

# Prevention of Treadmill Burns

## Factsheet

Treadmills can cause full thickness friction burns in a split second. These burns often require skin graft surgery to heal. This type of injury has been reported as an increasing issue in Australia, America and the United Kingdom. These injuries are most common in the 0-4 year age group when these very young children get their fingers caught in the moving belt; or in older children when they fall from the moving belt.

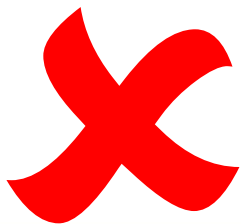


### CHILD SAFETY

- ✓ Do always store a treadmill out of children reach.
- ✓ Do ensure the treadmill has a permanent attached warning label to act as a constant reminder of dangers to young children.
- ✓ Do ensure children cannot reach or touch the machine before using the treadmill.
- ✓ Do use in a room away from young children. If this is not possible, always use safety barriers to keep children away.
- ✓ Do choose a treadmill with protective covers to keep little fingers away from moving parts.

### GENERAL SAFETY

- ✓ Do ensure your treadmill has a safety stop switch **and use it**.
- ✓ Do understand how to use the treadmill and its safety functions.
- ✓ Do wear protective shoes suitable for walking or running when using the treadmill.
- ✓ Do keep the area around the treadmill clear of objects.



- ✗ Do not allow young children near a moving treadmill.
- ✗ Do not allow children to use the treadmill without adult supervision.



### First Aid for all Burns

If you, or someone you know is burnt, take the following actions:

1. Remove clothing and jewellery
2. Apply cool running water to the burn for **20 minutes**
3. Cover burn with clean cloth and keep the patient warm  
**Do NOT use ice, butter, creams, etc**
4. Seek medical attention for any burn bigger than 3cm, or with blisters, or if any other concerns are present