

Hazards associated with the SEAFIT GYM



Hazard	Barriers	Hazardous Events	Controls ⁱ
Poor lighting to steps and decking	<ul style="list-style-type: none"> • Lighting to steps and deck • Handrail fitted 	Potential fall or trip resulting in injury	<ul style="list-style-type: none"> • Recommend users do not use gym alone • First aid kit available • Good telephone reception for calling emergency services
Poor lighting to pathway	<ul style="list-style-type: none"> • Lighting to path 	Potential fall or trip resulting in injury	<ul style="list-style-type: none"> • Recommend users do not use gym alone • First aid kit in gym • Good telephone reception for calling emergency services
Falls from decking	<ul style="list-style-type: none"> • Rope rail to decking 	Potential fall resulting in injury	<ul style="list-style-type: none"> • Recommend persons do not use gym alone • First aid kit in gym • Good telephone reception for calling emergency services
Fire	<ul style="list-style-type: none"> • Fire alarm • Emergency response plan 	Potential injury resulting in burns and death Damage to equipment	<ul style="list-style-type: none"> • Ensure users know escape routes and assembly point • Ensure fire system/equipment is maintained and serviceable with details recorded • Display fire safety poster and emergency evacuation plan • Ensure persons know how to use extinguishers and contact the emergency services • Treat with first aid
Equipment damage	<ul style="list-style-type: none"> • Regular checks and maintenance every 3 months 	Potential injury resulting in back or other body strain	<ul style="list-style-type: none"> • Undertake regular equipment checks • Quarantine damage equipment until repaired • Clean equipment after use • Recommend users do not use gym alone

Reference : LRG safety document – Hazards associated with the SEAFIT GYM - issue 2 (January 2018)

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			<ul style="list-style-type: none"> • First aid kit in gym • Good telephone reception for calling emergency services
Electrical shocks	<ul style="list-style-type: none"> • Do not use switches with wet hands • Ensure up to date electrical certificates • PAT testing for all plugged in equipment • Book in/out with tunnel users 	Potential injury resulting in burns or death	<ul style="list-style-type: none"> • Recommend users do not use gym alone • First aid kit in gym • Good telephone reception for calling emergency services • Check site electrical records • Install "Aid Call" • Display first aid poster
Weights falling from bars and equipment	<ul style="list-style-type: none"> • Persons have been given induction training on gym equipment 	Potential injury to back or other body strain Damage to equipment	<ul style="list-style-type: none"> • Ensure equipment serviceability • Apply first aid • Seek medical assistance • Display first aid poster • Locate equipment away from breakable items • Inspect equipment for damage • Quarantine equipment and repair before use
Wet floor	<ul style="list-style-type: none"> • Keep flooring dry • Good housekeeping 	Potential injury	<ul style="list-style-type: none"> • Keep floor dry • Cordon off after cleaning until dry
Injury using equipment	<ul style="list-style-type: none"> • Provide basic advice on equipment use during induction training • Avoid training alone 	Potential injury, possibly fatal	<ul style="list-style-type: none"> • Recommend users do not use gym alone • First aid kit available • Install "Aid Call" • Book in/out with Tunnel users • Seek medical assistance

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			<ul style="list-style-type: none"> • Good telephone reception for calling emergency services • Provide basic training for all users on safe use • Club to keep records of medical conditions/fitness to train • Display emergency resuscitation poster in gym
Poor Health	<ul style="list-style-type: none"> • Encourage persons not to train if they are unwell 	Possible injury or collapse Possibility of cross infection	<ul style="list-style-type: none"> • Recommend users do not use gym alone • Seek medical assistance • Clean equipment after use
Pre-existing health conditions	<ul style="list-style-type: none"> • Ensure the fitness trainer and relevant people know the condition so that the appropriate action can be taken to prevent an incident • Appropriate medication available 	Medical incident on land	<ul style="list-style-type: none"> • First aid treatment • Seek medical assistance • If necessary, request medical assistance from ambulance

Report all incidents in accident book.