

Mayo Clinic News Network Headline

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Treadmill Safety

Video	Audio
Vivien Williams on-camera	Hi I'm Vivien Williams with a Mayo Clinic News Network Headline.
broll	You might have a treadmill at home, and they're certainly a common piece of sports equipment at the gym. They're great for exercise, but accidents do happen. According to Mayo Clinic sports medicine specialist Dr. Jacob Sellon, some of the treadmill-related injuries he sees are sprains, strains and abrasions. But more serious injuries such as head, spine or limb trauma can be serious issues. Here are some tips on how to stay safe: keep children away during use, make sure there's 6 to 7 feet of space behind the treadmill, know where the emergency stop button is, wear the safety key so it shuts off if you fall, keep your eyes focused forward and let the belt stop completely before you step off. All ways to stay safe while getting exercise on a treadmill.
Vivien Williams on-camera	And that's today's Mayo Clinic News Network Headline, I'm Vivien Williams