

Safety Guidelines To Follow When Using A Trampoline



Install the trampoline with appropriate bars, springs, nets, and harnesses.



Only one person should use the trampoline at a time.



A child should be older than six years to use the trampoline.



Always have a person supervising when jumping on a trampoline.



Avoid making gymnastic moves like somersaults on the trampoline.



Never place the trampolines on an elevated surface.



Remove the trampoline's ladder and ramp when not in use.



Regularly check the trampoline for any wear and tear.

Reference:

1. Trampoline Injury Prevention; OrthoInfo; American Academy of Orthopaedic Surgeons

