



Gymnasium Equipme	nt SAFE WORK METHOD	STATEMENT (SWMS)	
TASK	OR ACTIVITY: Gymnasium Equi	pment	
Business Name:		ABN:	SWMS#
Business Address:			
Contact Person:	Phone:	E fil:	
THIS SAFE WORK METHOD	STATEMENT IS APPROVED BY	THE PCL OF THE ROJECT	
Under the Work Health and Safety Regulation (WHS Regulation), a person conduct the proposed work starts.	cting a business or under the (PC 1) is	required to en that a safe work method s	statement (SWMS) is prepared before
Full Name:			
Signature:		Title:	Date:
Details of the person(s) responsible for ensuring implementation, monitoring	apliance the VMS a well as review	es and modifications of the SWMS.	
Full Name:		Title:	Phone:
ALL PERSONNEL PARTICIPATING IN ANY ACTIVITY ON THIS S /MS M HAVE THE FOLLOWING COMMUNICATED	NA, 2 OF ALL RELEVANT PERSONNI EVELOPMENT AND APPROVAL OF	EL WHO HAVE BEEN CONSULTED AND CO	OMMUNICATED TO IN THE
Safety meetings or toolbox talks will be sched ed in accomply with gislative requirements to first identify any site hazards, hazards and then to further take steps to either eliminate or continuous each hazard.			
If an incident or a near miss occurs, all work must sto, an attely. Depending on the severity of the incident, a meeting will be called with all workers to amend the SWMS if required. The meeting may also be an educational opportunity.			
Any changes made to the SWMS after an incident or a near miss must be approved by the Person Conducting Business or Undertaking and communicated to all relevant personnel.			
The SWMS must be kept and be available for inspection at least until the work is completed. Where a SWMS is revised, all versions should be kept. If a notifiable incident occurs in relation to which the SWMS relates, then the SWMS must be kept for at least two years from the occurrence of the notifiable incident.			

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CLIENT OR PRINCIPAL	CONTRACTOR DETAILS
Client:	SCOPE OF WORKS
Project Name:	
Project Address:	
Project Manager:	
Contact Phone:	
Date SWMS supplied to Project Manager:	
ANY HIGH BIOK CONSTRUCTOR	NAME OF THE POLIT
ANY HIGH-RISK CONSTRUCTOR	N WC & BEIN C ARIED OUT
☐ involves a risk of a person falling more than 2 meters	is carried out on or near pressurised gas mains or piping
☐ is carried out on a telecommunication tower	carried out on or near chemical, fuel or refrigerant lines
☐ involves demolition of an element of a structure that is load-bearing	\square is carried out on or near energised electrical installations or services
☐ involves demolition of an element related to the physical integral of a functure	☐ is carried out in an area that may have a contaminated or flammable atmosphere
☐ involves, or is likely to involve, disturbing asb	☐ involves tilt-up or precast concrete
☐ involves structural alteration or repair that —quires term — v sup —rt to prevent collapse	☐ is carried out on, in or adjacent to a road, railway, shipping lane or other traffic corridor
☐ is carried out in or near a confined space	☐ is carried out in an area of a workplace where there is any movement of powered mobile plant
☐ is carried out in/near a shaft or trench deeper that. tunnel involving use of explosives	☐ is carried out in areas with artificial extremes of temperature.
\square is carried out in or near water or other liquid that involves a risk of drowning.	☐ involves diving work.
ANY HIGH-RISK MACHINER	Y OR EQUIPMENT NEARBY

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RISK MATRIX										
LIKELIHOOD	INSIGNIFICANT	MINOR	MODERATE	MAJOR	CATASTROPHIC	SCORE	ACTION	HEIRARCHY OF CONTROLS		
ALMOST CERTAIN	3 HIGH	3 HIGH	4 ACUTE	4 ACUTE	4 ACUTE	SCORE	ACTION	Elimination Remove the hazard.		
LIKELY	2 MODERATE	3 HIGH	3 HIGH	4 ACUTE	4 ACUTE	4A ACUTE	DO NOT PROCE	Substitution		
POSSIBLE	1 LOW	2 MODERATE	3 HIGH	4 ACUTE	4 ACUTE	3H HIGH	Review before work starts.	Replace the hazard.		
UNLIKELY	1 LOW	1 LOW	2 MODERATE	3 HIGH	4 ACUTE	2M MODERATE	Ensure control measures in place.	Isolate People from the hazard		
RARE	1 LOW	1 LOW	2 MODERATE	3 HIGH	3 HIGH	1L LOW	nitor and	Engineering Isolate the hazard.		
is the second m	otes on Hierarchy of Controls: Elimination methods are the most effective and preferrence on concern the second most effective method of controlling a hazard. Engineering by isolation is the fire post engineering by changing the work is the fourth most effective method. PPE (Personal Protective Eq. ment) the least effective									

