

Workout Equipment

All equipment should be checked regularly based on the manufacturer's specifications. Detailed, accurate record keeping of all maintenance should be kept in the building's facilities office or other easily accessible place.

Equipment should be labeled as to what body part that particular unit will exercise.

Instruction on the proper use of each piece of equipment or part of equipment should be clearly identified in a step by step manner.

Warnings should be posted that medical clearance is recommended before starting any exercise program. Photographs and/or illustrations will enhance instructions.

Standard industry best practices recommends a daily check of equipment can help determine overall condition. Keeping your equipment in the best condition possible will only prolong the use, but may reduce accident damage or injury.

These best practices include but are not limited to:

- Keeping equipment dry
- Lube chains annually
- Check for loose nuts and bolts daily/weekly
- Check upholstery daily for wear and tear
- Keep Teflon type oil on guide rods
- Check for unstable rods and frame warping
- Check seats and pedals on cycles.

The temperature of the facility is crucial to the equipment condition. Temperature should remain a constant 70° in dryer weather. This should keep equipment parts clean and in good running order.

Human perspiration can do a lot of damage to equipment and it is also unsanitary. Perspiration should be wiped away continuously as not only does it cause deterioration of the upholstery, but it can also perhaps cause virus spread. You should consider having signage requesting each individual carry and use a sweat towel.

Guarding is designed to prevent entry of the hands or fingers or other parts of the body into the point of operation where there is rotating mechanisms, nip points/pinch points, and sharp edges. The new weight training equipment is designed and manufactured with guarding/shielding covering these moving parts. Some older machines were not retro fitted, however, you may be able to obtain guarding for these pieces of equipment by calling the manufacturer.

Warning labels should be placed on visually noticeable places on the machinery so the operator will be alerted to the hazards associated with the machinery and also may lessen liability.

Free Weights

Free weights pose their own unique exposures and most recommended best practices state that they should be used only in a supervised operation.

Stability of equipment and condition of free weights and floors is imperative. All equipment that the manufacturer recommends be bolted to the floor; should be. Mats under weights should be securely positioned.

The following is a list of rules and regulations that should be posted on the walls of your free weight area:

- Collars required on all bars
- Spotters required on all bench weight lifting
- Strip and replace Olympic bars
- Shirts and shoes must be worn
- Do not drop weights