

# Safety Fact Sheet

## Trampolines

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### What is a Trampoline?

Trampolines are a popular recreational item commonly found in Australian back yards. Trampolines can assist in the development of balance and co-ordination skills in children. Unfortunately, when used incorrectly, trampolines can be very unsafe and lead to serious and sometimes fatal injuries. A growing number of Australian children are injured every year while using trampolines.



### How may a child be injured?

#### Falls

A child can fracture, sprain or dislocate their limb when falling from a trampoline. Head, face, neck and spinal injuries are also common from such falls.

#### Cuts and Bruises

Falls from trampolines can result in children sustaining cuts and bruises. This is especially true if there are hard surfaces or objects surrounding the trampoline.



#### Entrapment

Children can injure fingers if they become entrapped in the springs of trampolines when springs are uncovered.

### How common are these injuries?



Playground equipment (including trampolines) is responsible for large numbers of hospital admissions in children aged 0-14 years. Most injuries occur at home to children aged between 5 to 9 years of age.

In Victoria, Hospital admissions linked to playground equipment (including trampolines) were higher than for any other group of consumer products used by children (aged 0-14 years). In the two year period July 2002-June 2004, there were at least 7,862 hospital-treated playground equipment injuries. Of these, trampolines accounted for 1,921 (24%) of all the hospital-treated playground injuries.<sup>1</sup> There are no recent published statistics for NSW.

### Is there a Law or an Australian Standard for Trampolines?



The Australian Standard for trampolines is (AS 4989-2003). This is a voluntary standard only. Manufacturers and installers are not required by law to meet this standard. The Children's Hospital at Westmead and Kaleidoscope suggest that you purchase a trampoline that meets this standard. If you choose to purchase a trampoline that does not meet the Australian Standard, please keep in mind the safety reminders below:

#### Remember:

- Purchase a trampoline that complies with The Australian Standard AS 4989:2003.



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- Purchase a trampoline with safety pads covering the steel frame and springs.
- Safety netting around the trampoline, to prevent falls onto the ground, is recommended.
- Ensure there is a soft material surrounding the trampoline that extends at least 2 metres around all four sides of the equipment. This soft surface should be 250mm deep<sup>2</sup>.
- The trampoline should be a safe distance (at least 2 metres) from fences, walls, play equipment and garden furniture.
- Check the trampoline regularly for tears, worn areas and bending in the frame.
- Only allow one child at a time to use the trampoline.
- Ensure shoes are removed.
- Teach children to use the middle of the mat and not to jump off when finished.
- Ensure children do not crawl, sit or play under the trampoline when it is in use.
- The Children's Hospital at Westmead and Kaleidoscope recommend that children are supervised at all times by a responsible adult when using a trampoline.

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<sup>1</sup> Clapperton, A and Cassell, E, *Consumer product-related injury (1): Playground equipment and trampolines*, Hazard Edition 61, 2005. Victorian Injury Surveillance Unit. Monash University Accident Research Centre.

<sup>2</sup> NSW Department of Health, 1997

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