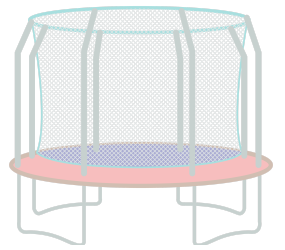


# TRAMPOLINE INJURIES at the IWK HEALTH CENTRE

## 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

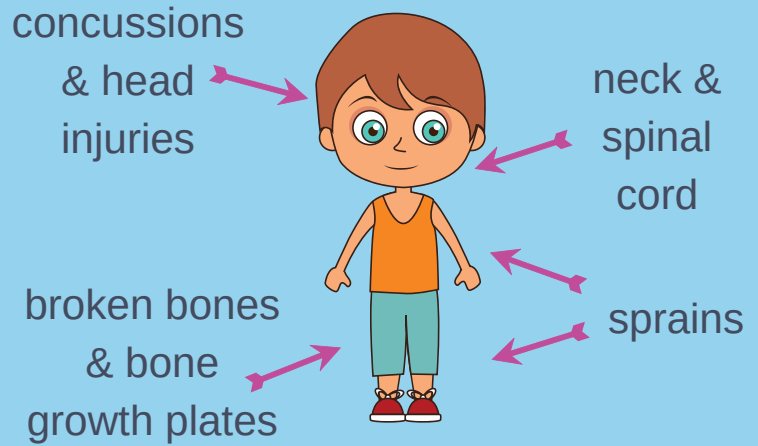
**83%**

more than 1 child on trampoline at time of injury

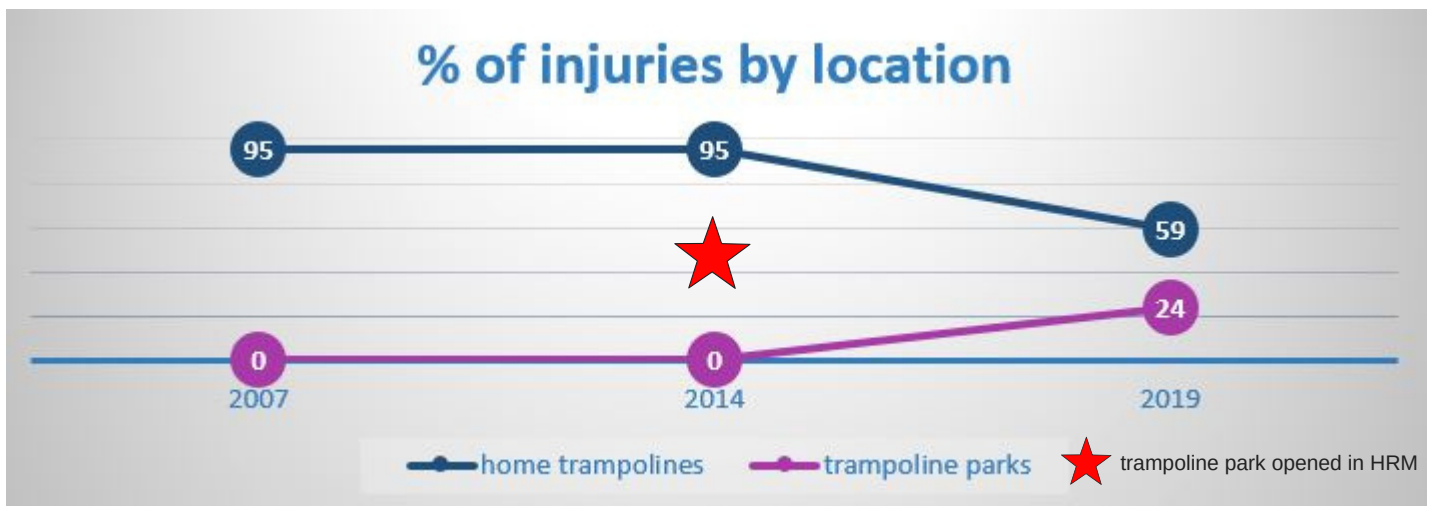
### Top 3 causes of trampoline injuries

- 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?



**Age 6+**

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