

Seafit Gym Induction



Subject	Details	Induction complete (tick)
General access	Understand the access and egress to the gym	
Paths, steps, car park	Know the route in, risks, lighting, etc.	
In case of fire	Understand the fire procedures	
In case of requiring First Aid	Understand First Aid procedure	
In case of requiring further medical assistance	Understand how to contact emergency services; have mobile phone with power and reception	
Lone user	Understand rules on lone user and process	
Looking after others	Understand how to support others, notice health issues, monitor others' safe use of gym	
Safe use of ergo	Technique, hazards	
Safe use of weights	Technique, hazards, pairing up	
Safe use of other equipment	Technique, hazards	
Cleaning up	Electrical risks, mopping up, cordon wet areas	
Decking	Slips, risk of falls, safe us	
Reporting hazards and faults	Who to report to and when	
Health issues	Reporting of any health issues before using gym	
Other	As discussed on induction	

Name	
I understand the induction provided and will follow advice given. I am in good physical health to use the gym.	
Signed	
Date of induction	
Induction by	
Signed	