

Trampoline Safety Tips

Trampoline jumping is a popular recreational activity for kids (and adults). As its popularity has increased so has the number of trampoline related injuries. Hospital emergency departments are treating increasing numbers of trampoline-related injuries each year. The costs of medical, legal, insurance and disability expenses is staggering. Injuries are significant among all ages.



Always remember the following safety tips:

- Trampolines should not be used for unsupervised recreational activity.
- The trampoline-jumping surface should be placed at ground level.
- Competent adult supervision and instruction is needed for children at all times.
- Only one person should use a trampoline at any time.
- Trampoline enclosures may help prevent injuries from falls off trampoline.
- Spotters should be present when participants are jumping. Somersaults or high-risk maneuvers should be avoided without proper supervision and instruction; these maneuvers should be done only with proper use of protective equipment, such as a harness.
- The supporting bars, strings and surrounding landing surfaces should have adequate protective padding.
- 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.
- Trampolines are not recommended for children under 6 years of age.
- Make sure trampoline ladders are removed after use to prevent unsupervised access by young children.