



Widespread Education & Mandatory Product Warning Labels Are Keys To Preventing US Weight Training Injuries & Deaths



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5 Key Points



- Since 2008, hospital-reported, weight training injuries have increased 9-10% per year and over the past 20 yr by ~55%. Yet, if cyclic peaks and troughs continue their pattern every 5 yr, our prediction equations indicate that U.S. weight training injuries will not exceed 100,000 until March of the year 2026.
- Primary sites of injury include the lower trunk (back), shoulder, and upper trunk, but this varies based on gender and age. Females, infants and older adults have more peripheral injuries, while adolescent and adult males have more centrally located injuries.
- Since April of 2008, there have been 25 deaths associated with weight training equipment, but this is a significant underestimation due to delays in reporting time, investigations & data entry. The performance of the bench press in the home without a spotter is a high-risk, potentially deadly activity. The primary mechanism of death is neck or chest compression with asphyxiation. Males make up nearly all fatalities.
- Parents must recognize that all weights and exercise equipment are potentially fatal and must be secured to ensure inaccessibility to unsupervised children.
- Widespread education directed toward family practitioners, adults, and adolescents, as well as mandatory product warning information are the keys to preventing injuries and deaths.

U.S. Consumer Product Safety Commission NEISS Hospitals

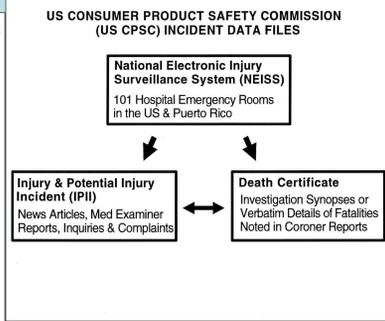
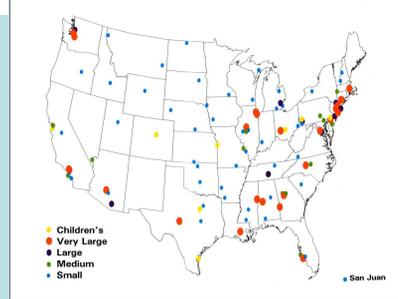
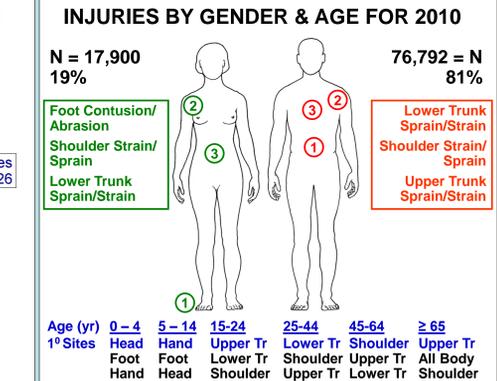
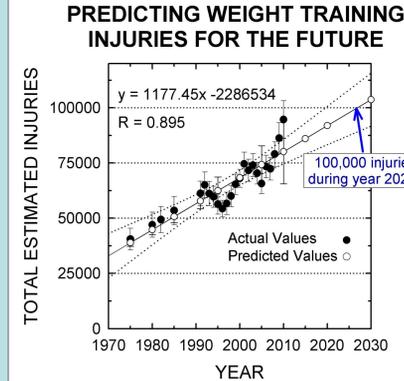


Table of CPSC incident data files with columns for case number, date, city, state, and narrative.



For ~25 yr, we have examined mechanisms of injury and death associated with resistance training by using US Consumer Product Safety Commission (CPSC) National Electronic Injury Surveillance System (NEISS), Reported Incident, Incident Investigation & Death Certificate files.

Table titled 'WEIGHT TRAINING DEATHS APR 2008-APR 2012' with columns for Case, Date, City, State, Age & Gender, Anatomical Site, Mechanism, Location, Product/Exercise, and Notes.

From 2008 until 2010, weight training injuries increased by 9-10% per yr which is the steepest incline in over a decade. For 2010, there were 94,692 hospital-reported injuries, yet based on peaks & troughs every 5 yr, injuries will not likely exceed 100,000 until March of 2026 based on our prediction equations.

Table titled 'DEATHS ASSOCIATED WEIGHT TRAINING EQUIPMENT cf: DEATHS ASSOCIATED WITH ALL OTHER EXERCISE EQUIPMENT' comparing reported incidents and deaths for weight training vs other exercise equipment.

Warning box with a red triangle icon, the text 'WARNING: FATAL DANGER', and an illustration of a person performing a bench press with a red prohibition sign over it.

Special thanks to Vicky B. Leonard, Technical Information Specialist with the US CPSC National Injury Information Clearinghouse for her invaluable help with data access.

Based on ~25 yr of data, in Mar 2003, we requested the CPSC require a warning label on all bench presses to reduce or eliminate deaths due to the common mechanism of asphyxia caused by neck/chest compression.