Gym equipment weekly safety check

Gym equipment maintenance & safety checklist

Site _____ Asset or area _____ Inspected by _____ Date _____

Item	Pass	Fail	N/A	Notes
Treadmills				
Emergency stop clip and button stop the belt				
Belt centered, not frayed, no slipping				
Deck dry and smooth, no squeaking				
Power cord and plug undamaged				
Clearance behind the treadmill kept open				
Ellipticals, bikes and rowers				
Pedals and straps tight and undamaged				
Seat post locks at each height				
Handles and arms tight, no play				
Resistance and console work				
Strength machines				
Cables not frayed or kinked				
Pulleys turn smoothly, guards in place				
Weight stack pins present and fit				
Upholstery not torn, no exposed foam				
Frame bolts tight, no cracked welds				
Dumbbells, barbells and racks				
Dumbbell heads tight, no loose plates				
Barbell collars present and working				
Racks and benches stable, safety bars in place				
Floor and safety				
Floor mats flat, no trip edges				
AED status light green, pads in date				
First aid kit stocked				
Emergency exits clear and lit				

Signature: _____ Run this checklist on a phone with Dovient Lite: dovient.com/lite