				PERS		TIVE EQUIPM					
		Select the app	ropriate PPŁ	abo v uitab	cor the equi	pment used or	the job task	being perforr	ned (if applica	ıble).	
FOOT PROTECTION	HAND PROTECTION	HEAD PROTECTION	HEARING ETION	P ECTION	PROTECTION	FACE PROTECTION	HIGH-VIS CLOTHING	PROTECTIVE CLOTHING	FALL PROTECTION	SUN PROTECTION	HAIR/JEWELLERY SECURED
Other PPE R	equired:										
	Pe	ermit or Licen	ses Requirem	ents		Mandatory Qualifications and Training					



JOB STEP	POTENTIAL HAZARDS	IR	CONTROL MEASURES	RR
SPECIFIC WORK STEPS	HAZARDS THAT MAY ARISE	INITIAL RISK	SPECIFIC MEASURES TO BE PUT IN PLACE TO ELIMINATE OR CONTROL THE RISKS	RESIDUAL RISK
1. Preparation	Slips, trips and falls; Manual handling injuries	2M	- Conduct a thorough risk assessment before commencing work to identify potential hazards and determine the necessary control measures on the implementation. - Ensure that all employees and contractors up to a comprehensive training on proper manual handling techniques and safe work procedures, including ong, carrying a ushing, and pulling loads. - Mandate proper footwear who con-slip soles to enter the bear grip on surfaces and minimise the risk of slips, trips, and falls. - Keep the work of a clean and we get to reduce the risk of accidents due to clutter, debris, or poor visibility. - Instrumptor e sign to throughout the gymnasium to alert employees, clients, and visitors to potent a grands to patient with improperty placed equipment, such as trip hazards. - Sche the equilar to intenance checks and inspections of all gymnasium equipment to ensure it is in good within condition free from defects, and installed securely. - Utilise to achain all aids, such as trolleys for heavy equipment, to reduce manual handling risks and an late to yeican, arain on workers. - Follow, a tetematic approach when moving equipment, such as using a buddy system or employing ling tools, like levers, to maintain control during movement. - Exporce a policy of immediate reporting and rectification of any identified hazards related to gymnasium equipment, including spills, damaged flooring, or tangled cords that may present tripping hazards. - Establish clear walking pathways within the gymnasium, keeping routes free of obstructions and ensuring that equipment is stored properly when not in use. - Implement an ergonomically designed layout for the gymnasium equipment to allow for adequate space between devices, reducing the chance of accidental collisions or trips. - Allocate sufficient time for the setup and dismantling of gymnasium equipment, allowing workers to perform their tasks without rushing and increasing the likelihood of workplace injuries. - Foster a strong safety culture within the organisation by prioritising	1L
2. Equipment Inspection	Faulty equipment; Damaged cables	ЗН	 Implement a regular inspection schedule for all gymnasium equipment to ensure proper functioning and identify signs of wear and tear. Train staff on how to properly inspect equipment, including identifying potential hazards, such as damaged cables or faulty components. Establish a clear protocol for reporting and documenting any identified hazards during equipment inspections, ensuring that issues are addressed promptly. 	1L



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SPECIFIC WORK STEPS	HAZARDS THAT MAY ARISE	INITIAL RISK	SPECIFIC MEASURES TO BE PUT IN PLACE TO ELIMINATE OR CONTROL THE RISKS	RESIDUAL RISK
			- Use an equipment maintenance log to track information about each piece of equipment, including date of purchase, service history, and inspection results.	
			- Create a system for tagging and marking gymnar are equipment that has been identified as potentially hazardous until the issue is resolved to prevent use.	
			- Regularly replace or fix damaged cables by ym equipment, adhering to the manufacturer's recommendations for appropriate cable type. Indication procedures.	
			- Use appropriate tools and resources, such as a manuals and online guides, to ensure staff understands the correct associately and function of agymnas are equipment.	
			- Promote a culture of health are rafety within the way are by providing staff with ongoing education and training on health are rafety within the way are by providing staff with ongoing education and training on health are rafety within the way are by providing staff with ongoing education	
			- Develop a sungency plan for manying risk associated with faulty equipment, such as temporarily removing the suipment for the gyn escheduling classes or sessions, or providing alternative works apptions	
			- Reg the review of update workplace health and safety policies and procedures to ensure they remain releval, an effective managing potential hazards.	
			- Condut region equipment audits to ensure that all documented inspection records align with the actual ndition of the massium equipment.	
			- Con the the equipment manufacturers and suppliers to stay updated on safety recalls or concerns pecific the brand or model of gym equipment.	
			- courage feedback and open communication between staff and gym users regarding potential safety hazards, ensuring everyone actively participates in maintaining a safe environment in the facility.	
			 Communicate a clear path of movement for equipment relocation, ensuring all gym members and staff are aware of the planned activity. 	
			- Use appropriate signage to indicate zones where equipment is being moved, cautioning gym-goers to maintain a safe distance from the work area.	
			- Employ trained personnel, knowledgeable in proper lifting and moving techniques, to minimise the risk of musculoskeletal injuries.	
Moving Equipment	Collision with pedestrians or objects;	2M	- Utilise proper personal protective equipment (PPE), such as gloves and steel-toed shoes, to protect workers during the moving process.	1L
0 11 -	Musculoskeletal injuries		- If possible, use mechanical aids like flatbed trolleys or dollies to assist with heavy lifting and transportation, reducing manual handling risks.	
			- Keep work areas well-lit and free from clutter, minimising the possibility of tripping hazards while moving equipment.	
			- Ensure adequate supervision during the equipment-moving process, allowing for quick intervention should a hazardous situation arise.	
			- Conduct regular inspections and maintenance on gym equipment before and after relocation, addressing any concerns immediately to prevent faulty equipment issues.	



