

Summer fun safety

Trampoline safety tips

- Trampolines are not toys
- Children under the age of 6 should never use trampolines.
- Only one person should be allowed to jump at a time.
- There must be adult supervision at all times.
- Do not jump with any sharp objects in hand, like a rock or a pencil.

If a child **falls** from a trampoline and has any of the following signs, take your child to the Emergency Department right away:

- Loss of consciousness
- Signs of a concussion
- Acting strangely
- If there is any swelling or tenderness to the injured area
- If the bones are pliable

Types of Trampoline Injuries:

Collisions, falls and improper landings from trampolines can cause severe harm, and the youngest kids are the ones most at risk.

- Back Injuries
- Neck and head Injuries
- Cervical Spine Injury
- Ankle Injuries
- Organ Damage

Serious fractures can occur when jumpers bump into each other and try to do stunts results in falling off the trampoline or falling onto the frame or springs of the trampoline.



ATV Safety



All-terrain vehicles (ATVs) are popular among outdoor enthusiasts of all ages who ride them through trails, fields and off-highway vehicle parks.



To reduce your risk of injury, follow these **safety tips**:

- Always wear an approved helmet, appropriate footwear and other protective gear when driving an ATV.
- Do not allow ATV drivers to carry passengers.
- Ensure that all ATV drivers read and understand the vehicle's operating manual, including any limitations associated with the ATV and the terrain where it will be used. Do not drive ATVs on paved roads
- Check local and state regulations governing ATV use.
- Make sure that all ATV drivers and riders get safety training and practice experience operating an ATV.
- Never let young children drive an ATV.
- Do not permit children to drive or ride **adult** ATVs.
- Never drive an ATV under the influence of drugs or alcohol.
- Make sure that you have at least one working communications device with you when you drive or ride an ATV so you can call for help in an emergency.

Traumatic Brain Injury

Some of the most serious non-fatal ATV injury problems include traumatic brain injury (TBI), permanent concussions, neurologic injuries, spinal cord injuries, neck injuries, fractures and dislocations, in addition to chest and abdominal injuries. TBI can occur when an ATV rider hits his or her head in an accident, crash, or rollover. Often, the person involved in the crash may not even appear to be injured.