

Learn don't burn



Treadmill burns



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If you do not speak English, request an interpreter from SA Health and the department will make every effort to provide you with an interpreter in your language.



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A rise in the number of homes with gym equipment has led to infants and children needing treatment for severe friction burns.

These burns 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. This 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 and jewellery. Clothes hold in the heat and can make a burn worse.
- > Never use ice, butter, toothpaste or creams.
- > Apply 20 minutes of cool running water.
- > Cover with a clean cloth or clean plastic cling wrap (do not use cling wrap for the face).
- > Seek medical advice if the skin is broken or the burn 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
- > www.cyh.com

Kidsafe SA

Phone (08) 8161 6318