



## Look Before You Jump: Trampoline Safety

Most safety experts believe you're taking a dangerous leap when you decide to jump on a trampoline. That's because the rate of injuries from trampolines continues to climb sky high.

The U.S. Consumer Product Safety Commission reports that trampoline injuries have almost tripled in the last decade. It is estimated that there are 100,000 emergency room visits due to trampoline injuries each year, a few of these resulting in death. A majority of these accidents, 91 percent, happen at home.

The American Academy of Pediatrics recommends that trampolines should not be used at home. Injuries from trampoline use have been documented in American Family claim files and show that the play equipment can pose safety risks.

However, trampoline safety may be significantly improved by the following safety guidelines, including:

- » Read instructions and warnings included with your trampoline and adhere to all of the manufacturer's installation and safety guidelines.
- » Place your trampoline in a safe location.
  - On a level surface
  - On an energy-absorbing surface like sand or shredded bark
  - Away from trees, fences, poles and other structures
  - Lower the height of the trampoline to ground level by putting the trampoline in a pit, allowing for safer and easier access to the trampoline and reducing the falling height.
- » Install padding to completely cover the metal frame, hooks and springs.
- » Install a manufactured safety net that is designed to reduce the chance of falling.
- » Remove all objects and debris around and under the trampoline.
- » Restrict trampoline use to children age six and older.
- » Remove climbable objects, such as ladders, from around the trampoline to restrict unsupervised access by small children.
- » Only allow one person on the trampoline at a time.
- » Do not allow somersaults or other dangerous moves to be performed. Do not allow people to bounce then jump off the trampoline to the ground.
- » Never let children use the trampoline without direct adult supervision.

For more information about American Family's Loss Control Services, visit [www.amfam.com](http://www.amfam.com)

### DISCLAIMER

The recommendations printed here follow generally accepted safety standards. Compliance with these recommendations does not guarantee that you will be in conformance with any building code, or federal, state or local regulations regarding safety or fire. Compliance does not ensure the absolute safety of you and your home.