About 246,875 medically-treated trampoline injuries occur annually in the United States. 75 percent of these injuries occur in children 14 or younger.

The most common areas of injury are:
- Legs and feet (40%)
- Arms or hands (29%)
- Head, face or neck (20%)
- Shoulder or trunk (10%)

If your children are using trampolines, be sure to abide by the following safety tips:
- Supervise children on trampolines at all times; mere presence of an adult is not sufficient.
- Use should be restricted to a single jumper on the mat at any given time.
  - Multiple jumpers increase injury risk, particularly to the smallest participant.
- Somersaults and flips should not be permitted.
- Make sure the protective padding is in good condition and appropriately placed.
- Inspect and replace protective padding, net enclosure, and any other damaged parts regularly.

Information provided by the American Academy of Pediatrics and Nationwide.
Jumping Safely:

- Children age five and under should not be permitted on a trampoline.
- Never allow children to bounce off the trampoline.
  - Encourage them to stop bouncing, walk to the edge, sit and slide off.
- To prevent young children from getting on without supervision, do not leave a ladder or chair near the trampoline.
- Never permit children to play on a wet trampoline.

Best Area For A Trampoline:

- Find a clear, flat area free from potential hazards, such as fences, hedges, trees, wash lines or other equipment.
- Do not place the trampoline on concrete, asphalt or other hard surfaces.