

TRAMPOLINES

Backyard trampolines are dangerous. Children should not use backyard trampolines under any circumstances.

Research shows:

- Most trampoline-related injuries occur with home trampolines.
- Direct parental supervision does not decrease injuries related to trampolines.
- The U.S. Consumer Product Safety Commission estimates that in 2014 there were 104,000 emergency room treated injuries associated with trampolines. It also reports that there were 22 deaths related to trampoline use in the 10 year period between 2000 and 2009.
- Children of all ages, toddler through teen, are at risk when using recreational trampolines.
- 80% of trampoline-related injuries are a result of falls from the trampoline.
- The smallest and youngest children are at greater risk for significant injury, especially children 5 years of age or younger. 48% of injuries in this age group resulted in fractures or dislocations.
- 10% to 17% of injuries are to the head and neck, including spinal cord trauma; most of the deaths related to trampoline use are a result of this type of injury.

At Hunterdon Pediatric Associates, we agree with the American Academy of Pediatrics that children **SHOULD NEVER BE PERMITTED TO USE HOME TRAMPOLINES.**

Parents must know how to protect their children from injury. Just like using car seats, seatbelts, and bike helmets, and just like locking away guns and poisons, prohibiting the use of backyard trampolines will protect your child by avoiding a high-risk situation.

T:HPA Handouts/Trampolines
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