



## **CCEI110B: Outdoor Safety in the Early Childhood Setting Handout**

### **Welcome to CCEI110B**

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

### **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 significant factors in playground safety, including surfacing, overall design, maintenance, and supervision
- Identify potentially hazardous environmental factors, including plants, insects, and toxic fumes
- Identify essential water safety practices
- Identify basic preventative strategies, including transitions, setting limits, avoiding distractions while supervising, and preparing for the unexpected

### **References:**

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2. American College of Emergency Physicians. (2017). "More Than 200,000 Kids Treated in E.R.s Each Year for Playground-Related Injuries." Retrieved from <https://www.prnewswire.com/news-releases/more-than-200000-kids-treated-in-ers-each-year-for-playground-related-injuries-300457535.html>
3. Centers for Disease Control and Prevention (CDC). (2019). "Heads Up Concussion: Playground Safety Tips for Parents." Retrieved from [https://www.cdc.gov/headsup/pdfs/parents/HeadsUp\\_Playground\\_Safety\\_FS-a.pdf](https://www.cdc.gov/headsup/pdfs/parents/HeadsUp_Playground_Safety_FS-a.pdf)
4. Click, P., Karkos, K., & Robertson, C. (2013). *Administration of Programs for Young Children, 9th edition*. Cengage Learning.
5. Consumer Product Safety Commission. (2007). "Home Playground Equipment." Retrieved from <https://www.cpsc.gov/Regulations-Laws--Standards/Voluntary-Standards/Home-Playground-Equipment>
6. Early Childhood Learning & Knowledge Center (ECLKC). (2021). "Resources for Safe Playground." Retrieved from <https://eclkc.ohs.acf.hhs.gov/facilities/article/resources-safe-playgrounds>
7. Extension Alliance for Better Child Care. (2019). "Basic Tips to Keep Children in Child Care Safe Outdoors." Retrieved from <https://childcare.extension.org/basic-tips-to-keep-children-in-child-care-safe-outdoors/>
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10. Marotz, L. (2018). *Health, Safety, and Nutrition for the Young Child, 10th edition*. Cengage Learning.

11. National Association for the Education of Young Children (NAEYC). (2021). *Developmentally Appropriate Practice in Early Childhood Programs Serving Children from Birth Through Age 8, 4th edition*. Washington, DC: NAEYC.
12. National Program for Playground Safety (NPPS). (2021). Various resources from <http://playgroundsafety.org/>

## **Outdoor Injuries**

According to the Centers for Disease Control and Prevention:

## **Playground Safety and the Physical Environment**

### **Playground Surfaces**

#### **Concrete**

#### **Grass**

Define a **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

Extreme Weather

**Water Safety**

## Reminder

In many states, using any pool during water play activities is prohibited, even if children are not expected to enter 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 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
- 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