

# Learn or Burn



Treadmill Burns



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The Australian  
Professional Firefighters  
Charity Foundation.**

Non-English speaking: for information in languages other than English, call the Interpreting and Translating Centre and ask them to call The Department of Health. This service is available at no cost to you, contact (08) 8226 1990.




**Government  
of South Australia**

SA Health



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A rise in the number of homes with gym equipment has led to infants and children especially aged five years or younger being treated for severe friction burns.

These are a result of children getting their hands or fingers caught in the conveyor belt of treadmills.

They often cause full thickness friction burns with many requiring skin grafting which can affect the long-term function of children's fingers and hands.

## How can I reduce the risk of my child being injured?

- > Supervise children's activities at all times.
- > Take steps to keep treadmill equipment out of children's reach.
- > Use exercise equipment when children are not at home or are in bed.
- > Fence the area where exercise equipment is stored.
- > Playpens should be used when exercising with a toddler in the room.
- > Do not place treadmills up against a wall.

## First aid for all burn injuries

- > Remove any clothing
- > Apply 20 minutes of cool running water
- > Cover with a clean cloth or clean plastic cling wrap.
- > Seek medical advice if the skin is broken or the area is larger than a 20 cent piece.

## Where can I get more information?

### SA Health

Women's and Children's Hospital Burns Service  
Phone (08) 8161 7000

Royal Adelaide Hospital Burns Unit  
Phone (08) 8222 4000

Parent Helpline (24 hr service)  
Phone 1300 364 100

Search for 'burns' on these websites:

- > [www.wch.sa.gov.au](http://www.wch.sa.gov.au)
- > [www.cyh.sa.gov.au](http://www.cyh.sa.gov.au)

### Kidsafe

Phone (08) 8161 6318