

### **Surgeons urge the public to exercise caution when using garden trampolines**

As a result of the ongoing COVID-19 outbreak, plastic, orthopaedic and hand surgeons are gradually being called upon to maximise their support in treating those with severe illnesses outside their normal specialty. To help ensure that these specialist surgeons can focus on the patients most in need, BAPRAS and BSSH are calling on the public to take extra precautions to avoid unnecessary injury in the coming months.

With the closure of schools during the ongoing COVID-19 crisis, we understand that families with children are spending more time at home, and participating in activities such as trampolining.

While we appreciate the needs for children to keep fit and occupied during this time, it is vital to remember that surgical resources are limited, and injuries resulting in hospital visits increase personal risk. Trampoline use can cause serious injuries that require reconstructive surgery, including to the head and neck, elbow, wrist and hand. The most common cause of trampoline-related injuries is bad landings.

Recommended guidance on how to use trampolines safely includes:

- All children should be supervised or “spotted” when on the trampoline
- Trampolines are not suitable for children under six years of age
- Take turns, one at a time. 60% of injuries occur when more than one person is on the trampoline. The person weighing less is five times more likely to be injured
- Don't allow somersault or risky complicated moves – unless trained and highly skilled
- Never allow a bouncing exit
- Consider models with safety netting as part of the design
- Ideally, place the trampoline on energy absorbing ground, such as a soft and springy lawn, or bark wood chip, sand or other cushioning material

President of BAPRAS, Mark Henley commented:

“Trampoline accidents can lead to serious injuries including fractures to the wrist, neck and even spine. We urge the public to exercise extra caution and vigilance when family members are using trampolines or partaking in other similar activities at home. Please take care of yourself and your family members and be mindful that during this national emergency, access to emergency trauma is highly likely to be compromised.”

BSSH President, David Warwick added:

“Hand and wrist injuries can be very time-consuming for surgeons during a period in which we need to focus on dealing with the effects of Coronavirus. Using a trampoline puts you and your children at risk of hand injuries which may not be treatable as quickly or effectively as during normal times. I therefore ask that the public please be extra careful in these challenging circumstances.”