Trampoline Safety

Jumping on a trampoline may seem like a lot of fun but it also poses risks. Landing wrong can cause serious, permanent injuries.

Common Injuries

Thousands of people are injured on trampolines each year. Most of these injuries happen on home trampolines and may include:

* Broken bones — sometimes requiring surgery
* Concussions and other head injuries
* Sprains/strains
* Bruises, scrapes and cuts
* Head and neck injuries, which can lead to permanent paralysis or death

How injuries occur

Most trampoline injuries occur when there is more than one person using a trampoline.

Children can get hurt when they:

* Land wrong while jumping, flipping and doing somersaults. The latter should not be allowed due to the risk of head and neck injuries.
* Try stunts
* Strike or are struck by another person
* Fall or jump off the trampoline
* Land on the springs or frame

Safety tips

* **Use safety nets and pads.** Always use a quality safety enclosure and cover the trampoline's springs, hooks and frame with shock-absorbing pads. Regularly check the equipment for tears and detachments. Beware that safety nets provide a false sense of security. Make sure the safety net door is shut while kids are jumping.
* **Make sure your trampoline is in a safe location**. Place the trampoline on level ground. Make sure it's a safe distance from trees and other structures. Better yet, place the trampoline in a pit so the jumping surface is at ground level.
* **Limit trampoline activity.** Allow only one person to use the trampoline at a time — and never without supervision. Don't allow somersaults or other potentially risky moves.
* **Adult supervision is a must!** Don't install a trampoline ladder, which could tempt young children to use the trampoline alone. Kids under the age of 6 should not use a full-size trampoline.

Source: www.healthychildren.org

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