



Trampoline Accidents

Risk Awareness fact



Facts:

- Trampolines are one of the latest crazes in the UK, reportedly being the third most wanted gift for children aged five to 13.
- During World War II, trampolines were used to train pilots and navigators in fitness and orientation. After the war, astronauts trained on trampolines to develop body positioning for space flight missions.
- They have the advantages of being a form of healthy exercise as well as being great fun, but unfortunately are associated with a number of serious injuries.
- 11,500 people in the UK attended hospital after an accident with a trampoline in 2002. This is more than double the number who attended 5 years earlier.
- Approximately 10% of children attending hospital in Oxford this year with a trampoline associated injury required a surgical operation.

Key safety issues:

- Approximately 75% of injuries occur when more than one person is on the trampoline and the person weighing less is five times more likely to be injured.
- Children under six years old are particularly vulnerable to injury.
- Injuries can occur to all parts of the body, including the neck, arms, legs face and head. Head and neck injuries are the most serious injuries associated with trampolines.
- The main causes of injuries are:
 - colliding with another jumper
 - Falling incorrectly whilst attempting stunts
 - Falling onto the trampoline springs or frame

How to avoid getting injured on a trampoline at home

Parents:

- Read the trampoline manufacturer instructions carefully.
- Proper placement of the trampoline is crucial. Avoid placing the trampoline near to buildings, playground equipment, swimming pools, power lines, or trees.
- Cover all springs, hooks, and frame with shock-absorbing pads made for trampoline use.
- Cover the ground around the trampoline with shock-absorbing material. Check the trampoline owner's manual for recommended materials.
- Periodically check the trampoline for wear and tear.
- Keep ladders, step stools, chairs and any means to climb away from the trampoline. This can help prevent unauthorized or unattended use by small children.
- It doesn't matter how old the person is that is using the trampoline - at least two adults are needed as 'spotters' to help prevent anyone from falling off the trampoline.

Tips for Trampoline users:

- Do not use a trampoline during hours of darkness
- Only one person at a time! More than one person on a trampoline is very dangerous.
- Do not attempt somersaults, back flips, stunts, or other acrobatics.
- Do not jump onto or off the trampoline.