

FIT AS GYM - GYM FLOOR & PREMISES RISK ASSESSMENT

Business	Fit AS Gym Ltd
Location	First Floor, 14 Woodford Road, Bramhall, Stockport, SK7 1JJ
Policy / Assessment Date	25/08/2026
Review Date / Responsible	25/08/2027 Alexandria Walker & Stacey Cummings

1. SCOPE

This assessment covers the main gym floor, free-weight and resistance areas, functional training equipment, separate studio, reception/access route, toilets, staircase, rear fire exit and normal opening/closing activities at Fit AS Gym Ltd.

Equipment covered includes squat racks, barbells, dumbbells, benches, battle ropes, sleds, TRX, leg press, StrengthErg, cable stations, lat pulldown, abductor/adductor machine, chest press, shoulder press, leg extension and hamstring curl machines.

2. RISK RATING METHOD

Likelihood (L): 1 Rare | 2 Unlikely | 3 Possible | 4 Likely | 5 Almost Certain

Severity (S): 1 Minor | 2 Moderate | 3 Serious | 4 Major | 5 Fatal

Risk score = L x S. 1-4 Low | 5-9 Medium | 10-16 High | 17-25 Very High. Residual scores assume the listed controls are implemented and maintained.

3. IMMEDIATE / HIGH-PRIORITY ACTIONS

- Fire doors must not be propped or wedged open. This practice must stop; doors should remain closed unless fitted with an approved hold-open device that releases appropriately in a fire.
- Controlled-access/locking doors must be kept shut for security, but no lock or access-control arrangement may prevent immediate emergency escape from inside the premises.
- Panic buttons are due to be installed. Until installation and testing are complete, they must not be treated as an available control; lone staff should keep a charged mobile phone immediately accessible.
- The nearest known defibrillator is at Tesco Express on Woodford Road, Bramhall. Staff must call 999 immediately in a life-threatening emergency and should not delay emergency care while attempting to retrieve an off-site AED.

4. RISK ASSESSMENT

Hazard / Activity	Who may be harmed	Potential harm	Controls / required measures	Initial	Residual
Squat racks, barbells & dumbbells	Members, staff, PT clients	Crush injuries, dropped weights, strains, impact injuries	Induction/competence expected; racks and safeties used correctly; collars where appropriate; weights re-racked; lifting area kept clear; no uncontrolled lifting; damaged bars/racks removed from use; users advised not to attempt unsafe maximal lifts when alone.	4x4=16 High	2x4=8 Med
Benches & free-weight set-up	Members, staff	Falls, trapping, bench movement	Benches checked for stability/damage; adequate spacing; safe alignment with racks; no improvised equipment set-ups; keep walkways clear.	3x3=9 Med	2x3=6 Med
Resistance machines: leg press, cables, lat pulldown, ab/adductor, chest/shoulder press, leg extension, ham curl	Members, staff	Pinch/crush points, cable failure, strains, incorrect set-up	User instructions/induction; visual pre-use checks; pins/cables/guards checked; servicing/maintenance log; defective equipment isolated and labelled out of use; appropriate loading and range of motion.	3x4=12 High	2x3=6 Med
Functional equipment: battle ropes, sleds, TRX, StrengthErg	Members, staff	Trips, collisions, anchor failure, impact/overexertion	Dedicated working space; equipment returned after use; TRX anchors checked; sled lane kept clear; ropes not left across walkways; users given technique guidance; inspect equipment for wear.	3x3=9 Med	2x3=6 Med
Overcrowding / moving users	All	Collision, dropped equipment, blocked access	Manage class/open-gym capacity; maintain clear zones around racks and machines; prevent training in circulation routes; instructors control class spacing.	3x3=9 Med	2x3=6 Med
Slips, trips & floor obstructions	All	Falls, fractures, impact	Clear-floor policy; weights, ropes, bags and accessories put away; spills dealt with immediately; wet-floor signage where needed; opening/closing checks.	4x3=12 High	2x3=6 Med

Hazard / Activity	Who may be harmed	Potential harm	Controls / required measures	Initial	Residual
Cleaning fluids in baskets on gym floor	Members, staff, children	Chemical exposure, eye/skin irritation, ingestion, spills and slips	Keep products in labelled original containers; baskets placed in designated areas away from training routes; follow COSHH/SDS information; clean spills promptly; keep chemicals inaccessible to children; more hazardous/concentrated products stored securely.	3x3=9 Med	1x3=3 Low
Electrical equipment, sockets and leads	All	Electric shock, burns, fire, trip hazard	Visual checks; damaged items removed; suitable inspection/testing regime; no overloaded sockets; cables managed; dry hands/areas; report defects immediately.	3x4=12 High	1x4=4 Low
Heaters, A/C, fan and other studio electrics	All	Fire, burns, electrical fault, overheating	Studio checked at close; heaters OFF; A/C OFF; fan OFF; other non-essential electrics OFF; keep heaters clear of combustible material; faults reported and equipment isolated.	3x4=12 High	1x4=4 Low
Separate studio left unchecked	Members, staff, children	Person left inside, trip/fire hazard, equipment/electrics left unsafe	Opening/closing visual check of full studio; ensure no person remains; remove trip hazards; equipment stored safely; doors secure; electrics checked as above.	3x3=9 Med	1x3=3 Low
Fire doors propped/wedged open	All	Rapid spread of smoke/fire; loss of protected escape route	Immediate prohibition on wedging fire doors; check doors close properly; keep signage visible; defects reported; approved automatic hold-open devices only where properly installed and linked as required.	4x5=20 V High	1x5=5 Med
Fire / rear fire exit and escape routes	All	Smoke inhalation, burns, fatal injury, entrapment	Rear fire exit and stair route kept clear; emergency doors open easily from inside; fire alarm/lighting/extinguishers maintained as required; staff know evacuation route and assembly arrangements; fire drills and checks recorded.	3x5=15 High	1x5=5 Med

