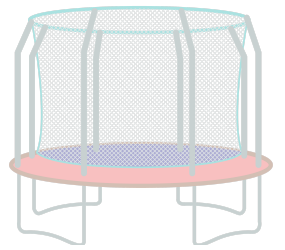


TRAMPOLINE INJURIES at the IWK HEALTH CENTRE

WHAT YOU NEED TO KNOW



999 kids visited the IWK Health Centre for trampoline injuries (2001-2015)*

83%

on home trampolines

40%

aged 10-14

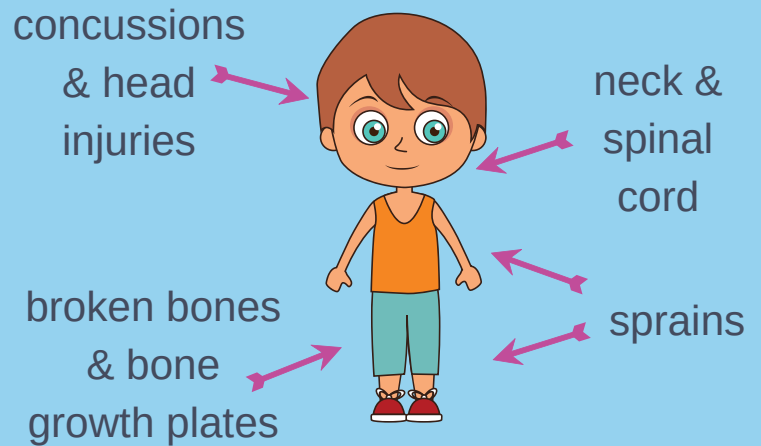
83%

more than 1 child on trampoline at time of injury

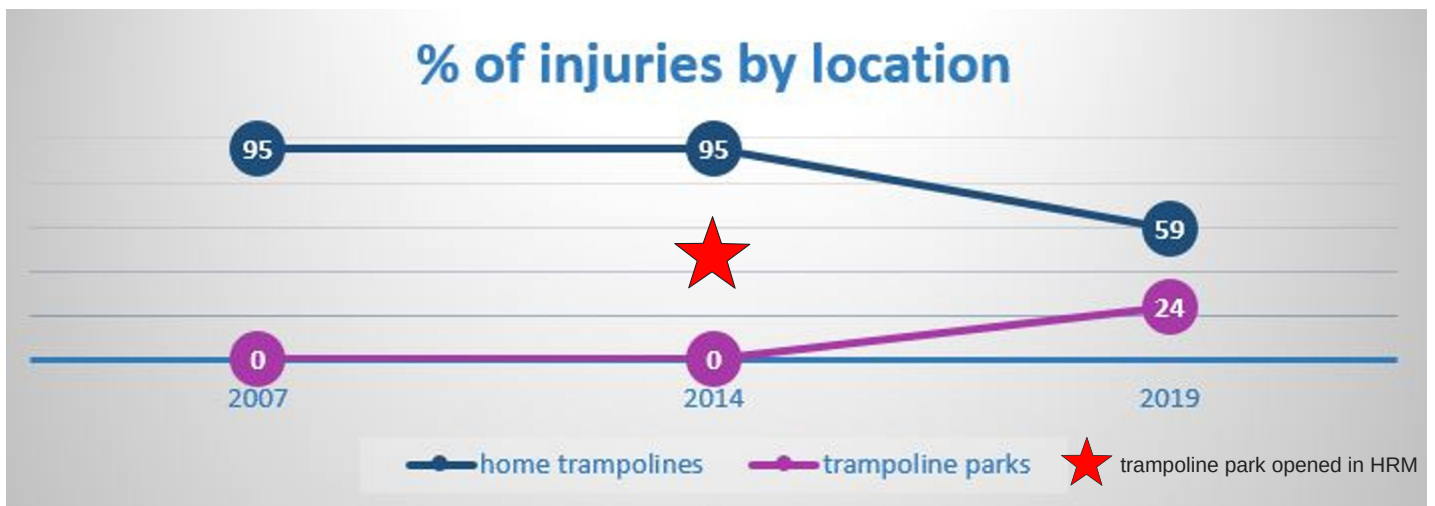
Top 3 causes of trampoline injuries

- 1** incorrect landing on the trampoline after attempted acrobatic
- 2** falls on the trampoline
- 3** colliding with another person on the trampoline

Injury Types



Trampoline Injuries at Home vs. Trampoline Park



How can trampoline use be as safe as possible?



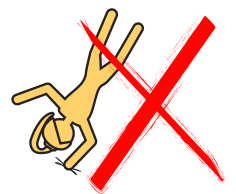
Kids under 6 should not use any trampoline



Always ensure close adult supervision



Only one person jumps at a time



Never attempt flips or acrobatics