

# Toddler dies after elliptical accident

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A preschooler died this week at her Calgary home after becoming trapped in some exercise equipment. The three-year-old girl got caught between the bars of an elliptical machine on Thursday, police said.

The child was apparently unable to breathe while trapped. She had been freed by the time paramedics arrived. The girl was rushed to the Calgary Children's Hospital, where she was declared dead.

"It was really a horribly regrettable accident," said Emergency Medical Service spokesman Stuart Brideaux. Police made it clear no foul play is suspected.

On Friday, grievors placed a pale pink rose and a plush Mickey Mouse doll on the front step of the family's home.

The death is reminiscent of the high-profile accident that claimed the life of former boxing champion Mike Tyson's daughter in May. Tyson's four-year-old girl died after her neck got caught in a treadmill cord at her Phoenix home, according to media reports.

According to CPSC figures, almost **5,500** children **under age 5** were treated in emergency rooms in 2006 and 2007 for treadmill-related injuries.

While most had cuts, bruises and scrapes, primarily on the hands or fingers; one child's injury involved having their finger ripped off by an exercise bike, and another injury required an amputation. **Thirty-two percent** had their hands caught in or on the treadmill, in some cases suffering serious friction burns.

The statistics we looked at tell a disturbing story, and in more than **80 percent** of the cases involving children, the victims were playing alone or unsupervised.

It is articles and statistics such as these, that endorse the need for toddlers and children to have their own child sized equipment that will not only allow them to "work out" on their own equipment, but which will hopefully encourage them to show less interest in the oversized equipment their parents use.

Children often want to mimic what mom and dad are doing, and they want to be active, so encouraging family fitness activities is a step in the right direction to instilling good habits that they will want to continue with into adulthood, and is a great way for parents and children to lead healthy, physically active lives as a family unit.