

## საქართველოს სტანდარტი

---

სტაციონარული ტრეინინგის მოწყობილობა - ნაწილი 6: სარბენი ბილიკები,  
დამატებითი უსაფრთხოების მოთხოვნები და გამოცდის მეთოდები

საქართველოს სტანდარტების და მეტროლოგიის  
ეროვნული სააგენტო  
თბილისი

საინფორმაციო მონაცემები

1 შემუშავებულია საქართველოს სტანდარტების და მეტროლოგიის ეროვნული სააგენტოს სტანდარტების დეპარტამენტის მიერ

2 დამტკიცებულია და შემოღებულია სამოქმედოდ საქართველოს სტანდარტების და მეტროლოგიის ეროვნული სააგენტოს 2014 წლის 21 აგვისტოს № 72 განკარგულებით

3 მიღებულია გარეკანის თარგმნის მეთოდით სტანდარტიზაციის ევროპული კომიტეტის სტანდარტი ენ 957-6:2010+A1:2014 „სტაციონარული ტრეინინგის მოწყობილობა - ნაწილი 6: სარბენი ბილიკები, დამატებითი უსაფრთხოების მოთხოვნები და გამოცდის მეთოდები”

4 პირველად

5 რეგისტრირებულია საქართველოს სტანდარტების და მეტროლოგიის ეროვნული სააგენტოს რეესტრში: 2014 წლის 21 აგვისტო №268-1.3-6084

წინამდებარე სტანდარტის სრული ან ნაწილობრივი აღწარმოება, ტირაჟირება და გავრცელება საქართველოს სტანდარტების და მეტროლოგიის ეროვნული სააგენტოს ნებართვის გარეშე არ დაიშვება

საინფორმაციო ნაწილი. სრული ტექსტის სანახავად შეიძინეთ სტანდარტი.

English Version

## Stationary training equipment - Part 6: Treadmills, additional specific safety requirements and test methods

Appareils d'entraînement fixes - Partie 6 : Tapis de course, méthodes d'essai et exigences de sécurité spécifiques supplémentaires

Stationäre Trainingsgeräte - Teil 6: Laufbänder, zusätzliche besondere sicherheitstechnische Anforderungen und Prüfverfahren

This European Standard was approved by CEN on 30 October 2010 and includes Amendment 1 approved by CEN on 3 February 2014.

CEN members are bound to comply with the CEN/CENELEC Internal Regulations which stipulate the conditions for giving this European Standard the status of a national standard without any alteration. Up-to-date lists and bibliographical references concerning such national standards may be obtained on application to the CEN-CENELEC Management Centre or to any CEN member.

This European Standard exists in three official versions (English, French, German). A version in any other language made by translation under the responsibility of a CEN member into its own language and notified to the CEN-CENELEC Management Centre has the same status as the official versions.

CEN members are the national standards bodies of Austria, Belgium, Bulgaria, Croatia, Cyprus, Czech Republic, Denmark, Estonia, Finland, Former Yugoslav Republic of Macedonia, France, Germany, Greece, Hungary, Iceland, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Romania, Slovakia, Slovenia, Spain, Sweden, Switzerland, Turkey and United Kingdom.



EUROPEAN COMMITTEE FOR STANDARDIZATION  
COMITÉ EUROPÉEN DE NORMALISATION  
EUROPÄISCHES KOMITEE FÜR NORMUNG

CEN-CENELEC Management Centre: Avenue Marnix 17, B-1000 Brussels

**Contents**

Page

Foreword.....4

Introduction .....6

1 Scope .....7

2 Normative references .....7

3 Terms and definitions .....8

4 List of significant hazards .....9

5 Classification..... 11

6 **Ⓐ** Safety requirements and/or protective measures **Ⓐ** ..... 12

6.1 General..... 12

6.2 Squeeze and shear points within the accessible area..... 13

6.3 Transmission elements and rotating parts ..... 13

6.4 Temperature rise..... 13

6.5 **Ⓐ** Safety stop (emergency stop) **Ⓐ**..... 13

6.5.1 General..... 13

6.5.2 Characteristics ..... 14

6.5.3 Actuator(s)..... 14

6.6 Immobilization method..... 14

6.7 Stability ..... 14

6.8 Static strength of the running surface ..... 14

6.9 Endurance ..... 15

6.10 Handrails..... 15

6.10.1 General..... 15

6.10.2 Treadmills with side handrails only ..... 15

6.10.3 Treadmills with front handlebar and side handrails ..... 15

6.11 Foot rails ..... 15

6.12 Running surface..... 16

6.13 Acceleration ..... 16

6.14 Heart rate control mode ..... 16

6.15 Folding treadmills ..... 16

6.16 Noise ..... 17

6.17 Electrical safety..... 17

6.18 Additional classified requirements ..... 17

6.19 Additional warning label ..... 19

7 **Ⓐ** Verification of the safety requirements and/or protective measures **Ⓐ** ..... 19

7.1 Testing of transmission elements and **Ⓐ** rotating **Ⓐ** parts ..... 19

7.2 Testing of temperature rise ..... 20

7.3 Testing of the safety stop **Ⓐ** (emergency stop) **Ⓐ** ..... 20

7.4 Testing of the actuator(s)..... 20

7.5 Testing of immobilization method ..... 20

7.6 Stability **Ⓐ** testing **Ⓐ** ..... 20

7.6.1 **Ⓐ** Testing **Ⓐ** in training position ..... 20

7.6.2 **Ⓐ** Testing **Ⓐ** in folded position ..... 20

7.6.3 Testing of the foot rail support system ..... 21

7.7 **Ⓐ** Load testing of the running surface **Ⓐ**..... 21

7.8 Testing of endurance ..... 21

7.8.1 Requirement for the test apparatus ..... 21

საინფორმაციო ნაწილი. სრული ტექსტის სანახავად შეიძინეთ სტანდარტი.

