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Static Electricity: What to Look For

Static electricity can be generated from many sources. While a shock may occur occasionally while using the machine and is normal, it can lead to issues with the treadmill's components. Here are the most commonly found sources of Static Electricity:

- **Treadmill placed on carpet -** When you use your treadmill directly on a carpet, it is far more prone to static build up. Instead, install a rubber treadmill mat (**LANDICE #73062**) underneath the machine. This will help reduce static buildup.

- **Dry Climate & Lack of Humidity -** Whether it's the winter months, or you live in a dry location, static buildup is more likely to occur low humidity environments. You can compensate for this by using a humidifier in your treadmill's location.

- **Dehydration and Dry Skin-** Your own level of dryness can lead to static buildup. If you are dehydrated while working out, dry skin will increase risk of static buildup. You can combat this by drinking more water, and using moisturizer as needed on dry areas of the skin.

- **Your workout clothing and shoes -** The type of material used in your workout clothes can make a world of difference when it comes to combating static buildup. Synthetic materials like Polyester, Spandex, and Acrylic fiber will build up static electricity much faster. Instead, use natural materials like Cotton in your workout clothing.

  Likewise, if your shoes are worn down, you will **dramatically** increase the chance of static buildup. Check the tread of your shoe, and replace them if they are worn down.

- **Worn out parts -** The condition of the treadbelt, deck and motor brushes can all increase the risk of static buildup. Do monthly maintenance such as vacuuming under the motor cover. Use Simple Green to wipe down the deck, hand rails and display. Check the treadbelt tension, and look for cracks or fraying. A **Landice** Authorized service provider can help to do a full diagnostic on your treadmill for a fee.

- **Using Surge Protectors, Extension Cords - Landice** requires plugging directly into a dedicated outlet. Using a surge protector or extension cord increases resistance on the flow of power, meaning increased stress on electrical components and premature failure, as well as the increased risk of static shock.

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