**Safety fears over trampolines as soaring numbers of children suffer broken bones, concussion and sprains**

* **Sydney Children's Hospital looked at trampoline-related admissions**
* **Typical injuries included broken bones, cuts and concussions**
* **Called for guidelines to reduce accidents at indoor trampoline centres**
* **A&E departments in US and UK have reported soaring incidents numbers**

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It's an increasingly popular trend among children and even adults the world over.

But experts have warned bouncing on a trampoline is causing a surge in injuries which are clogging up A&E departments.

The number of people being rushed to hospital with broken bones, cuts and concussions is soaring with the craze.

In fact, more youngsters are thought to end up in hospital from trampoline-related injuries than skateboarding, rollerblading or playing football.

The problem has become so rife Australian doctors are calling for the child's play to be considered a 'public health concern'.

In the latest study, researchers found 40 children needed medical treatment at Sydney Children's Hospital in just six months after visiting an indoor trampoline centre.

While most of the injuries sustained were for bruises and sprains, more than a third had suffered broken bones from taking an awkward tumble.

They reviewed the medical records of children under the age of 17 between July 2014 and January 2015.

During the six months, 40 children aged between one and 10 needed treatment.

Most were hurt landing badly but there were eight cases where the injury was the result of several people using the trampoline at the same time.

Five were attempting somersaults or flips at the time but most had simply been jumping.

Six children were injured when they landed awkwardly on something including the protective padding designed to prevent falls through the spring mechanisms.

Over half suffered a bruise or sprain but more than a third fractured elbows and ankles.

Five of the youngsters (12.5 per cent) needed surgery and had to be admitted to hospital.

Accidents from trampoling are also the bane of emergency departments in the US and UK.

Earlier this month, the American Academy of Paediatrics recommended against children using trampolines at home or parks.

Its advice follows a 12-fold increase in trampoline park-related injuries in the five years up to 2014.

And shocking figures from the Royal Society For The Prevention Of Accidents (RoSPA) suggest such injuries account for up to 50 per cent of A&E admissions in the UK when it comes to injuries sustained at home sustained by children under 14.

Last year, a poll by ITV's This Morning poll found that 70 per cent of parents worry about the safety of their children on trampolines.

Dr Ranj Singh appeared on the ITV show to confirm that it is creating an increasing problem for medics.

He said: 'We see about 11,000 injuries presented to hospitals each year from trampolining.

'Although trampolines are fun and it's trampolining season, and there is a big boom in sales, they have to be used appropriately, you have to be careful with them.

'Kids will always want to go on them in groups but it should be one at a time. Ideally you should bounce in the middle.

'Make sure they are supervised and that the trampoline is the appropriate age for the children.

'Set it up in an area with soft ground so if they fall off it they land on a softer surface.

'Most injuries will likely be minor but it is possible to do yourself some damage so get checked out if you fall, particularly if you hit your head.'

Australian researchers have now called for national safety standards to ward off a potentially rising injury toll.

The study has been published in the BMJ.

Read more: <http://www.dailymail.co.uk/health/article-3741775/Safety-fears-trampolines-soaring-numbers-children-suffer-broken-bones-concussion-sprains.html#ixzz4NQnQIV41>   
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