**GYM RISK ASSESSMENT HAZARD CHECKLISTS**

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| **1** | FACILITY HAZARDS | Yes/No | Identify | Action |
| **1.1** | Inappropriate lighting |  |  |  |
| **1.2** | Inappropriate temperature |  |  |  |
| **1.3** | Inadequate ventilation |  |  |  |
| **1.4** | Insufficient or unsuitable space |  |  |  |
| **1.5** | Slips / trips / falls |  |  |  |
| **1.6** | Poor surfaces for activities –uneven/loose tiles or boards |  |  |  |
| **1.7** | Changes in floor heights – plinths/platforms |  | Slips/Trips/Falls |  |
| **1.8** | Unsuitable training surface – slippery/wet/ too firm or soft |  |  |  |
| **1.9** | Electrical hazards – trailing or loose wires/cables |  |  |  |
| **1.10** | Poor Housekeeping – blocked walkways – trip/fire hazard |  |  |  |
| **1.11** | Combustible material in training area – fire hazard |  |  |  |
| **1.12** |  |  |  |  |
| **1.13** |  |  |  |  |
| **1.14** | Stairs – dark / steep / no handrail |  |  |  |
| **1.15** | Lack of fire escapes / extinguishers / procedures |  |  |  |
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| **2** | FITNESS ACTIVITY HAZARDS | Yes/No | Identify | Action |
| **2.1** | Damaged training surfaces |  |  |  |
| **2.2** |  |  |  |  |
| **2.3** | Hard or sharp objects encroaching the training area |  |  |  |
| **2.4** | Collisions / Conflict with structure/equipment or people |  |  |  |
| **2.5** | Impact from training equipment |  |  |  |
| **2.6** | Lack of suitable storage for portable equipment |  |  |  |
| **2.7** |  |  |  |  |
| **2.8** | Electrical hazards from CV equipment |  |  |  |
| **2.9** | Noise from CV equipment |  |  |  |
| **2.10** | Equipment moving parts – Squeeze/Shear/Rotating Parts |  |  |  |
| **2.11** |  |  |  |  |
| **2.12** |  |  |  |  |
| **2.13** |  |  |  |  |
| **2.14** |  |  |  |  |
| **2.15** | Personal injury – fracture / sprains / cuts |  |  |  |
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| **3** | EQUIPMENT SPECIFIC HAZARDS | Yes/No | Identify | Action |
| **3.1** | Treadmills – 2M clear safety space behind |  |  |  |
| **3.2** | Treadmills – dedicated supply sockets – no multi-plugs |  |  |  |
| **3.3** | Equipment Access – 600mm space at point of entry |  |  |  |
| **3.4** | Loose weights – lack of adequate space |  |  |  |
| **3.5** | Equipment damaged or not functioning correctly |  |  |  |
| **3.6** |  |  |  |  |
| **3.7** |  |  |  |  |
| **3.8** |  |  |  |  |
| **3.9** |  |  |  |  |
| **3.10** |  |  |  |  |
| **3.11** |  |  |  |  |
| **3.12** |  |  |  |  |
| **3.13** |  |  |  |  |
| **3.14** | Equipment Service Contract – Service Company certificate |  |  |  |
| **3.15** | Equipment to UK Standard – Manufacturers DoC certificate |  |  |  |
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