

1	General - Usage of Resistance & Cardiovascular Training Room	Electrical	Contact with electrical energy	Electrocution	1) Routine inspection and scheduled maintenance of equipment by Dynaforce. 2) Signage to be put up by facilities staff if equipment is found defective. 3) Switching off the machines when not in use or at the end of the day.	2	1	2	NA				
		Psychosocial	Fatigue	Sprains, strains	1) All lessons to have regular breaks in between. 2) Faculty to remind users to take a break and to hydrate themselves. 3) Faculty to do regular checks on users well-being. 4) Recognised teaching methods. 5) Ensure appropriate warm-up and cool-down activities. 6) Advise users who are unwell to rest. 7) Exempt users who are unwell from physical activities. 8) Close monitoring by faculty 9) Regular inspection by facilities staff.	2	1	2	NA				
		Mechanical	Cut	Others:Bleeding and cuts from broken mirror	1) Regular maintenance of resistance and cardiovascular training rooms especially the mirrors. 2) Inform maintenance to remove any broken mirror. 3) Close training rooms if necessary to prevent usage until the broken mirror is safe to use. 4) Regular inspection by facilities staff.	2	1	2	NA				
		Physical	Others:Dehydration	Others:Fainting	1) Regular breaks and access to water coolers. 2) Recognised teaching methods. 3) Users who are unwell must not participate or continue their activities. 4) Close monitoring by faculty. 5) Regular inspection by facilities staff.	3	1	3	NA				

		Physical	Trip, slip and fall on same level	Others:Bodily injuries	<p>1) Inform maintenance to replace faulty lighting.</p> <p>2) Check to ensure floor is clean and not slippery before commencement of activities.</p> <p>3) Regular cleaning of floor to remove dust, sweat or water.</p> <p>4) Ensure that equipment not in use is placed at the side of the court and there is no improper storage of PE equipment in training area.</p> <p>5) Warn users of the danger of wearing inappropriate footwear.</p> <p>6) Regular inspection by facilities staff.</p> <p>7) Checks by faculty before start of lesson.</p> <p>8) Close monitoring by faculty.</p> <p>9) Regular inspection by facilities staff.</p> <p>10) Loose cables to be taped to the wall/floor.</p>	2	1	2	NA				
		Mechanical	Strike by falling object	Others:Bodily injuries	<p>1) Daily checks of safety catches and paddings, minor repairs and calibration for loose parts.</p> <p>2) Faulty equipment is reported immediately and signage put up to warn users.</p> <p>3) Equipment from Dynaforce is ergonomically designed for safe usage.</p> <p>4) Weight stacks and racks are available for storing of weights.</p> <p>5) Safety catches, spring and screw locks are available to secure weight plates to the barbells.</p> <p>6) Routine inspection and scheduled maintenance of equipment by Dynaforce.</p>	2	2	4	NA				
		Others: Misuse of equipment	Others: Defective gym equipment	Others: Bodily injuries	<p>1) Regular supervision by facilities staff / faculty for lessons.</p> <p>2) Recognised teaching methods for lessons.</p> <p>3) Checks to ensure no unauthorized access to premises.</p> <p>4) Ready access to qualified first aider.</p> <p>5) Routine inspection and scheduled maintenance of equipment by Dynaforce.</p> <p>6) Defective items removed from area or locked away where possible or marked clearly to indicate that they should not be used</p>	2	1	2	NA				

		Psychosocial	Others:Medical conditions of users	Others:Bodily injuries resulting from past injuries or existing medical conditions	<p>1) Users are reminded to bring medication which they require.</p> <p>2) Ensure that users are fit to participate, e.g PESS students have to pass PPT tests and pass medical examination. SSM students have to declare that they are fit to participate in the sports elective.</p> <p>3) If user has a medical condition, he/she is advised to inform faculty.</p> <p>4) Ensure that users do not return to playing after an injury until it is clear that the injury has healed. If there is any doubt, users should not play until medically cleared.</p> <p>5) Close monitoring by faculty.</p> <p>6) Regular inspection by facilities staff.</p>	2	2	4	NA				
		Biological	Contact with or infection by bacteria, virus or fungal spores	Others:Infections	<p>1) Users with open cuts and abrasions are to be removed from the activity and treated immediately.</p> <p>2) If bleeding cannot be controlled completely, users should not be allowed to return to the activity.</p> <p>3) All clothing, equipment and surfaces contaminated by blood should be treated as potentially infectious.</p> <p>4) Have sufficient and suitable containment materials (bandages, etc) readily available.</p> <p>5) Ready access to qualified first aider.</p> <p>6) Close monitoring by faculty.</p>	2	1	2	NA				
		Others:Unauthorized usage of facility	Others:Usage without permission	Others:Bodily injuries	<p>1) TGS keys required to operate equipment in cardiovascular training room. Users without TGS keys have to exchange for them at the facilities office with their staff/student card.</p> <p>2) Users are briefed on rules and regulations.</p> <p>3) Sports facility closes at 7pm on weekdays and during weekends to prevent unauthorized usage.</p> <p>4) Regular inspection by security to ensure no usage when facility is closed.</p> <p>5) Regular inspection by facilities staff.</p>	2	1	2	NA				