

Trampoline Safety

Trampolines can be not only fun, they are good exercise for adults and children alike. However, there are safety precautions that should be taken to avoid potential injury, sometimes requiring emergency room treatment, and even resulting in fatality.

The CPSC estimates that in 2001 there were 91,870 hospital emergency room-treated injuries associated with trampolines. About 93 percent of the victims were under 15 years of age, and 11 percent were under 5 years of age. Since 1990, CPSC has received reports of 6 deaths of children under age 15 involving trampolines.

Injuries and deaths were caused by:

- Colliding with another person on the trampoline.
- Landing improperly while jumping or doing stunts on the trampoline.
- Falling or jumping off the trampoline.
- Falling on the trampoline springs or frame.

Steps to help prevent serious trampoline injuries:

- Allow only one person on the trampoline at a time.
- Do not attempt or allow somersaults because landing on the head or neck can cause paralysis.
- Do not use the trampoline without shock absorbing pads that completely cover its springs, hooks, and frame.
- Place the trampoline away from structures, trees, and other play areas.
- No child under 6 years of age should use a full-size trampoline. Do not use a ladder with the trampoline because it provides unsupervised access by small children. Consider a lockable security gate.
- Always supervise children who use a trampoline.
- Trampoline enclosures can help prevent injuries from falls off trampolines.



If you have questions or need additional information, visit www.lexleeovertonlaw.com, email lexlee@lexleeovertonlaw.com or call 225.761.7272.