

Trampoline Safety

(NAPSA)—Trampolining can be an exciting activity. It also can create hazardous conditions.

Orthopaedic surgeons and ER staff treat more than 100,000 trampoline-related injuries each year. The most common injuries are sprains and fractures, which result from falls on the trampoline mat, frame or springs; collisions with another jumper; stunts gone wrong; and falls off the trampoline.

“Trampolines can be fun for kids and adults, but they also pose a high risk for injuries, especially when two or more people jump at one time,” said Matthew B. Dobbs,



Orthopaedic surgeons say even athletes with substantial training, ideal equipment and well-trained spotters should be careful when trampolining.

MD and spokesperson for the American Academy of Orthopaedic Surgeons (AAOS). “Orthopaedic surgeons recommend that families avoid trampoline recreation centers and trampolines not be used in home environments or in outdoor playgrounds because of the high risk of injuries.”

In an effort to reduce the number and severity of injuries, the AAOS came up with these tips:

- Trampolines should not be used for unsupervised recreational activity. Use of trampolines for physical education, competitive gymnastics, diving training and similar activities requires careful adult supervision and proper safety measures.

- Competent adult supervision and instruction are needed for children at all times.

- Allow only one participant at a time.

- Spotters should be present when participants are jumping. Somersaults or high-risk maneuvers should be avoided unless there is proper instruction and protective equipment, such as a harness.

- The trampoline-jumping surface should be at ground level.

- Supporting bars, strings and landing surfaces should have adequate protective padding.

- Check equipment regularly.

- Trampolines are not for children under age 6.

- Remove trampoline ladders after use to prevent unsupervised access.

Learn more at <http://orthoinfo.aaos.org/topic.cfm?topic=A00291>, www.facebook.com/AAOS1 and www.twitter.com/AAOS1.