

Wellness Topic

Weight Safety

Understanding the meaning of weight safety is critical to lifelong success in the weight room. Students must be familiar with all safety elements before they begin a weight training program.

- Basic Safety Guidelines:
 - Familiarize yourself with the training facility
 - Warm up before each session
 - Learn and use the proper technique for all exercises
 - Use spotters
 - Wear a safety belt
 - Use clips when adding weights to barbells
 - Practice all lifts with supervision
 - Control the speed of the resistance movement at all times
 - Be alert and act responsibly
 - Return all equipment after use
 - Allow time for muscles to repair
 - Cool down after each session
- Important Techniques to remember:
 - Keep your back straight at all times
 - Adjust all weight machines for proper body alignment
 - When performing standing lifts, have a wide stable base of support and keep your feet flat
 - When lifting objects, use your legs, not your back
 - Keep the weight close to your body to maintain proper leverage
 - All lifts should be done through a full range of motion
 - Concentrate on the muscles that should be doing the work