Engaging in workouts is a lot of fun. Getting hurt is not. Audrina Gan shows you ways to prevent injuries so you can stay in the game.

Before starting a new workout routine, you should ask your doctor to evaluate your health and ability to handle the exercise. If you are embarking on strength training, beginning with machine weights may be a good idea. According to the American Council on Exercise (ACE), using machine weights may be safer for beginners, because they ensure proper form and put less stress on muscles and joints.

When using exercise equipment, make sure the gear is able to handle the workout. Inappropriate exercise equipment can bend, break or tip over and can cause injuries that can range from pinched fingers to lacerations, crush injuries and even broken bones. Most exercise equipment will have a label that indicates if it has been tested or rated for safety and will also give details about weight limits and suggested safe age ranges for the equipment.

**DO IT RIGHT**

Here are some general Dos and Don’ts when buying and using exercise equipment like treadmills, elliptical trainers and exercise balls.

**Treadmills and Elliptical Trainers**

**DO**
- Check the label: you need to know what you’re buying and if it meets your needs. Look at the recommended use. Is it age-appropriate? Can your body deal with the stress?
- Test the product before buying it.
- Stay alert: keep a lookout for sharp edges, loose or missing parts.
- Read the instruction manual - choose products that have detailed and easy-to-understand instructions.
- Follow all safety instructions for use carefully, and keep them for future use.

**DON’T**
- Allow young children near or on the exercise machine, especially if it is turned on.
- Forget to unplug the exercise machine from the electrical power point when it is not in use.
- Modify the product in any way.

**Exercise Balls**

**DO**
- Ensure the exercise ball you buy is burst resistant and of the appropriate size for your body.
- Use the exercise ball in an area free of items that could puncture the ball or lead to injury if you fall. A padded floor or a mat is also protective.
- Ask someone to act as a spotter (to make sure the ball doesn’t slide out from under you) if you are using resistance equipment when on the exercise ball.

**DON’T**
- Under or over inflate the exercise ball. Inflate it until it is firm and sturdy.

**Bicycles, skateboards, scooters, in-line skates & roller blades**

**DO**
- Learn how to stop and control speed well.
- Wear a helmet, wrist guards and elbow and knee pads at all times.

**DON’T**
- Wear headphones while riding or skating
- Ride or skate near unsafe places such as roads and crowded walkways.

Administered by SPRING Singapore, the Consumer Protection (Consumer Goods Safety Requirements) Regulations (CGSR) require consumer goods to comply with applicable international or regional safety standards.

Need more information on the CGSR regulations or report an unsafe product? Visit SPRING’s website at www.spring.gov/productsafety or call their hotline at 1800-7733163.

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