

# Trampoline Safety



It's easy to see why trampolines are fun.

The American Academy of Pediatrics, however, cautions against buying a trampoline for your home. If you do have one, you should keep these safety tips in mind.



Children under age 6 shouldn't use full-size trampolines.



Trampoline enclosures (safety nets) can help limit injuries by preventing falls.

Ensure your trampoline has shock-absorbing pads that cover the springs, hooks and frame.



Keep your trampoline away from structures, trees or other play equipment.



Don't do somersaults or backflips. Landing on the head or neck can result in devastating injuries.



Children should only use trampolines under adult supervision.

Don't place ladders near trampolines. Small children could use them to access trampolines.



Inspect your trampoline regularly to make sure there are no rips or tears in the safety padding.



Don't use trampolines in windy weather, as they can shift or blow away.



Only one person at a time should be on a trampoline.