

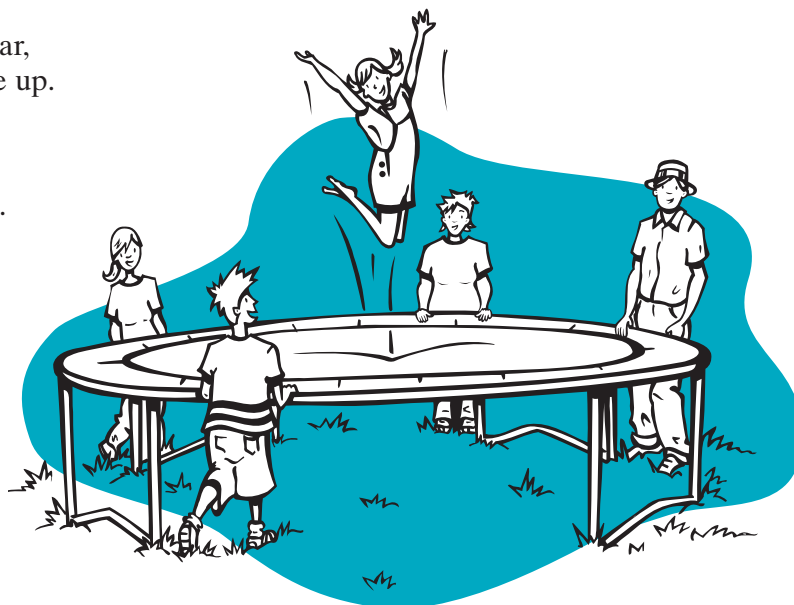
Trampolines

Recently, as trampolines have become more popular, the number of trampoline-related injuries has gone up. Children who are hurt on trampolines are usually between 5 and 14 years of age.

Injuries include fractures, sprains, and dislocations. Major injuries include paralysis and sometimes lead to death.

Children have been hurt by:

- Bumping into another person on a trampoline.
- Landing the wrong way while trying to do a trick or flip.
- Falling or jumping off the trampoline.
- Falling onto the frame.



Safety Tips

- Carefully read and follow the manufacturer's assembly and safety instructions.
- Only one child should be on a trampoline at a time.
- Always supervise the child who is using a trampoline.
- Do not let children less than 6 years of age use a trampoline.
- Trampoline enclosures, such as safety netting, can never replace proper supervision.
- Only try somersaults, flips, or tricks under the supervision of a certified trampoline instructor in a proper facility.
- Never wear jewellery or clothing that may catch on a trampoline.
- Always jump in the centre of a trampoline.
- * ***Keep emergency numbers by the closest phone.***

When buying a trampoline:

- Look for a model that meets the current ASTM International safety standard for trampolines. Check that the manufacturer's name and safety warnings are printed on the trampoline.
- Contact the manufacturer to check for recalls.

For more information contact Product Safety, Health Canada: 1-866-662-0666

© Her Majesty the Queen in Right of Canada, represented by the Minister of Health Canada, 2006

