



Trampoline Safety



Trampolines are a popular pastime among children and adults alike. Like with any other activity or sport, it is important to understand the risks and how to take proper precautions when using a trampoline. Improper use and carelessness could result in serious injuries.

Safety Precautions

- Only allow one jumper at a time
- No children under 7 years old
- Use a safety net
- Use proper padding on your trampoline
- Supervise all trampoline time
- Repair damaged padding or net before next use
- Place trampoline on level ground
- Place trampoline 3 feet away from any structures and have at least 20 feet of clearance above your head.

Common Injuries

- Broken bones
- Concussions
- Sprains/strains
- Bruises, scrapes, and cuts
- Head and Neck injuries —which can lead to permanent paralysis or death

There were 1,002,735 emergency department visits from trampoline injuries between 2002-2011:*

92.7% occurred in children 16 and younger

59.9% of bones broken were upper extremities (e.g. arms)

35.7% of the bones broken were lower extremities (e.g. legs)



Sources: Healthy Children <https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Trampolines-What-You-Need-to-Know.aspx> & <http://www.trampolinesofoday.com/trampoline-safety-101/>

* Loder, Randall T., Schultz, William, Sabatino, Meagan (2014). Fractures From Trampolines: Results From A National Database, 2002 to 2011. *Journal of Pediatrics Orthopedics*,34(7), 683-690.

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