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OFFICE OF  
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Dear Tom:

We are requesting that a bright red warning label similar to the enclosed xerox sample, be placed on both uprights of all manufactured, publically available bench presses (single units, combination units/bench-press-leg extension-leg curl devices, flat, inclined, adjustable and non-adjustable devices). We are making this request based on the incidence of deaths we have tracked over the past two decades by studying US CPSC Death Certificate, Accident Investigation, and Reported Incidents files, and the National Electronic Injury Surveillance System (NEISS).

Since January of 1999, at least 20 deaths have been associated with weight training (Weight Lifting Product Code 3265)—at least 19 occurred in the home, at least 14 involved asphyxia, and 12 the bench press. This supports our previous evaluation of a 378-day period from March of 1991 to April of 1992, during which time one dozen weight training- associated deaths occurred—11 involved males in the home, 11 with the bench press, and 11 asphyxia/anoxia with chest or neck compression. The records may be delayed by as much as 1.5-3 yr from the time of incidence until the time of recording, so that we expect other deaths have occurred, but are yet to be reported.

Our primary goal is to raise public awareness so as to minimize senseless deaths and injuries associated with the use of weight/resistance training/weight lifting equipment. This is increasingly important in light of the dramatic surge in elderly participation in strength trainging. In January of 2001, a 70-yr male was found dead in his garage in Virginia Beach, Virginia with a 100-lb barbell across his neck. As indicated in the attachments, deaths in the older population have been associated with other equipment including treadmills and bicycle ergometers. We desire to help ensure that using weights can be safe for all Americans and to promote the safe use of weight training equipment for improving multiple components of health-related fitness. To help achieve these goals, we would be delighted to discuss or present our findings in detail. Please contact me personally for additional information.

Sincerely,

V. Patteson Lombardi, PhD  
Research Assistant Professor  
Human Biology & Medical Physiology  
Director, Biology Advising Center  
University of Oregon  
/vpl

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Patteson  
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DEPARTMENT OF BIOLOGY

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**WARNING: FATAL DANGER**

**This equipment has been associated with death when adults use without a spotter, or children are unsupervised. Please use only according to manufacturer's guidelines. It can make the difference between life and death.**

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JAN1999-DEC 2002 US Weight Training-Associated Deaths (1)

Date	Age	Gen	City	State	Mechanism	Exer/Equip
010599	31	♂	Akron	OH	Asphyxia	Bench Press
021199	42	♂	Washington	DC	CNS trauma	MP/C&J?
102699	10	♂	Riverdale	MD	Asphyxia	Machine?
111399	27	♂	Clinton	IA	Asphyxia	Bench Press
120799	52	♂	Washington	DC	Asphyxia	Row + Chain

JAN1999-DEC 2002 US Weight Training-Associated Deaths (2)

Date	Age	Gen	City	State	Mechanism	Exer/Equip
010200	22 yr	♂	Lakewood	OH	Asphyxia	Pullover Belt?
051500	49 yr	♂	Schenectady	NY	CNS trauma	Squat? BP?
061800	12 yr	♂	Johnson City	TN	Asphyxia	Lat/Tri straps?
081700	4 yr	♂ <sup>o</sup> ♀	Jacksonville	NC	Chest trauma	Bench Press
111000	25 yr	♂	Knoxville	IA	Asphyxia	Bench Press +
112600	29 yr	♂	Waterford	CT	CNS trauma	BNP?

JAN1999-DEC 2002 US Weight Training-Associated Deaths (3)

Date	Age Gen	City State	Mechanism	Exer/Equip
012101	70 yr ♂	Virginia Bch VA	Asphyxia	Bench Press
012301	37 yr ♂	Richmond TW MI	Asphyxia	Bench Press
012701	22 yr ♂	Nuerces Co TX	Chest trauma	Bench Press?
052201	26 yr ♂	Buffalo NY	Asphyxia	Bench Press
061901	50 yr ♂	Orlando FL	CNS trauma	Free weights?
010602	50 yr ♂	Unknow MN	Asphyxia	Bench Press