

MRHS
Weight Room Safety Guide

Note: The instructor and student share responsibility for maintaining a safe environment.

Common sense and courtesy are two important aspects of safety when strength training. “Rates of injury are the highest for team sports, immediate for running and aerobics, and lowest for cycling, walking, and weight training.” (which has about 4 injuries per 1,000 hours of participation).

Breathing: Proper breathing is basic to safe lifting: inhale when lowering the weight, and exhale (after sticking point) when raising the weight.

Lifting Techniques: *The following lifting techniques should be used when lifting or moving objects from the floor for use. Reverse the procedure for lowering object.*

1. *Squat down by first flexing the hips and then knees and ankles.*
2. *Keep back straight and nearly vertical*
3. *Keep feet flat on the floor*
4. *Keep head up and eyes facing forward as the object is lifted*
5. *Initiate the lift from the hips and legs*
6. *Keep hands and fingers away from the weight stacks, chains, cams, & moving equip.*
7. *Bells, wraps, and straps.*

Responsibility of the spotter:

1. *Be alert!*
2. *Be sure the bar is loaded evenly.*
3. *Be sure the bar has secure collars on both sides.*
4. *Know how many reps are being performed.*
5. *Help with the lift off and racking of the weight when requested.*
6. *Know the proper technique of the exercise (give feed back).*
7. *Use two hands to spot, not one.*

Responsibility of the lifter:

1. *Use proper lifting form (technique).*
2. *Use spotters when necessary*
3. *Dress properly (follow dress code).*
4. *Know your limits.*
5. *Do not drop weights (bars, plates, dbs, and machine stacks).*
6. *Do not use a false, or thumb less grip.*
7. *Avoid working too close to mirrors.*

Spotter Security: *Always have a spotter when . . .*

- **Performing over-the-face lifts *Performing overhead lifts *Performing squatting movements**

Guidelines when spotting:

1. *Spot the barbell, not a body part.*
2. *Grasp the wrist for dumbbell exercises*
3. *Position the body and feet*
4. *Hand positions for a barbell*
5. *Liftoffs*
6. *Racking*

Signature_____