

S • THINK • LS
SAFETY FIRS



TREADMILLS

Using a treadmill at home is a convenient and great way to get fit. However, if you have young children you need to take care.

Think safety first with these helpful tips.

- **Keep children away**

Always keep young children away from your treadmill when you have it plugged in. Contact with the moving belt can cause serious friction burns to children.

- **Know the safety features**

Read all the operating and safety instructions. Make sure you learn how to stop the treadmill quickly in case of an accident.

- **Hide the operating key**

Don't leave the operating key (safety key) in the treadmill. Children should never be able to operate the treadmill, especially when you're not in the room.

- **Pick a safe location**

If you have children, put your treadmill in a separate room to prevent them from treating it as if it were a toy. Better still, put it in a lockable room.

- **Clear the area**

Make sure there is plenty of empty space directly behind your treadmill. This will act as a buffer in case you fall. If possible, face the treadmill towards the room's entry point so you can see when a child approaches.

- **Turn off after use**

Don't leave a running treadmill unattended, even for short breaks. After each workout, make sure you switch off the power at the wall and unplug the cord from the power point.

For more information on product safety visit www.qld.gov.au/fairtrading