



CPSC Safety Alert

Trampoline Safety

The U.S. Consumer Product Safety Commission (CPSC) wants you and your family to be safe when using trampolines. CPSC estimates that in 2010 there were 92,159 hospital emergency room-treated injuries associated with trampolines.

Injuries can be caused by:

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

Take these steps to help prevent serious trampoline injuries, especially paralysis, fractures, sprains and bruises:

- 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.
- Always supervise children who use a trampoline.
- Trampoline enclosures can help prevent injuries from falls off trampolines.



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