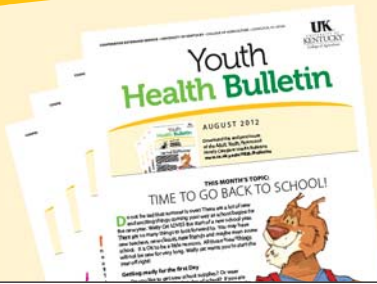


Youth Health Bulletin



APRIL 2013

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THIS MONTH'S TOPIC: PLAYGROUND FUN!



Hooray, spring is here! It is time to go outside and have fun. Wally Cat loves being outside and visiting a playground. There is just so much to do. Playgrounds are a lot of fun, but it is important to be careful when you are visiting one.

Here are ten tips to keep in mind when you are thinking about going out to a playground:

- 1. Take a grown-up:** Having a grown-up with you is helpful in case you get hurt or you get into a situation where you need help.
- 2. Take a good look around:** Make sure all the equipment you are playing on is safe. If it is broken you do not want to be playing on it.

Continued on the back 



Watch out for people who might be getting too close if you are swinging. Also, be careful if you are walking by the swings.



10. Have a great time: The playground is meant to be a place to have a great time. Have fun, and do not complain too much when it is time to leave.

Get outside and enjoy the springtime — Visit a playground today!

SOURCE:

Nemours Kids Health — Playgrounds
http://kidshealth.org/kid/stay_healthy/fit/playground.html#cat120.

Word Scramble

AYURPOGLDN: _____
IGSWN LFSYEA: _____
RTPERO BLESOPRM: _____
TKEA A RONWG-PU: _____
LNAEC UP: _____

ANSWERS: Playground, Swing Safely, Report Problems, Take A Grow-Up, Clean Up

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3. Keep your size in mind: Only use the equipment that is right for your size and age. Remember that you could get stuck in a swing too small for you or get hurt on something made for a different age group.

4. Don't go too high: You should not climb higher than you feel comfortable. Do not forget that if you go up too high, you can always ask the grown-up to help you down.

5. Look out below: Many playgrounds have special surfacing materials: mulch, wood chips, sand or rubber matting, which help soften a fall. But that does not mean you should not be careful. Make sure to look out below!

6. Swing safely: Watch out for people who might be getting too close if you are swinging. Also, be careful if you are walking by the swings. You do not want to get too close and get hurt.

7. Use your head: Make sure you are using the playground equipment for what it was meant — do not use it for other reasons. If you do, it is likely you will get hurt. Be smart and be safe.

8. Report problems: Make sure to tell the grown-up with you, if you see broken equipment, or any other problems that may be dangerous.

9. Clean up: After playing for a while at the playground you may want to get a drink. If you have trash — make sure it goes in the trash can.



Youth
Health Bulletin

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