

# SAFEGUARDS

## CONSUMER GOODS AND RETAIL

HARDGOODS

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## EU - NEW SAFETY STANDARD FOR COMPLIANCE TESTING OF STATIONARY TRAINING EQUIPMENT

In June 2014 the European Commission issued a decision ([2014/357/EU](#)) confirming conformity to the General Product Safety Directive (GPSD) by the use of European harmonized standards applicable to stationary training equipment and gymnastic equipment. The references of the standards have been published in the Official Journal of the European Union.

EN ISO 20957-1:2013 Stationary training equipment – General safety requirements and test methods superseded EN 957-1:2005 in March 2014. The standard specifies safety requirements that are applicable to all stationary training equipment. The requirements of any specific standard for stationary training equipment shall take priority over the corresponding requirements of this general standard. The following main changes have been made to EN ISO 20957-1:2013 Stationary training equipment – General safety requirements and test methods:

- Clause 5.2 ‘Stability of equipment”, added the stability requirement for stationary training equipment in the folded and storage positions;
- Clause 5.3.2 ‘Tube ends”, plugs used to close tube ends must meet a minimum pullout force  $\geq 20$  N.

Shear, squeeze, rotating and reciprocating points within the accessible area has now been separated into two clauses; Clause 5.3.3. Squeeze and shear points within the accessible hand and foot area and Clause 5.3.4. Squeeze and shear points as well as rotating and reciprocating points in the accessible hand and foot area.

Clause 5.3.5 ‘Weights and resistant means”, Weights has been extended to include resistance means with stored energies (e.g. bungee cords, elastic tubes, mechanical springs) which shall move freely and return to the starting point.

### NEW ADDED CLAUSES:

- Clause 5.10 ‘Isometric test requirements” has been included for stationary training equipment designed to perform an isometric test and must display the load or force on the users body with an accuracy of +/- 10%.
- Clause 5.11 Heart rate measurement system”
- Clause 5.12 Heart rate control mode”

- Clause 5.14 Loading” which includes intrinsic loading and extrinsic loading; Intrinsic loading is the loading of the equipment with the users body mass – a force of 2.5 times the users body mass is used to ensure the equipment does not break and still functions as intended.

Extrinsic loading is the loading of the equipment of the user’s body mass or reaction forces of the user and any other forces caused by any other sources such as additional weights.

The European harmonised standards for specific types of stationary training equipment that can be used to demonstrate conformity to the GPSD are:

- EN 957-2:2003 Stationary training equipment part 2 – Strength training equipment, additional specific safety requirements and test methods
- EN 957-4:2006+A1:2010 Stationary training equipment part

The logo for SGS, consisting of the letters 'SGS' in a bold, sans-serif font. A vertical line is positioned to the right of the letters, and a horizontal line is positioned below the letters, forming an L-shaped frame around the text.

4 - Strength training benches, additional specific safety requirements and test methods

- EN 957-5:2009 Stationary training equipment part 5 – Stationary exercise bicycles and upper body crank training equipment, additional specific safety requirements and test methods
- EN 957-6:2010 Stationary training equipment part 6 – Treadmills, additional specific safety requirements and test methods
- EN 957-7:1998 Stationary training equipment part 7 – Rowing machines, additional specific safety requirements and test methods
- EN 957-8:1998 Stationary training equipment part 8 – Steppers, stairclimbers and climbers, additional specific safety requirements and test methods
- EN 957-9:2003 Stationary training equipment part 9 – Elliptical trainers, additional specific safety requirements and test methods
- EN 957-10:2005 Stationary training equipment part 10 – Exercise bicycles with a fixed wheel or without freewheel, additional specific safety requirements and test methods

#### GYMNASTIC EQUIPMENT:

European harmonised standards that can be used to demonstrate compliance to the GPSD for gymnastic equipment are:

- EN 913:2008 Gymnastic equipment – General safety requirements and test methods
- EN 914:2008 Gymnastic equipment – Parallel bars and combination asymmetric/parallel bars - Requirements and test methods including safety.
- EN 915:2008 Gymnastic equipment – Asymmetric bars - Requirements and test methods including safety.
- EN 916:2003 Gymnastic equipment – Vaulting boxes - Requirements and test methods including safety.
- EN 12196:2003 Gymnastic equipment – Horses and bucks – Functional and safety requirements, test methods
- EN 12197:1997 Gymnastic equipment – Horizontal bars – Safety requirements

and test methods

- EN 12346:1998 Gymnastic equipment – Wall bars, lattice ladders and climbing frames - Safety requirements and test methods
- EN 12432:1998 Gymnastic equipment – Balancing beams - Functional and safety requirements, test methods
- EN 12655:1998 Gymnastic equipment – Hanging rings - Functional and safety requirements, test methods
- EN 13219:2008 Gymnastic equipment – Trampolines - Functional and safety requirements, test methods

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