

# Jumping with SAFETY

## TRAMPOLINE SAFETY TIPS

*Take these steps to help prevent tragic deaths and serious trampoline injuries*

- Allow only one person on the trampoline at a time
- Trampoline enclosures can help prevent injuries from falls
- Place the trampoline away from structures, trees, and other play areas
- Children younger than 6 should not use a full-size trampoline
- Supervise children who use a trampoline
- Do not use if there is high wind because the trampoline can shift, move, or blow away
- Inspect the trampoline regularly to make sure nothing is missing and there are no rips or tears in the pad