Gym equipment safety checklist

Check daily or weekly, depending on use. Put an "Out of order" sign on anything that fails.

Site		**Asset / ID**	
Date		**Time**	
Checked by		**Signature**	

#	Check	Pass	Fail	Notes
1	Cables and pulleys: no fraying, kinks or wear			
2	Bolts, pins and fixings tight			
3	Seats, pads and upholstery: secure, no tears			
4	Treadmill belt aligned, emergency stop and safety key work			
5	Cardio machines: displays and controls work			
6	Weight stacks and selector pins in good condition			
7	Benches and racks stable, safety catches work			
8	Free weights and bars: no damage, collars available			
9	Power cables not damaged or trailing			
10	Floor clear, spacing around equipment kept			

Defects found and action taken:

Tag each machine with Checkmate so staff check them all. Free for 2 weeks.
Book your free demo: checkmate-uk.co.uk · 07882 236560

These are general checklists. Always follow the manufacturer's instructions and your own risk assessment, and adapt the items to your equipment. They don't replace expert inspections required by law or guidance, such as LOLER thorough examinations or annual racking inspections.