

# 101 Critical Days of Summer

## Safety Tip #2 - Trampoline Safety

In 2008, more than 104,000 people -- adults and children alike -- were injured in trampoline accidents. And another study, this one by the Hasbro Children's Hospital in Rhode Island, found that spring and summer are the time when trampoline injuries hit their peak, and 91% of them happen at home.

A report by the safety commission found that most injuries associated with the 2 million recreational trampolines in use in American homes were the result of jumpers:

- Colliding with one another.
- Attempting stunts and flips.
- Falling or jumping off the trampoline.
- Falling onto the trampoline frame or springs.



Trampoline-related trauma ranges from cuts and bruises to broken limbs, spinal cord injuries and even death.

### Should I buy a trampoline?

Because of the high injury rate, the American Academy of Pediatrics does not recommend the use of home trampolines. If you are considering buying a trampoline, you may want to consider other activities for you and your children instead. Before making your decision, be sure to read additional injury and safety information. You should also check with your insurance company because some insurance companies have exclusions for trampolines. Some require a fence to be built around the trampoline to prevent access by neighborhood children or passers-by and other may not cover them at all.

### What injuries are caused by trampoline use?

Injuries to people playing on trampolines are on the rise, mainly because trampolines have increased in popularity. Serious injuries occur to all parts of the body, including the neck, arms, legs, face and head. Head and neck injuries are the most serious injury associated with trampolines. Neck injuries usually happen when people try to do a flip and land on their head or neck instead of their feet. Every year many children are paralyzed for life from a trampoline injury. The injury rate is highest for children younger than 6 years old.

### How are most injuries caused?

Almost 75% of injuries on trampolines result when more than one person is on the trampoline at the same time. When two people use the trampoline, the person weighing less is 5 times more likely to be injured than the heavier person. Adult supervision is no guarantee that a child will be safe on a trampoline. More than half of all trampoline injuries occur while the child is being watched by an adult. Having spotters around the tramp helps reduce some of the risk of injury. Spotters need to be people big enough and strong enough to protect the jumper if he should get too close to the edge. Spotters are especially important when you or your child has friends over to jump.

## How can I make trampoline jumping safer?



Location of the trampoline and safety features:

- Clear the area around the trampoline of objects and do not set the trampoline near trees, fences, poles, or other playground equipment.
- Set the trampoline where an energy-absorbing surface (for example, tall grass) surrounds it.
- Buy and use a frame pad that covers the entire area of the spring system.
- If possible, lower the height to ground level by putting the trampoline in a pit.
- Equipment should be checked regularly for safety conditions.
- Safety net enclosures may give a false sense of security – most injuries occur on the trampoline surface.
- Make sure trampoline ladders are removed after use to prevent unsupervised access by young children.

Before using the trampoline:

- Set rules for trampoline use and discuss them often with your children and your guests.
- Tell everyone about the risks of not using the tramp properly.
- Remove any necklaces.
- Keep turns short as you are more likely to get hurt when you are tired.
- **Do Not Jump** or let someone else jump if they are under the influence of alcohol or drugs.

Using the trampoline:

- If you or your child wants to do tricks (flips, etc.) have a professional properly train you or your child how to do flips and other complex stunts.
- Never allow more than one person to use the trampoline at the same time.
- Do not allow bouncing followed by jumping off of the trampoline.
- Have an adequate number of spotters around the edges of the trampoline.

Very Important Trampoline Safety Rules:

<http://www.outdoorfunstore.com/trampoline-safety.asp>

Interesting Information:

<http://www.jumpsport.com/safety-health/history.htm>



**Let's Bounce (Safely)!**  
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