

Treadmills and kids don't mix!



More than 100 Australian children have been injured by treadmills at home.

Severe injuries occur when hands and feet touch the rotating belt or get caught in it.

Friction burns that result can be so bad that skin grafts are required leaving scars for life.

Treadmills are great for fitness but can be dangerous to young children.

Child safety tips:

1. If you can, use your treadmill in a room away from young children.
2. If this is not possible:
 - use safety barriers to protect children from getting hurt
 - do not use your treadmill when young children are around.
3. When not in use always keep your treadmill unplugged.

