



Trampolines

September 2000

U.S. Consumer Product Safety Commission

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Trampolines

Trampoline-related injuries have almost tripled since 1991 (*Figure 1*). In 1999, CPSC estimates that almost 100,000¹ people were treated in U.S. hospital emergency rooms for injuries associated with trampolines. In 1991, by comparison, an estimated 37,500² people were treated for these injuries. Since 1990, CPSC has received reports of 11 deaths relating to trampoline use.

Death and Injury Data

- Victims who died from trampoline use ranged in age from 3 to 43, with 6 victims being teenagers, ages 12 to 19. Falls from the trampoline were the most frequent cause of death, followed by landing on the neck while attempting somersaults.
- Most trampoline-related injuries occur to children. Children ages 6 to 14 comprise almost two-thirds of the hospital emergency room injuries (*Figure 2*). Children under 6 were treated for about 15% of trampoline injuries in hospital emergency rooms.
- Most trips to hospital emergency rooms are the result of jumpers colliding with one another, falling on the trampoline springs or frame, falling or jumping off the trampoline, or doing stunts.
- In 1999, injuries to the leg/foot were reported most frequently, accounting for 40% of the total. Injuries to the arm/hand, head/face/neck, and shoulder/trunk were associated with 29%, 20%, and 10% of the total, respectively.
- About 4% of all trampoline emergency room-treated injuries result in hospitalization.
- There is no indication that deaths or neck injuries resulting in paraplegia or quadriplegia have increased.

¹ The confidence interval of this estimate at the 95% level of confidence is 82,300 – 115,400.

² The confidence interval of this estimate at the 95% level of confidence is 23,000 – 52,100.

Market Data

- According to the International Trampoline Industry Association, an estimated 640,000 backyard trampolines were sold in 1998, more than a 350% increase in sales from an estimated 140,000 sold in 1989.
- An estimated 3 million backyard trampolines are in use today.
- Backyard trampolines, 10 to 14 feet in diameter, sell for about \$200 to \$600.

Safety Actions

- To address some known hazards associated with trampolines, CPSC staff requested changes to the ASTM voluntary safety standard for trampolines. Four provisions, effective in 1999, were added to the standard. These included:
 1. Padding must cover the entire frame, hooks, and springs.
 2. Labels on trampoline boxes must state that trampolines over 20 inches tall are not recommended for children under six years of age.
 3. Ladders cannot be sold with trampolines (to prevent young children's access to these products).
 4. Warnings visible on trampoline beds must alert jumpers against somersaults and multiple jumpers, which can cause deaths, paralysis, and the largest number of injuries.
- Trampoline net enclosures can prevent injuries from falling off trampolines.

Conclusion

As sales of trampolines have increased over the past decade, so have the number of trampoline-related injuries. Trampoline gymnastics is scheduled as an event at the 2000 Summer Olympics for the first time, which is likely to encourage more individuals to use trampolines.

To prevent further injuries, consumers who choose to use trampolines should follow safety guidelines. These include allowing only one person at a time on the trampoline, not attempting somersaults, and always supervising children who use trampolines.

Figure 1. Estimated Number of Emergency Room Treated Injuries Associated with Trampolines, by Year, 1991 - 1999

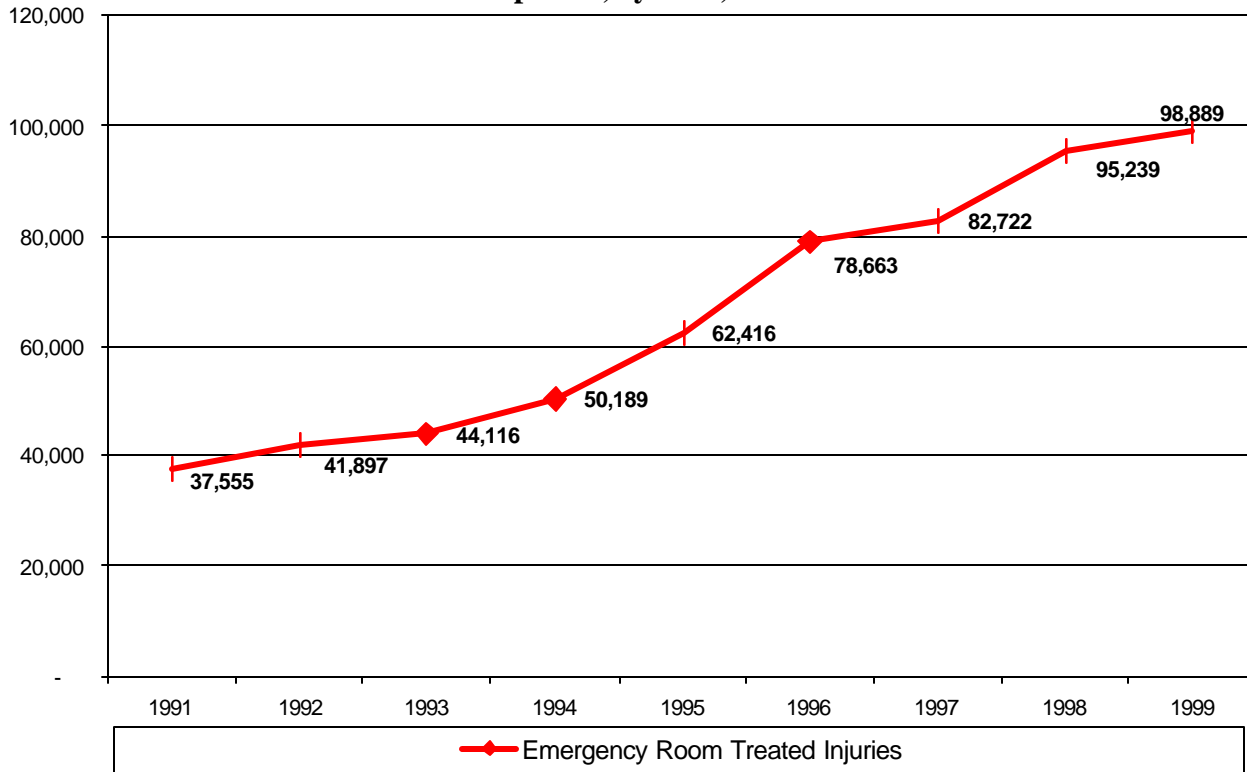


Figure 2. Estimated Number of Emergency Room Treated Injuries Associated with Trampolines, by Age and Year, 1991 - 1999

