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LOG OF MEETING
DIRECTORATE FOR ENGINEERING SCIENCES

SUBJECT: Meetings of ASTM Subcommittee F08.30 - Fitness Products

DATE OF MEETING: December 10-11, 1997

PLACE: Sheraton
San Diego, CA

LOG ENTRY SOURCE: Scott Heh, ESME

COMMISSION ATTENDEES: Scott Heh, ESME *AK*

NON-COMMISSION ATTENDEES: Available upon receipt of meeting minutes.

SUMMARY OF MEETINGS

12/10/97

The group reviewed data provided by CPSC staff on treadmill incidents over the past several years. Some of the reported injuries involved finger pinching/entrapment and falls from the treadmill that were sometimes related to sudden stops or starts. There were also a few reported incidents of overheating and fires.

The group discussed the development of a new standard for treadmills. We reviewed a working draft standard and discussed provisions relating to: (1) pinch and shear points, (2) dimensional requirements for the moving tread, deck rails, hand rails, etc., (3) endurance testing for both the tread and the electronic controls, (4) electrical provisions to prevent overheating and fire hazards, (5) maximum acceleration and deceleration of the treadmill, (to prevent falls due to sudden starts or stops), and (6) product markings, warnings, and owners manual requirements.

12/11/97

The first items for discussion were proposed revisions to ASTM standard F1250 on Stationary Exercise Bicycles. The group examined provisions in the latest European standard on stationary exercise bicycles for possible inclusion in the ASTM standard. One part of the European standard that may be adopted is to define certain types of non-free wheeling exercise bicycles with an "inertia quotient." Bikes that exceed a certain inertia quotient would be required to have warning labels about potential injury if the pedals are stopped suddenly. The group is also working on test procedures to test for handlebar attachment security and on issues related to labels for user weight restrictions.

The next item was a discussion of a new standard that establishes guidelines for the design and manufacture of 'selectorized strength equipment.' One example of this type of equipment is a leg press machine that allows the user to select a weight by placing a pin at the desired location within a weight stack. The group discussed proposed provisions for handgrips, cables, belts, chains, and pulleys. They also discussed proposed provisions for various guards/enclosures to reduce the risk of squeeze and shear point hazards.

The group also worked on a draft for a new standard that would apply to the general class of products characterized as fitness equipment. It would establish parameters for the design and manufacture of safe fitness equipment that is used by an individual for the conditioning of specific or multiple muscles of the body. The group continued work on developing provisions to address pinch/shear hazards, feet/hand slippage, and structural integrity issues. There was extensive discussion and no final resolution on where to set the number of use cycles to represent a product life. This is a challenging issue since the standard applies to a general class of equipment that encompasses many different products.

The Subcommittee agreed to meet again during the Sporting Goods Manufacturers trade show in February 1998 to continue work on the various working standards and standard revisions. The Subcommittee's goal was to have a draft treadmill standard substantially completed by the next ASTM F08 meetings in May 1998.

cc: Sue Kyle, EHHA
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OS (2)
ES
File