



Trampoline Safety

Trampoline injuries at home are common in children. Help prevent injuries by following these safety tips and simple rules when using trampolines.

Rules for trampoline use

- Only one person should use the trampoline at any time.
- Never go underneath a trampoline and stand well back if someone is using the trampoline.
- Trampolines should not be used if the padding or safety net is ripped or has come away from the springs, hooks or frame, or if the trampoline is broken or damaged.
- No one should do summersaults or complicated moves on trampolines at home.

Things to think about before you buy a trampoline...

- Trampolines are unsuitable for babies, toddlers and very young children. Always check and follow the manufacturer's instructions.
- Trampolines should have safety padding and safety nets.
- The padding should cover the springs, hooks and frames and safety nets should be secured and fastened before use.

Where will you put the trampoline?

- Trampolines should be placed on soft energy absorbing ground e.g. grassy lawn, bark chips, sand or cushioning materials. They should never be placed on hard surfaces e.g. concrete, patios, stones, paths or hard packed ground.
- Trampolines should be placed in an area that is clear of any hazards, including trees, fences and washing poles. No toys or bikes should be left in the immediate area around the trampoline.

Checking and keeping it safe...

- Adult supervision is no guarantee of safety, however, it can reduce the risks and so adults should supervise at all times when the trampoline is being used.
- Young children should not have access to a trampoline and care must be taken if a ladder is supplied or fitted to access the trampoline.
- Never allow the use of bouncing to exit, always step down and exit safely. The trampoline, padding and safety nets should be checked regularly, preferably every time before use.

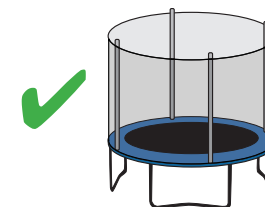
This guidance has been produced by NHS Greater Glasgow and Clyde, and is aimed at improving the safe use of trampolines. However it does not accept any liability for any loss, damage or injury arising from the use of any trampoline, whether or not this guidance has been followed.



Trampoline Safety Tips



No babies or toddlers



Padding and safety nets



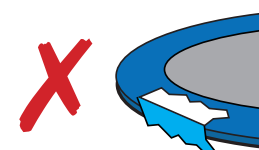
Place on soft surface e.g. grass



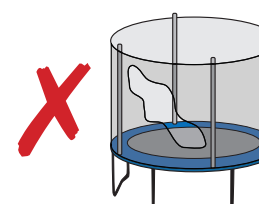
Away from trees, fences and toys



One person at a time –
use a safety net



Do not use if padding is damaged



Do not use if safety net is damaged