



Play safe.

Helpful tips from
the leader in pediatric
orthopaedic care.



orthohospital.org/playsafe

Have fun, be active, but play safe.

Tips for keeping kids' bones safe:

- Use proper adult supervision at home and on the playground
- Use playground equipment with a soft surface surrounding it
- Keep bicycles in good working order and obey traffic laws
- Correctly wear protective gear during activities

What to do if your child falls or has an accident:

- Check for swelling and/or deformity
- Elevate the injury and apply ice
- Clean deep abrasions with soap and water
- Seek medical attention for fractures, headaches, deep cuts or infections

Half of all children will eventually suffer from a fracture. Because children's bones heal fast, they should be treated differently than an adult's. Prompt and correct treatment can make the difference between a childhood accident and a debilitating injury with a lifetime of consequences.

Los Angeles Orthopaedic Hospital offers a walk-in Urgent Care Center open every day, and treatment facilities in Downtown and on the Westside. Think of us as a safe place for all your orthopaedic needs.



For more information visit
orthohospital.org/playsafe

