injuries
- Identify major factors in playground safety, including surfacing, overall design, maintenance, and supervision
- Identify potentially hazardous environmental factors, including plants, insects, and toxic fumes
- Identify important water safety practices
- Identify basic preventative strategies, including transitions, setting limits, avoiding distractions while supervising, and preparing for the unexpected

References:

- Each-Year-for-Playground-Related-Injuries

Outdoor Injuries

According to the Centers for Disease Control and Prevention:

Playground Safety and the Physical Environment
Playground Surfaces

Concrete

Grass

Define *fall zone*:

List acceptable forms of protective surfacing in fall zones:

List unacceptable forms of protective surfacing in fall zones:

Playground Design

List 6 items that are not recommended for use on playgrounds designed for young children ages 2–5:

Additional Design Issues

Briefly discuss the dangers of each of the following hazards:

Suspended hazards

Tripping hazards
Entrapment hazards

Crush points, pinch points, and shearing points

Corners, edges, and sharp points

Strangulation hazards

**Design Issues Related to Specific Equipment**
Briefly discuss the dangers of each of the following types of playground equipment:

**Swings**

The following swings are not recommended (list 3):

**Horizontal Ladders and Bars**

**Slides**

**Climbers**

**Playground Maintenance**

*Checklist*
The General Maintenance Checklist is available as a Course Aide at the end of this handout. Please consider incorporating it into your program's safety and maintenance program.

Poisons, Toxins, Allergies, and Other Potential Health Hazards

Exposure to Poisonous Plants

Explain the dangers of the following regarding plants and young children:

**Ingestion:**

**Allergic reactions:**

Ways to avoid plant poisoning include (list 6 methods):

Explain the potential dangers of:

Exposure to Toxic Fumes

Exposure to Insects

The Sun
Water Safety

Reminder

In many states, using any type of pool during water play activities is prohibited, even if children are not expected to get in the pool. Check your local regulations before implementing water activities involving pools.

Safety Strategies

Security

Tips for Promoting Safe, Appropriate Outdoor Behaviors

*Adequate supervision can eliminate most playground accidents.*

Supervision is one safety factor that is controlled entirely by the ECE Professional and should be your top priority. Young children should never be allowed on the playground without direct adult supervision.

What are *blind spots*?

Transitioning to Outdoors

Setting Limits
Dealing with Distractions

Engaging Children in Outdoor Play

Preparing for the Unexpected
General Maintenance Checklist

Safety and maintenance checks should be performed regularly in order to ensure that teachers, not children, are the first to discover hazards on the playground.

**Surfacing**
- The equipment has adequate surface under and around equipment (see state requirements)
- Loose-fill protective covering is free from foreign objects and debris
- Loose-fill protective covering is not compacted (should not be hard or non-absorbent)

**General Hazards**
- No sharp points and edges on equipment
- All protective caps and plugs are in place
- No dangerous protrusions and projections
- No entrapment or strangulation hazards
- No trip hazards or pinch, crush or shearing points

**Wear-and-Tear**
- No dangerous rust, cracks, or splinters
- No broken or missing components
- Equipment is properly anchored

**Hardware**
- Fasteners (bolts, screws, etc.) are not loose or worn
- Bearings on spinning, rotating, or other moving parts are in good working condition

**Drainage**
- Playground has proper drainage. No standing water under swings or in high-traffic areas.

**General Upkeep**
- The playground is free of litter and debris
__ There are no missing trash receptacles
__ Trash receptacles are emptied on a regular basis

**Barriers and Gates**
__ No holes or damaged sections in the fence
__ Latches and hinges on gates are in good working order