

Head Bumps Matter-Playing Safely Workshop

The Early Childhood Education Linkage System (ECELS)
PA Chapter, American Academy of Pediatrics

Objectives

Participants will:

- Review the factors that contribute to active play injuries.
- Identify signs and symptoms of traumatic brain injury (TBI) and how to prevent a TBI during active play.
- Discuss the 12 most common play area hazards.
- Examine case studies of active play area situations and generate solutions.
- Implement or improve the use of *Injury Report Forms* and *Injury Logs*.
- Identify resources to address active play area issues.

Agenda

1. Registration and Welcome/*Pre-test*
2. Introduction/*Facts About Active Play Injuries*
3. Injury Triangle-Understanding Factors that Contribute to Active Play Injuries
4. *Head Bumps Matter-Protecting Young Brains* video/ *Brain Injury in Young Children*
5. *Dirty Dozen*
6. Case Studies-Active Play situations
7. Injury Logs
8. Active Play Resources
9. Wrap Up/Post-test/Evaluation

Head Bumps Matter: Active Play Resources

Caring for Our Children Standards: National Health and Safety Performance Standards, Guidelines for Early Care and Education Programs, 3rd Ed.

<http://cfoc.nrckids.org/StandardView/6> Play Areas/Playgrounds and Transportation

<http://nrckids.org/default/assets/File/PreventingChildhoodObesity2nd.pdf>

<http://cfoc.nrckids.org/WebFiles/AppendicesUpload/AppendixEE.pdf> America's Playgrounds – Safety Report Card

Caring for Our Children

National Health and Safety Performance Standards
Guidelines for Early Care and Education Programs



CDC Playground Injuries Fact Sheet: (Paste this link into your browser.)

<http://www.cdc.gov/HomeandRecreationalSafety/Playground-Injuries/playgroundinjuries-factsheet.htm>

CPSC Playground Safety Handbook <http://www.cpsc.gov/PageFiles/122149/325.pdf>

CPSC Playground Alerts

<http://www.cpsc.gov/en/Safety-Education/Safety-Guides/Sports-Fitness-and-Recreation/Playground-Safety/>

ECELS - Daily and Monthly Playground Maintenance Form

ECELS - Active Play Safety Checklist & Planning Tool

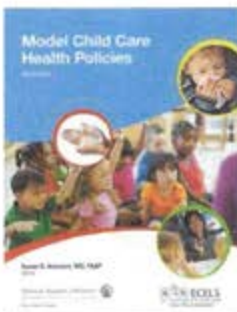
ECELS - Active Play Checklist of Environment Rating Scale Items

www.ecels-healthychildcarepa.org/tools/checklists

ECELS - Playground Equipment Sign Recommendations

www.ecels-healthychildcarepa.org/tools/posters

Let's Move Child Care <http://www.healthykidshealthyfuture.org/>



Model Child Care Health Policies (MCCHP), 5th edition physical activity and play area safety check policy at <http://www.ecels-healthychildcarepa.org/publications/manuals-pamphlets-policies> To purchase a printed copy of MCCHP, go to the American Academy of Pediatrics bookstore at www.aap.org.

National Program for Playground Safety (NPPS) <http://playgroundsafety.org/>

Playground safety information on standards, products and education. The S.A.F.E Curriculum focuses on Supervision, Age-Appropriate Design, Fall Surfacing and Equipment Maintenance.

National Recreation and Park Association (NRPA) www.nrpa.org/cpsi 800.626.NRPA (6772)

Access a list of Pennsylvania's Certified Playground Safety Inspectors (CPSIs). Click on the Registry link. Fill in only the state first to obtain the most comprehensive state list. You may refine the search as needed by adding other information. Contact the NRPA with questions concerning certified inspectors.

Dirty Dozen Brochure - The Top 12 Safety Hazards in America's Playgrounds

[http://www.nrpa.org/uploadedFiles/nrpa.org/Professional Development/Certification/CPSI/Dirty-Dozen-Playground-Hazards.pdf](http://www.nrpa.org/uploadedFiles/nrpa.org/Professional%20Development/Certification/CPSI/Dirty-Dozen-Playground-Hazards.pdf)