

Home Safety

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Look before you leap.



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Almost two-thirds of trampoline injuries occur in children ages 6 to 14. Most of the injuries happen when more than one person is on the trampoline at the same time.


### Common injuries:

- Broken bones
- Concussions or head injuries
- Sprains and strains
- Bruises, cuts, scrapes
- Chest injuries
- Neck and spinal cord injuries

### To avoid injuries:

- Allow only one person at a time on the trampoline.
- Set ground rules and always have an adult present to enforce them.
- Do not attempt back flips or somersaults.
- Avoid jumping too high.
- Keep the trampoline in an open area away from trees, concrete, fences, etc.
- Stay in the center of the trampoline.
- Always use a safety net around the trampoline.

Kohl's Injury Prevention Program

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3391/5M/11-09

For information on keeping your kids safe and upcoming family events, visit us at [www.safekids.chop.edu](http://www.safekids.chop.edu).

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