



**Texas Children's
Hospital®**

Center for Childhood
Injury Prevention

Trampoline Safety

Everything you need to know to keep your kids safe from trampoline injuries.

Most injuries occur among children between ages 5 and 14, happening while being unsupervised by parents or adults.

Trampolines cause injury

Although very exciting and current, playing on trampolines puts kids at a high risk for serious injuries.

Sprains, fractures, scrapes, bruises and cuts are common injuries associated with trampoline jumping. Younger children are at greater risk for fractures, while older ones more often suffer sprains and strains. More serious injuries to the head and neck can cause paralysis and even death.



Take caution when on a trampoline

- Trampolines should not be used at home, in routine physical education classes, or at outdoor playgrounds.
- Trampolines should only be used in structured, well-monitored environments with supervision. Safety pads should cover springs, hooks and the frame.
- It's best to regard trampolines as training devices rather than for play. Mini-trampolines cause the same types of injury as larger ones do.
- Though installing a safety net around the perimeter of the backyard trampoline may help prevent falls, it doesn't mean that a child can't or won't get injured. Many children break bones landing on the trampoline itself.

The following rules will help your children jump more safely:

- Place the trampoline away from structures, trees and other play areas.
- Do not let children under 6 years old on a trampoline. It is not a toy for kids.
- For children over 6 years old, make sure an adult is supervising.
- Never jump with another person. **Only one person should jump at a time.**
- Always jump in the center of the trampoline.
- Do not do tricks, somersaults or flips.
- Never go under a trampoline while someone is jumping.
- Never jump off. When finished jumping, stop, walk to the edge, sit and then slide off.
- Never play on a wet trampoline. Sweep away leaves or other debris that may have fallen on the trampoline.

According to the American Academy of Pediatrics, American Academy of Orthopedic Surgeons and the Consumer Product Safety Commission, children younger than 6 years old should not use trampolines.



