

Trampoline Safety – Spring 2005

Advanced Pediatrics joins the American Academy of Pediatrics in recommending that trampolines should NEVER be used in a home setting (either indoors or outdoors)!

- Almost 100,000 trampoline related injuries occur annually in the United States.
- Two thirds of trampoline related injuries occur in children ages 5 - 14 years of age.
- 30% of trampoline-related injuries treated in an emergency room are fractures which often require hospitalization and surgery.
- Almost 20 percent of trampoline related injuries involve the head and/or neck.
- Serious injury and even death can result from trampoline injuries to the head, neck and spinal column.
- A large percentage of injuries are sustained by landing incorrectly when jumping or performing stunts. While safety nets may prevent injuries due to falls off of the trampoline, they cannot prevent injuries due to an incorrect landing.
- The American Academy of Pediatrics recommends trampolines *only* be used in well supervised training programs.