Gym Safety
A Guide to Getting Swole without Paying a Toll

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Exercise related injuries

- According to the Bureau of Labor Statistics, 20% of work related injuries and illnesses are from back injuries [2]
- Only the common cold results in more days of missed work


Warm up

• Get blood flowing with 3-10 minutes cardio
• Reduce risk of strains [5]
• Dynamically stretch prior to lifting weights [6]
• Practice lift with light weight before increasing loads


Secure weights with clips

• Keeps weights secure in case of lost balance [7]
• It hurts when weights fall on your extremities [8]

[7] https://www.reddit.com/r/Fitness/comments/2i06b5/fitbit_do_you_clip_your_weights_why_or_why_not/
Practice good form

- Good form prevents injuries [10]
- Targets the correct muscles
- May have to decrease load
- Maintain control
- Rest/don’t overdo it
- Record and critique yourself


Get a gym buddy

- Spotter – can relieve you if you fail [11]
- Informal coach


*Not always true.
Be aware of your surroundings