RISK ASSESSMENT WIZARD



# WEIGHTLIFTING

## Safety Guide

Sports Recreation

| 6 | 32 | 14 |
| --- | --- | --- |
| Key Benefits | Control Measures | 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
- [ ] Ensure all identified hazards have control measures in place
- [ ] Brief all staff on key risks and emergency procedures

## Equipment

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

## Facility

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

## Session

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

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