

# HAZARD ALERT

## Gym Equipment

### (Muscle Motion AB1007 Commercial Adjustable Bench)

28 August 2024

#### References:

WHS Act 2012 (SA) Sections 19, 20, 21, 27, 28 & 29  
WHS Regulations 2012 (SA) – Regulations 34 – 39  
CSaIM Procedure No. (13) – Induction & Training  
CSaIM Procedure No. (14) – Hazard Management  
CSaIM Procedure No. (15) – Plant Management  
CSaIM Procedure No. (20) – Purchasing

#### OBJECTIVE

To ensure worksites are aware of the dangers associated with gym equipment.

#### BACKGROUND

There has been an incident in our schools, which resulted in a serious injury to a student, whilst using gym equipment, specifically Muscle Motion AB1007 Commercial Adjustable Bench. Disengaging the locking pin can cause back rest of bench press to fall suddenly, creating a pinch / crush point.



#### PREVENTATIVE ACTION

Hazards need to be identified and controls implemented to prevent / minimise possible injuries to all personnel utilising gym equipment. Sites should ensure, but not limited to.

- Risk Assessments are completed for all pieces of equipment
- Standard Operating Procedures (SOP's) are developed and displayed
- Training is provided
- Supervision at all times for students
- Sign in / out system implemented
- Workplace inspections completed as required
- Gym equipment is maintained and removed from service if damaged
- Pre-purchase checklist completed

For enquiries or further information, please contact your Safety Business Partner at CSaIM or ring the CSaIM Office on 8210 8101