

Name: _____

Date: _____

Weight Training Safety

I. Safety Tips

- ⚙ _____ - muscles do not perform as well when they are cold. Use a 3 - 5 minute warm-up to get your muscles up to speed.
- ⚙ _____ - **ALWAYS USE A SPOTTER WHEN USING FREE WEIGHTS.** It should take 2 seconds to lift the weight and 4 seconds to lower the weight. Weight plates should only lightly touch each other and never slam.
- ⚙ _____ - exhale during the lift, especially through the hardest phase of the movement, and inhale on the return to the start position. Holding your breath may cause you to pass out under heavy exertion.
- ⚙ _____ - incorrect lifting technique can lead to injuries. When using machines and benches, make sure that they are properly adjusted to your height and physical stature.
- ⚙ _____ - when using machines, make sure that the pin is in all the way on the weight stack. When using free weights, use collars on bars to prevent plates from slipping off. If this happens it can cause a serious loss of control and potentially serious injury.
- ⚙ _____ - if you have to change the way you are doing an exercise because of the weight you are using, then you are using too much.
- ⚙ _____ - it is only a matter of time until someone gets hurt from broken equipment. Some examples are: collars that no longer hold on to the bar, frayed cables, torn padding, loose bolts, broken welds, etc..

II. Weight Room Safety

- ⊗ Wear the correct clothing and footwear, and keep shoe laces tied up
- ⊗ Never consume food, soft drinks or chew gum in the gym.
- ⊗ Never be in the gym unsupervised.
- ⊗ Do not attempt to clear weight jams by roving pins or plugs yourself.
- ⊗ Tie long hair back.
- ⊗ If the weight room s left unlocked unintentionally, report it to your teacher.
- ⊗ Never workout unsupervised. Always workout with a training partner and ask other if additional spotters are needed.

III. Weight Training Etiquette

A weight room is like a small community. These are some of the rules of etiquette that you must observe if you want to keep the peace!

- ⊗ _____ - no one wants to cut into their own workout time by having to clean up after the last lifter. Do not leave free plates on the floor. Not only is it rude, but it is a potential safety hazard.
- ⊗ _____ - this allows someone else to work-in with you. If you want to work-in with someone, simply ask!
- ⊗ _____ - nothing worse than getting on a bench and seeing where someone else's sweaty head has been lying. It is unsightly and unsanitary.