

Save Yourself From Trampoline Injuries

By **Richard Miller**

The growing popularity of Trampolines amongst the youth is resulting in a series of unseen accidents/injuries. It is imperative that a Trampoline user reads the full set of safety instructions/guidelines before performing any activity on a Trampoline.

For a detailed view on trampoline safety exercise. For a quick inside into a few handy tips please refer below :

- Jumping must be supervised by professional spotters or people with enough experience
- Somersaults are only allowed with permission and supervision
- Jewellery or Articles that may catch on equipment are prohibited
- Special trampolining footwear may be required

According to the findings, in a majority of cases, the injured children use the trampoline in what is called the "Imaginative" way, in one case jumping on a trampoline from a roof which leads to serious accidents.

The main causes of Trampoline injuries are:

- * Colliding with another jumper
- * Landing improperly while jumping or doing stunts
- * Falling or jumping off of the trampoline and
- * Falling onto the trampoline springs or frame and while attempting somersaults or other stunts.

Backyard trampolining can be an enjoyable and healthy activity for children if parents establish the rules, enforce them and take the necessary precautions.

First, make sure the equipment is safe:

- * Shock-absorbing pads must completely cover the springs, hooks and frame.
- * Do not allow a ladder or other device that would provide access by small children.
- * Place the trampoline away from structures, trees or other play areas.

Then, set two non-negotiable rules for the kids when they use the trampoline:

- * One person at a time.
- * No flips or somersaults.

Finally, make sure an adult is always present to supervise.