

Controlling risks in a fitness environment



Unit: Health, safety and welfare in a fitness environment

Hazards in a fitness environment

TASK

Identify all the possible hazards in a fitness environment:

- Gym.
- Studio.
- Pool.
- Reception.
- Other areas.

Who may be harmed by these hazards?



Hazards may include:

- **People**
 - Behaviour and actions, e.g. chewing gum.
 - Health status, e.g. medical conditions.
 - Technique.
- **Equipment**
 - Maintenance.
 - Storage.
 - Lifting.
- **Environment**
 - Temperature.
 - Space.
 - Obstacles, e.g. slips and trips.



Who may be harmed?

- Self.
- Other staff.
- Clients.
- Service users.
- Visitors.



Risk assessment

CONSIDER

How would you assess the level of risk of the potential hazards?

How would you control risks?



Risk assessment

A risk assessment is a careful examination of the workplace and the risk of injury or harm that could occur to individuals who frequent this location.



Five steps of risk assessment (HSE)

1. Look for the hazards.
2. Decide who may be harmed and how.
3. Evaluate the risks and decide whether existing precautions are sufficient.
4. Record findings.
5. Review assessment and revise it as necessary.



Risk assessment

Potential risks are graded (low to high) to determine their:

- Severity.
- Likelihood.



Risk ratings



Risks are rated using a numbered system from 1 to 5.

The severity score and the likelihood score are multiplied together to give a risk rating.

Medium risks may require action to be taken to reduce risk.

High risks MUST be followed up with immediate action.

Likelihood	Severity of injury/disease	Risk rating
5. 50% (likely)	5. Death	1-2 acceptable LOW (no further action)
4. 25%	4. Major injury/disease	
3. 10%	3. Off work for >3 days	3-10 tolerable MEDIUM (maintain controls)
2. 5% (possible)	2. First aid – back to work	
1. 2% (unlikely)	1. Minor injury – near miss	11-25 danger HIGH stop

Example

Possible risk	Likelihood	Severity	Score	Risk and action	Actions
An apparently healthy young adult who exercises regularly experiencing a cardiac emergency when exercising .	1	4-5	<u>4 to 5</u>	Medium Maintain controls	Pre-screen. Monitor intensity. Warm up and cool down appropriately. Programme training to meet specific needs.
An inactive client with an existing cardiac condition experiencing a cardiac emergency when exercising.	5	5	<u>25</u>	High Stop! Immediate action required	Signpost to GP. Specialist and clinically supervised exercise.

Risk assessment

TASK

Evaluate the risks listed (likelihood and severity) and identify possible controls that could be put in place.

Risks:

- Person drowning in the pool.
- Person slipping on a wet floor.
- Client performing an exercise incorrectly.
- Client with a medical condition experiencing a medical emergency in a session.
- Client using faulty equipment.
- Staff member lifting or moving equipment unsafely.

Managing risks

- Eliminate the risk.
- Reduce the risk.
- Isolate the risk.
- Control the risk.
- Wear protective clothing (PPE).



Controls may include:

- Appropriate supervision, e.g. pool and gym areas.
- Staff training, e.g. inducting clients, client programming, manual handling.
- Signs and posters, e.g. wet floor or deep/shallow end of pool.
- Client screening prior to exercise.
- Equipment checks and maintenance.
- Client inductions.
- Reporting procedures, e.g. faulty equipment.

Manual handling

In order to minimise any risks involved when lifting and carry objects, consider the following:

- Lifting technique.
- Climbing.
- Pushing/pulling.
- Pivoting.



Exercise risk assessment

CONSIDER

What factors could influence the safety of an exercise programme for an individual beyond the environmental risks?



Exercise risk assessment

Individual

- Health status.
- Fitness level.
- Activity levels.
- Body awareness and technique.

Exercise selection and safety

- Level of progression and risk.
- Intensity and duration:
 - Repetitions.
 - Resistance and leverage.
 - Range of motion.
 - Rate/speed.
 - Complexity.
 - Coordination and balance.



The exercises selected must be suitable for the individual and appropriate to their level of progression.

Contacts

CONSIDER

Who would you contact in a fitness environment when hazards and risks cannot be controlled personally?



Contacts



- Health and safety officer .
- First aider.
- Pool lifeguard.
- Pool maintenance.
- Equipment maintenance.
- Duty manager.
- Emergency services – 112 or 999.

Remember

- Ensure all aspects of the working environment are safe and that hazards have been minimised.
- Be aware of roles and responsibilities in the event of an incident.
- Demonstrate a duty of care to clients and take all reasonable steps to assess and reduce the risks whilst the client is exercising.