7.8.2	Test method .....	21
7.9	Testing of side handrails/front handlebar.....	22
7.10	Testing of foot rails .....	23
7.11	Testing of the running surface.....	23
7.12	Testing of the acceleration .....	23
7.13	Testing of the heart rate control mode.....	23
7.14	Testing of the folding treadmills .....	23
7.14.1	Ⓐ Inadvertent release when packaged Ⓐ .....	23
7.14.2	For Ⓐ treadmills Ⓐ where the running surface is designed to be folded up when stored.....	23
7.14.3	For Ⓐ treadmills Ⓐ where the console is designed to be folded down when stored .....	24
7.14.4	Testing the maximum handling force.....	24
7.15	Ⓐ Testing of the accuracy of time, speed and distance indications Ⓐ .....	24
7.16	Noise testing .....	24
8	Test report.....	24
9	Marking.....	25
10	Additional instructions for use .....	25
	Bibliography.....	29

## Foreword

This document (EN 957-6:2010+A1:2014) has been prepared by Technical Committee CEN/TC 136 “Sports, playground and other recreational facilities and equipment”, the secretariat of which is held by DIN.

This European Standard shall be given the status of a national standard, either by publication of an identical text or by endorsement, at the latest by October 2014, and conflicting national standards shall be withdrawn at the latest by October 2014.

Attention is drawn to the possibility that some of the elements of this document may be the subject of patent rights. CEN [and/or CENELEC] shall not be held responsible for identifying any or all such patent rights.

This document includes Amendment 1 approved by CEN on 3 February 2014.

This document supersedes  $\boxed{A_1}$  EN 957-6:2010  $\boxed{A_1}$ .

The start and finish of the text introduced or altered by amendment is indicated in the text by tags  $\boxed{A_1}$   $\boxed{A_1}$ .

$\boxed{A_1}$  This document has been prepared under a mandate given to CEN by the European Commission and the European Free Trade Association, and supports essential requirements of EU Directive 2001/95/EC and EU Directive 2006/42/EC.

For relationship with EU Directives 2006/42/EC, see informative Annex ZA which is an integral part of this document.  $\boxed{A_1}$

This standard EN 957, *Stationary training equipment*, consists of the following parts:

- *Part 1: General safety requirements and test methods;*
- *Part 2: Strength training equipment, additional specific safety requirements and test methods;*
- *Part 4: Strength training benches, additional specific safety requirements and test methods;*
- *Part 5: Stationary exercise bicycles and upper body crank training equipment, additional specific safety requirements and test methods;*
- *Part 6: Treadmills, additional specific safety requirements and test methods;*
- *Part 7: Rowing machines, additional specific safety requirements and test methods;*
- *Part 8: Steppers, stairclimbers and climbers — Additional specific safety requirements and test methods;*
- *Part 9: Elliptical trainers, additional specific safety requirements and test methods;*
- *Part 10: Exercise bicycles with a fixed wheel or without freewheel, additional specific safety requirements and test methods.*

In relation to EN 957-6:2001, the following main amendments have been made:

- a) specifications and definitions amended;
- b) requirements and test methods for the transmission elements and rotating parts amended;
- c) requirements and test methods for safety stop amended;
- d) requirements for the static loading, especially for class S amended;

- e) requirement for the endurance testing of class I added;
- f) requirements and test methods for treadmills with front handlebar and side handrails amended;
- g) requirements for the footrail amended;
- h) requirements for the permanent marking of the running surface added;
- i) requirements and test methods for the acceleration of power driven treadmills added;
- j) requirements and test methods for folding treadmills added;
- k) requirements for the heart rate control mode added;
- l) requirements for the marking of the maximum lateral position added;
- m) requirements for the test report added;
- n) additional instructions for use extended.

According to the CEN/CENELEC Internal Regulations, the national standards organizations of the following countries are bound to implement this European Standard: Austria, Belgium, Bulgaria, Croatia, Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Former Yugoslav Republic of Macedonia, Germany, Greece, Hungary, Iceland, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Romania, Slovakia, Slovenia, Spain, Sweden, Switzerland, Turkey and the United Kingdom.

## Introduction

**A1** This European Standard amends and supplements EN 957-1. The requirements of this specific standard take precedence over those in EN 957-1.

This document is a type C standard as stated in EN ISO 12100.

The machinery concerned and the extent to which hazards, hazardous situations and hazardous events are covered are indicated in the scope of this document.

When provisions of this type C standard are different from those which are stated in type A or B standards, the provisions of this type C standard take precedence over the provisions of the other standards, for machines that have been designed and built according to the provisions of this type C standard. **A1**

საინფორმაციო ნაწილი. სრული ტექსტის სანახავად შეიძინეთ სტანდარტი.