

Exercise Ball Safety

Do's and Don'ts for Safe Exercise Ball Use



Do:

Use only high quality burst resistance exercise balls (DuraBall Pro or similar) that display an inflation date that is less than 12 months old

Inspect the ball before each use, look for gouges, cracks, peeling or underinflation

Exercise on a padded floor or a mat

Use a spotter and extreme caution when using resistance equipment with an exercise ball**

Replace balls every 12 months or at the first sign of wear; especially in high use facilities

New exercise balls should be inflated as per instructions and clearly labeled with the inflation date (Month / Year) in permanent ink

Don't:

Use a ball with visible signs of wear

Patch or plug a damaged or leaking ball

Inflate larger than the recommended size

Store balls near sharp metal or heat sources

Kick an exercise ball

Be Smart - Be on the Ball

****Use of resistance equipment such as bar/dumbbells while on a ball is not recommended as it dramatically increases the risk of serious injury.**