



JUMP TO SAFETY

About 246,875 medically-treated trampoline injuries occur annually in the United States. 75 percent of these injuries occur in children 14 or younger.

The most common areas of injury are:

- Legs and feet (40%)
- Arms or hands (29%)
- Head, face or neck (20%)
- Shoulder or trunk (10%)

If your children are using trampolines, be sure to abide by the following safety tips:

- Supervise children on trampolines at all times; mere presence of an adult is not sufficient.
- Use should be restricted to a single jumper on the mat at any given time.
 - *Multiple jumpers increase injury risk, particularly to the smallest participant.*
- Somersaults and flips should not be permitted.
- Make sure the protective padding is in good condition and appropriately placed.
- Inspect and replace protective padding, net enclosure, and any other damaged parts regularly.

