



**SAFETY • SERVICE • SAVINGS**  
A TRUST BUILT FOR STUDENTS

# WEIGHT ROOM SAFETY

## QUICK REFERENCE GUIDE

Weight rooms are a key component in most athletic programs' strength-training regimes. They can also be a source of severe liability exposures for schools. With some proactive steps from school staff members, you can manage and minimize these exposures to keep students, patrons and school staff members safe.

### EQUIPMENT RECOMMENDATIONS

- Benches, supports and legs should be routinely inspected. Any equipment showing wear, cracks or warping should be taken out of service immediately and replaced or repaired.
- Collars should be used on all weight bars to prevent the weight plates from sliding off the bars if tipped unevenly or accidentally dropped.
- All equipment and surfaces that come into contact with facility users should be thoroughly cleaned and disinfected daily with EPA-approved chemicals.
- Free weights and machines should be spaced out adequately to allow users to freely roam between equipment without causing interference to other users.
- Free weights, weight plates, jump ropes and other portable equipment should be kept racked or shelved and in a tidy manner off the floor to provide clear walkways.
- All equipment cushioning should be fully encapsulated by vinyl so that all surfaces are exposed to cleaning agents when equipment is disinfected.

### STAFFING / SUPERVISION RECOMMENDATIONS

- Students should never be allowed to use weight rooms without school personnel supervising to ensure equipment is used in a safe and appropriate manner.
- Spotters should be required when students use any free-standing equipment (e.g., bench presses and squat racks) to ensure assistance is available if needed.
- The above-mentioned equipment recommendations can only be successful if school personnel implement them. Instructors must be actively engaged in students' weight room use.

### FACILITY RECOMMENDATIONS

- Facilities should remain locked to guarantee rooms are used only when school personnel are available to supervise.
- Emergency lighting should be required to provide safe exit for room occupants in the event of an emergency.
- Floor matting may help reduce building damage when weights are dropped onto the floor; however, they can also become tripping hazards if not properly maintained.

**Contact the PACE Risk Management team**  
to provide an on-site risk assessment of school facilities  
to help identify areas needing additional attention.

**PACE RISK MANAGEMENT**

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