Hazard / Activity	Who may be harmed	Potential harm	Controls / required measures	Initial	Residual
Main staircase - only normal entrance/exit	All	Falls, crowding, delayed evacuation	Stairs kept clear, dry and well lit; handrail used; no storage; controlled movement; rear fire exit provides alternative emergency route; report damaged treads/lighting immediately.	3x4=12 High	2x3=6 Med
Controlled-access / locking doors	Members, staff, visitors	Unauthorised access, child leaving, or emergency egress restriction	Security doors kept shut; HIK Connect/CCTV door answering used; ask member name and number; verify with management if unsure; do not admit unknown persons; door/lock arrangements must not prevent immediate emergency escape from inside.	3x4=12 High	1x4=4 Low
Remote door access / tailgating	Members, staff	Unauthorised person enters; theft, aggression or safeguarding risk	Members/staff must not allow others to follow them in; one verified person/admission at a time; use CCTV and membership details; report suspicious access; management can control access remotely.	3x4=12 High	1x4=4 Low
Medical emergency / overexertion	Members, staff, clients	Collapse, cardiac event, serious injury	First-aid trained staff when staffed; first-aid box in store room; emergency call 999; nearest known AED at Tesco Express, Woodford Road; clear access for ambulance; incident recorded; lone-use policy applies when unsupervised.	3x5=15 High	2x5=10 High
Lone working - early opening / late locking	Staff, contractors	Violence, medical event, inability to summon help	Lone Worker Policy; staff are keyholders; phone available; CCTV/HIK Connect; verify visitors; management contact numbers held; do not confront threatening people; panic buttons to be installed/tested.	3x4=12 High	2x4=8 Med
Unsupervised/lone member training	Members	Delayed assistance after injury; unsafe lifting; unauthorised access	Lone Training Policy; remote access control; CCTV; no guests/tailgating; no lifts requiring a spotter; safety devices used; phone carried; panic buttons once installed; CCTV is not a substitute for supervision.	3x5=15 High	2x5=10 High

Hazard / Activity	Who may be harmed	Potential harm	Controls / required measures	Initial	Residual
Toilets, taps, leaks and water	All	Slips, water damage, hygiene risk	Toilets/taps checked during opening/closing; leaks isolated/reported; spills dried/signposted; good cleaning standards; taps left off at close.	3x3=9 Med	1x3=3 Low
Children on premises	Children, members, staff	Crush/collision, unauthorised movement, safeguarding risk	Children's Safety & Attendance Policy enforced; children kept off gym floor unless in organised class; children's classes run under safeguarding policy; no adult open gym during children's sessions.	4x4=16 High	1x4=4 Low
Manual handling / moving weights or equipment	Staff, members	Back strain, crush injury, hand/foot injury	Use safe lifting technique; break loads down; team lift awkward/heavy items; do not move machines without suitable method/personnel; wear suitable footwear.	3x3=9 Med	2x3=6 Med
Violence, aggression or suspicious persons	Staff, members	Assault, intimidation, theft	Controlled entry; CCTV coverage; use HIK Connect; verify identity; do not confront; move to safe area; call 999 for immediate threat; owners available by phone; panic buttons planned.	3x4=12 High	2x4=8 Med

5. OPENING / CLOSING SAFETY CHECKS

- Walk the main gym floor and remove trip hazards; check obvious equipment damage.
- Check the separate studio fully, including heaters OFF, A/C OFF, fan OFF and other non-essential electrics OFF at close.
- Check toilets and taps; identify leaks or water on floors.
- Check fire doors are closed and not wedged; check escape routes and rear fire exit are unobstructed.
- Check controlled-access doors are shut and secure while remaining safe for emergency egress.
- Use HIK Connect/CCTV to verify anyone requesting access where identity is not certain.
- At close, confirm no member/client/child remains in the gym, studio, toilets or other accessible area before final lock-up.

6. FIRST AID & EMERGENCY ARRANGEMENTS

- First-aid trained staff are available as scheduled when the gym is staffed.
- The first-aid box is located in the store room and should be kept stocked and accessible.
- For a serious or life-threatening emergency call 999 immediately.
- Nearest known defibrillator: Tesco Express, Woodford Road, Bramhall. Its external availability/opening access should be checked periodically; it must not be treated as guaranteed immediate on-site provision.
- All accidents, near misses and significant safety incidents must be recorded and reviewed.

7. REVIEW

- Review at least annually.
- Review after a serious accident, near miss, safeguarding/security incident, equipment change or significant change to access/operating hours.
- Management is responsible for ensuring actions identified in this assessment are implemented.

FINAL. SIGN-OFF / ACKNOWLEDGEMENT

Staff confirm that they have read and understood this document and will follow the procedures described in it.

Name	Signature	Date