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An American National Standard

Standard Specification for Fitness Equipment and Fitness Facility Safety Signage and Labels¹

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INTRODUCTION

This specification sets forth guidelines for signage and labels associated with fitness equipment and fitness facilities. Its goal is to help alert and remind users of safe practices in utilizing fitness equipment. Like any other physical activity, exercise involving fitness equipment presents a potential for injury. No label or sign alone can prevent all injuries, especially when fitness equipment is used improperly. The ultimate responsibility for preventing injury lies with the equipment owner or equipment user, or both. This specification, however, intends to promote proper fitness equipment practices through standardization of signage and label requirements.

1. Scope

1.1 This specification establishes requirements for safety signage and labels for fitness equipment as defined in 3.1.4 and fitness facilities as defined in 3.1.5. It provides for the design, placement, and minimum wording required.

2. Referenced Documents

2.1 ASTM Standards:²

Z 535.1 Safety Color Code

Z 535.2 Environmental and Facility Safety Signs

Z 535.3 Criteria for Safety Symbols

Z 535.4 Product Safety Signs and Labels

2.2 Product Safety Sign and Label System—FMC Corporation³

3. Terminology

3.1 Definitions:

3.1.1 *aerobic fitness equipment, n*—fitness equipment designed to condition a group of muscles aerobically.

3.1.2 *consumer fitness equipment, n*—fitness equipment intended for use by one person or one family unit.

3.1.3 *control panel, n*—the console on fitness equipment where the user chooses/enters an exercise routine or resistance level.

3.1.4 *fitness equipment, n*—a machine or bench designed for use in exercising specific or multiple muscles of the body.

3.1.5 *fitness facility, n*—a location where people go to use institutional fitness equipment.

3.1.6 *fitness facility equipment sign, n*—a sign designed within the scope of this specification and complying with all applicable ANSI standards that is posted within a fitness facility and alerts users to potential hazards associated with institutional fitness equipment.

3.1.6.1 *Discussion*—A fitness facility equipment sign is considered a general safety sign.

3.1.7 *free weight strength equipment, n*—strength equipment designed to accept individual weight plates or to support/accept a lifting bar with individual weight plates secured to it.

3.1.8 *general safety sign, n*—a sign addressing safe exercise practices, proper safety procedures, and the location of safety equipment.

3.1.9 *general safety sign signal word, n*—brief word(s) at the top of a general safety sign designed to draw attention to the sign.

3.1.9.1 *Discussion*—Examples of these words include *safety first, be careful* and *think*. The words *danger, warning* and *caution* shall not be used (see also *signal word*).

3.1.10 *general warning label, n*—a label designed in accordance with this specification that is affixed to a portion of the fitness equipment and draws attention to potential hazards associated with the use of that fitness equipment.

3.1.11 *hazard classification, v*—to choose a signal word based on the seriousness of the related potential hazard.

3.1.12 *institutional fitness equipment, n*—fitness equipment intended for use by numerous persons in a commercial or institutional, as opposed to a home, environment.

¹ This test method is under the jurisdiction of ASTM Committee F-8 on Sports Equipment and Facilities and is the direct responsibility of Subcommittee F08.30 on Fitness Products.

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² Available from American National Standards Institute, 11 W. 42nd St., 13th Floor, New York, NY 10036.

³ Available from FMC, P.O. Box 580, Santa Clara, CA 95052. Phone: (408) 289-3486.