Safe kids ☺ Healthy kids ☺ Happy kids

Backyard Trampolines – Know the Risks

Jumping on trampolines is a fun backyard activity. However, doctors warn parents. Home trampolines are dangerous.

Often, parents think a soft, springy mat would be a safe toy. However, a trampoline is not a toy. It is a piece of equipment.

The very force that makes trampolines fun causes specific patterns of injury. Trampoline injuries are preventable accidents.

All ages, even adults, sustain injuries. They include:

- Sprains,
- Strains,
- Contusions (bruises),
- Soft tissue injuries,
- Dislocations, and
- Fractures.

The worst are head and neck injuries. Kids 6 and under are the most at-risk age for leg and spine fractures.

Studies tell us that 75% of injuries are the result of **multiple people** on a trampoline at the same time. Small kids loose control when they bounce on a trampoline with bigger kids. This loss of control can throw a child from 9 or 10 feet onto a hard surface. The result can be lasting neurological damage. Research studies tell parents that the use of trampoline nets and padding *do not reduce injuries by much*.

The AAP discourages home trampolines. However, they give parents safety tips should they continue to use this equipment at home.

- Know the risks of injury from using home trampolines.
- Make and enforce rules.
- Allow only one person on the trampoline at a time.
- Set trampolines at ground level — on a level surface.
- Clear hazards from around the trampoline.
- Carefully watch your kids on the trampoline at all times. Only then can you stop behaviors that could cause injuries.
- Do not allow somersaults and flips. They are the most common cause of neck injuries.
- Inspect the trampoline for damage and replace parts as needed.
- Keep protective padding in place.
- Throw away a trampoline damaged beyond repair.

Check your homeowners insurance. Does it cover trampoline-related injuries? Many companies label trampolines as attractive nuisances. This "nuisance" can lure kids into potential danger. Do not let a nuisance hurt your child.

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