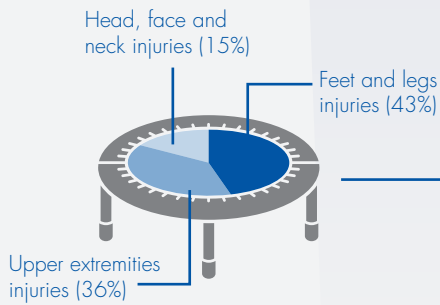


Safety Tips for Backyard Trampolines

Many New Brunswickers enjoy spending summer days on backyard trampolines, a fun way to release energy. Doctors know this activity is associated with some risks, but they can be avoided. Doctors want parents to encourage their children to get outside, and be safe!



In 2007, feet and legs were the most frequently injured body parts, followed by the upper extremities and the head, face and neck.

Six tips for safer jumping



Make sure your children are always supervised while jumping on the trampoline.

Having an adult around reinforces the rules.

6 years or over



Make sure your children are over the age of 6 (children younger than 6 shouldn't jump on trampolines).

Young children are more likely to suffer bone injuries.



Jump alone! Only one person should be using the trampoline at a time.

75% of injuries occur when there is more than one person on a trampoline.



Make sure your children use only the centre of the trampoline.

More surface area reduces the impact in case of an accident.



Make sure your children are not wearing loose clothing or jewelry.

They can distract vision or get tangled in hair while jumping.



Make sure your children are not too adventurous! Tricks and flips should not be attempted without proper spotting.

Greater injuries occur without proper training.