

## For further information

Publications can be ordered through the ACCC Infocentre or downloaded from the ACCC website.

## Safety alert brochures:

*Babies dummies*  
*Baby bath aids*  
*Baby walkers*  
*Bunk beds*  
*Cots*  
*Hot water bottles*  
*Household furniture hazards for kids*  
*Prams and strollers*  
*Toys*

## Safety guides:

*Keeping baby safe: a guide to nursery furniture*  
*Keeping baby safe—DVD*  
*Safe toys for kids*

## ACCC contacts

ACCC Infocentre 1300 302 502  
For information in languages other than English,  
call 131 450 and ask for 1300 302 502.

[www.accc.gov.au](http://www.accc.gov.au)

Callers who are deaf or have a hearing or speech  
impairment can contact the ACCC through the  
National Relay Service [www.relayservice.com.au](http://www.relayservice.com.au)

TTY or modem users—  
phone 133 677 and ask for 1300 302 502.

Voice-only (speak and listen) users—  
phone 1300 555 727 and ask for 1300 302 502

## Remember

**Keep young children  
away from treadmills.**

**Always supervise older  
children if they are using  
a treadmill.**

For further information contact  
ACCC Infocentre on 1300 302 502  
[www.accc.gov.au](http://www.accc.gov.au)  
GPO Box 3131 Canberra ACT 2601

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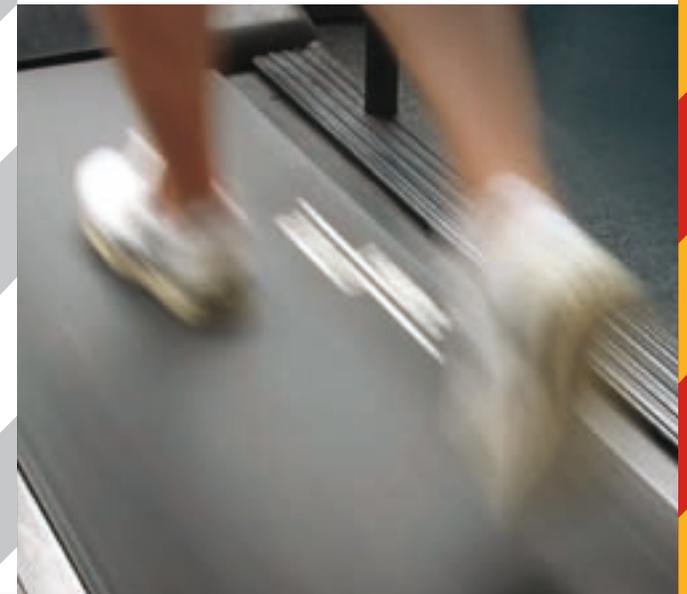
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**SAFETY ALERT**

# Domestic Treadmills



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## SAFETY HAZARD

### Domestic treadmills

Over the last three years, more than 100 serious accidents associated with treadmills have occurred in Australian homes.

Treadmill exercise can be a convenient way to keep in shape and improve your aerobic fitness at home.

However, if you use a treadmill at home and have young children—your child could be at risk.

Young children are most at risk of injury from treadmills. Injuries occur when a child contacts the walking tread while it is in motion, causing serious skin burns and in some cases requiring the child to undergo a skin graft.

Children have climbed on treadmills in use, causing them to be thrown off. In one case a folded treadmill fell on top of a young child.

**Protect your children—follow the safety guidelines in this brochure.**

### How can a child be injured by a treadmill?

Most serious injuries occur when children try to touch or climb on a treadmill while it is being used. They may approach the treadmill without the user noticing until it's too late.

If a child touches the walking belt while it is in use, they can receive serious friction burns very quickly, or their fingers and hand can get caught in the gap between the belt and the frame or the floor. Injuries generally occur faster than the treadmill user can react.

### How do I prevent injury?

It is best to use your fitness machines in an area that is not accessible to a young child.

If you can't keep the machine in a child-free area, either place child-proof barriers around the machine or situate it in a position where you can easily see a child approaching you.

Always keep young children away from fitness machines when they are in use and make sure they can't reach any moving part.

## Make your home a safe place for children

### SAFETY CHECKLIST

#### Before you buy

- ✓ Select a machine with protective covers to keep little fingers and hands away from as many moving parts as possible.
- ✓ Check that the machine has a safety stop switch to stop it quickly in case of accident.

#### Safety at home

- ✓ Understand how to operate the treadmill and learn about the safety functions of the machine.
- ✓ Consider placing the treadmill in a separate room away from young children. If this is not possible, use safety barriers to keep children away from the machine.
- ✓ Before using the treadmill ensure children cannot reach or touch the machine.
- ✓ Keep the area around the treadmill clear of objects.
- ✓ Wear protective shoes suitable for walking or running when you are using the treadmill.
- ✓ Keep the treadmill unplugged from power when it is not in use.
- ✓ When storing the treadmill, especially if it is folded, place it well away from a child's reach.

# Domestic Treadmills

SAFETY ALERT



### Remember

**Do not allow young children near a moving treadmill.**

**Always supervise older children if they are using a treadmill.**