



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 3.1.3 and fitness facilities as defined in 3.1.4. It provides for the design, placement, and minimum wording required.

1.2 It is the intent of this specification to set guidelines for warnings and signage to be placed on fitness equipment and in fitness facilities where the intended users are ~~±~~13 years old and older.

2. Referenced Documents

2.1 *ANSI 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

3. Terminology

3.1 *Definitions:*

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

3.1.2 *control panel, n*—the console on fitness equipment where the user chooses/enters an exercise ~~routine or resistance level~~ routine, resistance level, or otherwise interacts with the machine settings.

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

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

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

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

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

3.1.7.1 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*).

3.1.8 *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.

3.1.9 *hazard classification, n*—choice of a signal word based on the seriousness of the related potential hazard.

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

3.1.11 *instruction plate, n*— a placard on fitness equipment that describes how to use the equipment properly.

3.1.11.1 Discussion—

The instruction plate, may, but is not required to, be part of the control panel.

3.1.12 *message panel, n*—the area of a warning label where the statement of hazard is placed.

3.1.13 *pictorial, n*—graphic representation that depicts or illustrates a potential hazard without the use of words.

3.1.14 *signal icon, n*—the symbol that precedes the signal word in the signal word panel.

3.1.14.1 Discussion—

This symbol is a solid black triangle with an exclamation point.

3.1.15 *signal word, n*—brief word(s)word at the top of a label designed to draw attention to that label.

3.1.15.1 Discussion—

The word(s) conveyconvey(s) the degree or level of seriousness of a potential hazard. Examples of signal words are *DANGER, WARNING, and CAUTION* (see also **general safety sign signal word**).

3.1.16 *signal word panel, n*—the location in which the signal word(s) is/areword is placed.

3.1.16.1 Discussion—

The color and placement of the signal word panel shall comply with all applicable ANSI standards and **4.2**.

3.1.17 *site specific label, n*—a label designed within the scope of this specification affixed to fitness equipment that draws attention to a potential hazard in the immediate area of the label.

3.1.18 *statement of hazard, n*—the words that describe the hazard(s) or the potential consequences, or both, of not avoiding the hazard(s).

3.1.19 *surround shape, n*—the geometric configuration surrounding a pictorial.

4. Label and Sign Classifications

4.1 *Hazard Classification*—Product safety signs and labels shall be classified according to the relative seriousness of the potential hazards. The classifications shall be noted by the signal words *DANGER, WARNING, and CAUTION*. Fitness facility signs are classified as general safety signs and shall use signal words such as *safety first, be careful* and *think*.

4.1.1 *DANGER*—Indicates an imminently hazardous situation which, if not avoided, will result in death or serious injury. This signal word is to be limited to the most extreme situations.

4.1.2 *WARNING*—Indicates a potentially hazardous situation, which, if not avoided, could result in death or serious injury.

4.1.3 *CAUTION*—Indicates a potentially hazardous situation, which, if not avoided, may result in minor or moderate injury. It may also be used to alert against unsafe practices.

4.2 *Signal Word Panel Color*—The signal word panel color shall comply with ANSI Z535.1 as follows:

4.2.1 *DANGER*—The signal word *DANGER* shall be in white letters on a safety red background. The PMS color for the background shall be Pantone 179C.

4.2.2 *WARNING*—The signal word *WARNING* shall be in black letters on a safety orange background. The PMS color for the background shall be Pantone 152C.

4.2.3 *CAUTION*—The signal word *CAUTION* shall be in black letters on a safety yellow background. The PMS color for the background shall be Pantone 108C.

4.2.4 *General Safety Sign Signal Word(s)*—The signal word(s) for this type of sign or label shall be in white letters on a safety green background. The PMS color for the background shall be Pantone 3415C.

4.3 *Multiple Hazard Identification:*

4.3.1 *One Sign or Label*—When more than one hazard situation exists in close proximity to one another, they may be addressed on the same label or sign providing that the information for each hazard is presented effectively.

4.3.2 *Level of Seriousness*—When multiple hazards are addressed on one label, the hazard with the greatest level of severity shall be addressed first. The remaining hazards shall be presented in order according to their relative levels of severity.

5. Label Design

5.1 *General Warning Label:*

5.1.1 *Hazard Classification*—Fitness equipment shall be classified as *potentially hazardous*. If attention is not paid to the conditions of equipment usage, death or serious injury could occur.

5.1.2 *Signal Word*—The signal word for this label shall be *WARNING*.

