

Prevention of Treadmill Burns

Factsheet

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.



First Aid for 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** (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