

# Dos And Don'ts Of Using A Pogo Stick



Securely buckle the helmet and knee and elbow pad in their place.

Use the pogo stick on a smooth surface for a consistent bounce.

Hold the pogo stick in a vertical position to avoid slipping.



Never use the pogo stick on slippery or uneven flooring.

Wear thick clothes and shoes to prevent friction burns.



Avoid using a pogo stick with a damaged rubber base or loose screws.

Strictly adhere to the height and weight recommendations specified by the manufacturer.



Avoid using a pogo stick if its spring is rusty to avoid jerk-induced mishaps.