5.1.3 *Label Design*—Design of the label shall comply with the following recommendations for signal word and signal icon placement, signal word panel design and color, message style and content, and letter size and placement (see Fig. 1).

5.1.3.1 *Label Orientation*—Vertical or horizontal label orientation may be used (see Fig. 1).

5.1.3.2 *Pictorial Panel*—Pictorials may be used provided they have been tested in accordance with ANSI Z535 for user acceptance and understandability and give the user immediate recognition of the applicable hazard(s).

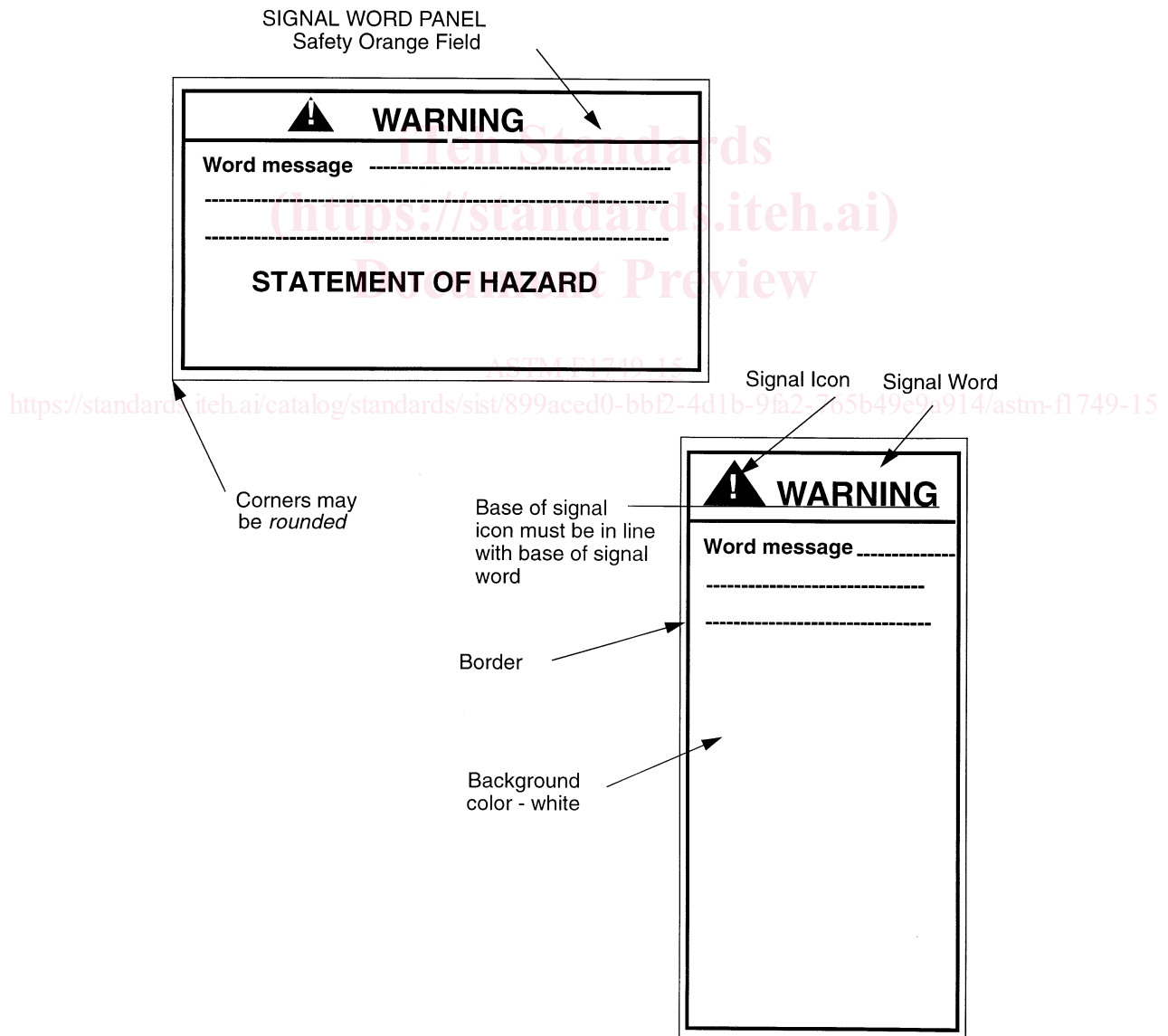


FIG. 1 Horizontal and Vertical General Warning Label Layout