

Lager, wine, and trampolines do not mix, warn doctors

Letter: Trampoline injuries - how to avoid injury, BMJ online

As temperatures rise, doctors warn that more children are likely to attend hospital with trampoline related injuries - especially after bouncing with adults.

In a letter to this week's BMJ, Dr Andrew Bogacz and colleagues at Ninewells Hospital and Medical School in Dundee analysed 50 cases presenting to their accident and emergency department over six weeks and compared them with the safety guidelines of the Royal Society for the Prevention of Accidents (RoSPA).

They found that the most important factor associated with trampoline injury is having many users on a trampoline at one time, with the lightest person five times more likely to be injured.

The severity of the injury also increases with the mismatch between child and adult weights, they explain. For example, a child of 20 kg can experience a force equivalent to a 3.5 m fall when bouncing with an adult of 80 kg.

Adult supervision is also crucial in preventing trampoline injuries, they add ... "to ensure safety guidelines are followed, exuberance is controlled, and help is provided with setting up and dismounting from the trampoline."

Finally, they point out that children have been hurt while being supervised or bouncing with adults who have been drinking at a summer garden party. "Adults, please note that lager, wine, and trampolines do not mix," they conclude.

Source: *BMJ press release: 3 June 2009*