



**Trampoline jumping may seem like fun but it also poses many risks for injuries for children and adults.**

**Potential injuries can range from strains, sprains, and fractures to serious head and neck injuries.**

### **Keep in mind these safety tips when using a trampoline:**

- **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 on the trampoline.
- **Adult supervision is a must!** Don't install a trampoline ladder, which could tempt young children to use the trampoline alone. Children under the age of 6 should not use a full-size trampoline.

*HealthONE Trauma Centers are acclaimed referral centers serving trauma and neurotrauma patients throughout the Rocky Mountain region. HealthONE Trauma Centers provide experienced physicians you can trust, facilities that provide leading-edge technology and staff that cares for patients and families.*

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