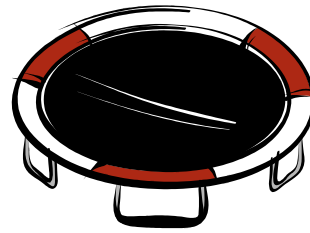


Trampoline Safety



True Story

A five-year-old was jumping on a trampoline when she landed the wrong way. Her upper arm was snapped in two. She spent six weeks in a cast and two months in physical therapy.

-From CBS News/Early Show

The Facts

- In 2001 there were about 91,870 hospital emergency room-treated injuries associated with trampolines.
- About 93 percent of the victims were younger than 15 years of age and 11 percent were younger than 5 years of age.
- Since 1990 the Consumer Product Safety Commission has received reports of six child deaths in trampoline-related incidents. These deaths were caused by colliding with another person on the trampoline; landing improperly while jumping or doing stunts; falling or jumping off the trampoline; and falling on the trampoline frame or springs.

What You Can Do

- Allow only one person on the trampoline at a time.
- Do not allow children younger than age 6 to use a full-sized trampoline.
- Do not allow your child to attempt somersaults, because landing on the head or neck can cause paralysis.
- Use shock-absorbing pads that completely cover the springs, hooks and frame of the trampoline.
- Place the trampoline away from buildings, trees and other play areas.
- Consider using a net enclosure around your trampoline.

Source: Consumer Product Safety Commission



Led By

**BLANK CHILDREN'S
HOSPITAL**
IOWA HEALTH SYSTEM

Safe Kids Greater Des Moines, led by Blank Children's Hospital, is a grassroots organization dedicated to preventing unintentional injury in children ages 0-14.

For more information call (515) 241-6293 or visit www.dsmsafekids.org.

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