

UNIVERSITY of OXFORD SPORTS FEDERATION

OXFORD UNIVERSITY POWERLIFTING RISK ASSESSMENT 2009/2010

Activities usually carried out by the club in Iffley Road free weights room.

The club practices the following three lifts as recognized by the World Drug Free Powerlifting Federation (WDFPF) and International Powerlifting Federation (IPF): Squat, bench press and deadlift.

Training sessions are run on an informal basis two to four times per week and focus on the 3 key lifts together with the additional accessory lifts.

During competition lifts must be taken in the same sequence – squat, bench press and deadlift. Lifters are divided into categories defined by bodyweight and sex. Each competitor is allowed 3 attempts at each lift. The lifter's best valid attempt on each lift, disregarding any fourth attempts made for record purposes, counts towards their competition total. The winner of a category is the lifter with the highest total.

All injuries/accidents must be reported to the Sports Manager on duty who will provide First Aid Cover and complete an accident report form

HAZARD	CONTROL MEASURES IN PLACE	RISK FACTOR	FURTHER CONTROL MEASURES
General Gym Safety procedures not being followed which leads to injuries from members falling over weights and weight bars, etc	Spot Checks take place by Sports Department staff during shifts. Management cameras operate which record activities within the gym. Club members as for all members of the gym undertake a gym induction and the basic information on 'safety' covered e.g. returning weights to weights stacks after use. Chewing Gum is not allowed. Club members should ensure that chalk is used where good grip is required on a bar. Club members should ensure that floors are not slippy or wet from sweat when lifting.	Low	

<p>The Powerlifting room is unfit to use or becomes dangerous due to faults with lighting, heating, ventilation or just the use of general 'weights' and 'bars'.</p>	<p>Any building faults or equipment faults which could affect the safety of users should be reported to the Sports Manager on duty on the day but ultimately the Facilities Manager. Shaun.fleming@sport.ox.ac.uk</p>	<p>Low</p>	
<p>Muscular strains from lifting any weight without a suitable warm-up.</p>	<p>Proper warm-up routines should take place at the start of each training session and a cool down at the end of each session to reduce muscular aches etc.</p>	<p>Low</p>	<p>All OUPLC members are encouraged to perform dynamic mobility drills prior to training, as well as exercise-specific warm-ups.</p>
<p>Illness and Injury which is neglected or ignored.</p>	<p>Club Members should not lift weights if they have been ill or feel ill and are suffering with an injury as this could lead to a greater chance of illness or for a minor injury turning to a major one.</p>	<p>Low</p>	<p>OUPLC Committee members must be informed of any injury prior to training</p>
<p>"Known" medical condition – lack of medicine available.</p>	<p>Club members who need inhalers (asthma) or other medication should ensure that this medication is easily to hand if required.</p>	<p>Low</p>	
<p>Lifting Large Weights. Hazard: Dropping of weights causing back injuries. Dropping of weights onto a part of the body e.g. foot causing bruising or broken bones.</p>	<p>Training takes place at Iffley Road gym, with immediate access to Sports Department First Aid trained staff.</p> <p>Club members are members of the Gym as this is a requirement of the Sports Department membership. As a result all club members will have undertaken a free-weights gym induction.</p> <p>The leader of all sessions ensures that adequate spotting takes place for all heavy lifts.</p> <p>Good lifting technique is encouraged at all times including the safe use of safety bars and supports where necessary.</p> <p>Spotters are used during training sessions where required.</p>	<p>Low</p>	

<p>Squat</p> <p>Damage to the back from incorrect Technique. Loss of balance. Muscular aches and tears.</p>	<p>All squatting should take place in the safety cages, with the lower safety cages adjusted to take account of the variance in lifter height.</p> <p>A mirror is placed in front of each squat rack and should be used by the lifter to check the correct body position is maintained throughout the lift.</p>	<p>Low; control measures always followed as appropriate</p>	<p>Belts should be worn for heavy squatting – with lifters expected to provide their own although a spare belt is available in the gym.</p> <p>Appropriate non-slip footwear should be worn.</p> <p>For heavy squats a spotter should be used who is given clear instructions by the lifter regarding assistance.</p> <p>In competitions – where very heavy lifts are attempted 3 spotters may be required, one either end of the barbell and one behind the lifter.</p> <p>Lifters must warm-up before attempting heavy lifts.</p>
<p>Bench Press</p> <p>If the lifter experiences muscular failure the bar may fall on the upper chest, neck or lower face. Muscular aches and tears.</p>	<p>As with squatting all members of the gym will have been instructed on correct bench press technique by members of staff.</p> <p>Power racks are available for use during incline/decline bench press. As with squatting, the safety rails must be adjusted to suit the individual lifter.</p>	<p>Low; all controls measures implemented</p>	<p>If bench pressing outside the safety cage spotters must be used. Spotters must be aware of the correct technique and how and when to help the lifter.</p> <p>Care must be taken not to excessively arch the back during training.</p> <p>Lifters must warm-up before attempting heavy lifts.</p>
<p>Deadlift</p> <p>Risk to the lower back if the correct technique is not employed. Hands may tear on heavy lifts.</p>	<p>As above, all users of the gym will have been instructed on correct technique by qualified members of staff.</p> <p>Deadlifts should always be performed on the non-slip deadlifting platform. The edge of the platform is clearly demarcated.</p>	<p>Low</p> <p>Correct technique Enforced by experienced lifters.</p> <p>Technique DVDs available</p>	<p>Belts are advisable for heavy lifts.</p> <p>Chalk can be used to provide additional grip on the bar.</p> <p>Talc or chalk may be used to lubricate the thighs prior to heavy lifts.</p> <p>Lifters must warm-up before attempting heavy lifts.</p>

Dehydration	Large quantities of fluid can be lost from the body during strenuous exercise, particularly in hot weather. It is important to ensure adequate hydration before training, and to rehydrate adequately when training is over. Ensure the windows in the Powerlifting Gym are open and the fans are in good order. Water can be obtained from the water fountain in the 'Pulse' Gym.	Low	
Road accidents in hired minibuses when travelling to matches/ competitions.	Organiser/events secretary to complete Trip Registration Form for all Oxford University Powerlifting Club events outside of Oxfordshire. Drivers must have passed University accredited mini-bus tests. Drivers must be 21 years or older.	Low but potentially fatal	All trip registration forms are to be sent a day before weekday or weekend fixtures to the Sports Federation. For trips out of the UK – trip registration forms are required one month ahead of the trip and these should be submitted to the Sports Federation. For major accidents away from Oxfordshire which requires the need to call the Emergency Services or results in a club member being taken to hospital, the club event/activity leader should contact the University Security Services on (01865) 289999 to inform them and to seek advice and assistance.