Prevention of Treadmill Burns

AAAZBA Australian & New Zealand Burn Association

Factsheet

Care • Prevention • Research • Education

Treadmills cause full thickness friction burns in a split second. These burns often require skin graft surgery to heal. This type of injury is the 5th most common type of burn in Australia*.

Treadmill burns are most common in the 0-4 year age group when very young children get their fingers caught in the moving belt; or in older children when they fall from the moving belt.

*Data obtained from Burns Registry of Australia and New Zealand (BRANZ) 2020



CHILD SAFETY

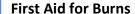
- ✓ Do always store a treadmill out of children reach.
- ✓ Do ensure the treadmill has a permanent attached warning label as a constant reminder of dangers to young children.
- ✓ Do ensure children cannot reach or touch the machine before using the treadmill.
- ✓ Do use in a room away from young children. 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 treadmill without adult supervision.



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

- 1. Remove clothing and jewellery
- Apply cool running water to the burn for 20 minutes
 (effective up to 3 hours after injury)
 Spraying water or alternating wet cloths can help if limited water
 If no water available a hydrogel burn first aid dressing can be used
 until water available.
 - Caution use on large %TBSA due to hypothermia
 - Do NOT use ice, butter, creams or alternatives
- 3. Cover burn with clean cloth and keep the patient warm
- 4. Seek medical attention for any burn bigger than 3cm; or with blisters; or if any other concerns

