



Rise & Regulate

Risk Assessment - Gym Training

Organisation: Rise and Regulate

Assessment completed by: Danny Collins

Review cycle: Annual or following incident

Hazard / Activity Risk	Potential Harm	Control Measures
Free weights	Muscle strain or dropped weights	Correct lifting technique demonstrated before use. Participants begin with lighter loads and increase gradually under supervision.
Resistance machines	Incorrect use leading to strain	Machines adjusted for participant height and ability. Staff supervise and correct technique.
Erg machines	Fatigue or overexertion	Short intervals used with appropriate rest. Staff monitor effort levels.