

Safety Fact Sheet



The Utah Safety Council cares about your safety outside of the work setting. We offer resources that keep you and your loved ones safe at home, at play and on the go.

HOME EXERCISE EQUIPMENT

Whether you got a new treadmill for Christmas or you are pulling out the old stair climber in an effort to start moving again, the Utah Safety Council warns parents and caregivers to keep children away from home exercise equipment. The U.S. Consumer Product Safety Commission estimates that each year over twenty five thousand children are injured with exercise equipment. Last year, fractures and even amputations were reported in 20 percent of exercise equipment related injuries.

Here are some tips to stay safe when using exercise equipment:

- Set boundaries with children that exercise equipment is never to be played with, it is not a toy.
- It's best to keep exercise equipment in a separate room that children do not have access to, if that is not possible, store it or lock it so children cannot get to it.
- Some elliptical trainers and stationary bikes come with locking mechanisms that prevent potentially hazardous parts from moving, use these or find out how to obtain them through the equipment manufacturer.
- Always keep exercise equipment unplugged anytime that it is not in use.
- Make sure that each person using a treadmill knows where the emergency pull cord is located and how it works.
- Never leave free weights, especially barbells, in an unstable position.
- Clip the treadmill safety key onto your clothing. Do not leave it dangling or wrapped around the handle. All treadmills come with safety clips that will turn the treadmill off if the runner falls. When the treadmill is not in use, keep the safety key out of reach of children, as it is required to activate the machine.
- Accelerate and decelerate gradually. It's a good idea to start a treadmill on the lowest speed setting possible and then increase the rate gradually, as some treadmills can accelerate with surprising speed. When you're finished exercising, lower the speed of the belt gradually and step carefully to the non-moving platforms at the sides of the machine.
- Keep gym equipment in a room that has a door which can be locked.
- Position the equipment so that you have a clear view of your surroundings, and avoid distractions by music or television, especially when children may be present.
- Keep folding machines stored and secured in the folded position.
- Parents should keep home exercise equipment locked and unplugged so that children can't activate the machines on their own
- Wash your hands thoroughly before and after exercise. After touching weights and machine handrails, try your best to keep your hands away from your eyes, nose, ears and mouth until you can lather up.
- Wash and sterilize your water bottle regularly.

Source: nachi.org