



INJURY PREVENTION

*... begins
with you.*

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Jumping on a trampoline may seem like a fun and easy way for children to get exercise. However, trampoline-related injuries can be serious, particularly when they involve injuries to the head and neck.

If parents choose to let their children use trampolines, here are just a few tips to help reduce the risk of serious injury.

- Do not allow children under the age of 6 to use a trampoline. They are at an increased risk of injury due to their lack of coordination and balance, lower muscle strength, and lower bone density.
- Allow only one jumper on the trampoline at a time. This prevents injuries from collisions, double-bounces, and landing on each other.
- Do not allow children to do somersaults, tricks, or flips. Stunts can lead to very serious head, neck, and spine injuries.
- Supervise children whenever they are using the trampoline to ensure they are using it as safely as possible.

Visit www.skprevention.ca/safety to learn more.

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