

## SAFETY CHECK LIST

### FOR EXERCISE AT HOME AND ONLINE TRAINING

Before we start exercising at home it is important that you are safe. We have a checklist for you to go through to make your space safe before we start.

SAFETY CHECKLIST	YES OR NO
Are you feeling well enough to exercise? Do not exercise if you are unwell	
Is your exercise equipment in good working order? (this can include walls, benches, stairs)	
Do you have adequate space to exercise?	
Is the temperature and ventilation adequate?	
Is the space clear of hazards that may cause a fall - weights, equipment, furniture, pets etc.?	
Do you have a safe place to walk clear of clutter? – for example hallways	
Do you have your phone handy in case of emergency, and an emergency plan?	
Is your computer set up so you can see the exercises?	
Is the flooring adequate for exercise? Non slip and safe?	
Do you have a First Aid Kit and Medications available?	
Are electrical cords safely secured?	
Do you have a safe chair for seated exercises at appropriate height so that your feet are touching the ground?	
In case of emergency are your exits clear and unobstructed?	
Are you well hydrated and have water available?	
Are you dressed in comfortable exercise attire and covered sneakers?	