



WEIGHTLIFTING

Safety Guide

Sports Recreation

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Checklist Items

KEY BENEFITS

Muscular Strength

Enhances muscular strength and hypertrophy through resistance training.

Bone Health

Improves bone density and joint health with regular weight-bearing exercises.

Mental Discipline

Develops discipline and mental focus required for structured training and progression.

Metabolic Rate

Boosts metabolic rate and supports weight management through muscle-building.

Functional Strength

Increases overall physical fitness and functional strength for daily activities.

Posture & Balance

Supports posture and balance through strengthened core and muscle groups.

KEY HAZARDS & CONTROL MEASURES**Improper Lifting Technique**

- ✓ Provide comprehensive technique training
- ✓ Supervise lifts to ensure correct form
- ✓ Use video feedback for form correction
- ✓ Encourage gradual weight progression

Overhead Lifts

- ✓ Train correct overhead technique
- ✓ Use spotters for heavy lifts
- ✓ Ensure appropriate warm-up
- ✓ Incorporate shoulder strengthening

Dropped Weights

- ✓ Use bumper plates and proper flooring
- ✓ Ensure weights are properly secured
- ✓ Train safe dropping techniques
- ✓ Clear area around lifting platforms

Squats

- ✓ Teach proper squat technique
- ✓ Encourage gradual progression
- ✓ Use squat racks with safety bars
- ✓ Provide spotters for heavy sets

Barbell Slippage

- ✓ Provide chalk for grip
- ✓ Train proper grip techniques
- ✓ Ensure knurling is adequate
- ✓ Regular barbell inspection

Overexertion

- ✓ Monitor for overexertion signs
- ✓ Encourage proper hydration/nutrition
- ✓ Schedule regular rest periods
- ✓ Implement periodization

Breathing Issues

- ✓ Educate on proper breathing
- ✓ Monitor for signs of distress
- ✓ Encourage exhaling during exertion
- ✓ Screen for cardiovascular conditions



Repetitive Strain

- ✓ Incorporate varied training routines
- ✓ Monitor for overuse signs
- ✓ Schedule adequate recovery
- ✓ Include mobility work

PRE-SESSION SAFETY CHECKLIST**Risk Assessment**

- Complete and review risk assessment for this activity
- Brief all staff on key risks and emergency procedures
- Ensure all identified hazards have control measures in place

Equipment

- Barbells inspected
- Racks functioning
- Platforms clear
- Collars available
- Safety catches set

Facility

- Floors dry and clear
- First aid accessible
- Adequate spacing

Session

- Qualified coach present
- Spotters available
- Warm-up completed



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