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			- Schedule equipment relocation during low-traffic hours or when the gym is closed, reducing potential collisions with gym-goers.	
			- Establish designated pathways for moving equipment, using barricades or demarcation tape, to avoid interfering with pedestrian flow and ongoing activities.	
			- Take breaks during extended periods of the vy lifting to bid overstressing muscles and risking injury.	
			- Perform a pre-move risk assessment to identify a readdress any potential hazards associated with relocating the specific gym equipment.	
			- Provide safety training sessions for all staff involve in moving equipment, ensuring they are familiar with best-practice protocols and uncontained the important coollowing safety guidelines.	
4. Setting Up Equipment	Strains and sprain Trin Lower Cords	2M		1L



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5. Equipment Maintenance	Electrocution; Chemida Appare			1L



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SPECIFIC WORK STEPS	HAZARDS THAT MAY ARISE	INITIAL RISK	SPECIFIC MEASURES TO BE PUT IN PLACE TO ELIMINATE OR CONTROL THE RISKS	RESIDUAL RISK
6. Using Welding Tools	Burns; Fire hazard	ЗН		2M



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7. Lifting Heavy Equipment	Musculoskeletal injuries; Struck by falling equipment	3H		1L
8. Climbing Ladders	Falls from height; Loss of balance	2M		1L



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9. Assembling Equipment	Pinch points; Impact injuries	2M		1L



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10. Electrical Works	Electric shock; Fire hazards	3H		1L

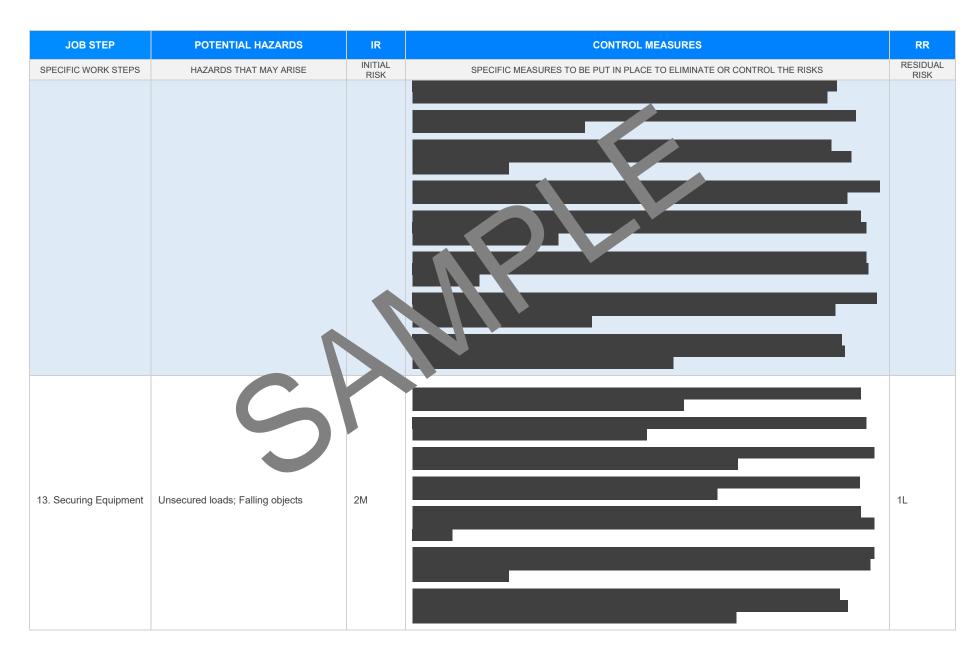


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11. Machine Operation	Entanglement; Noise exposure	ЗН		2M

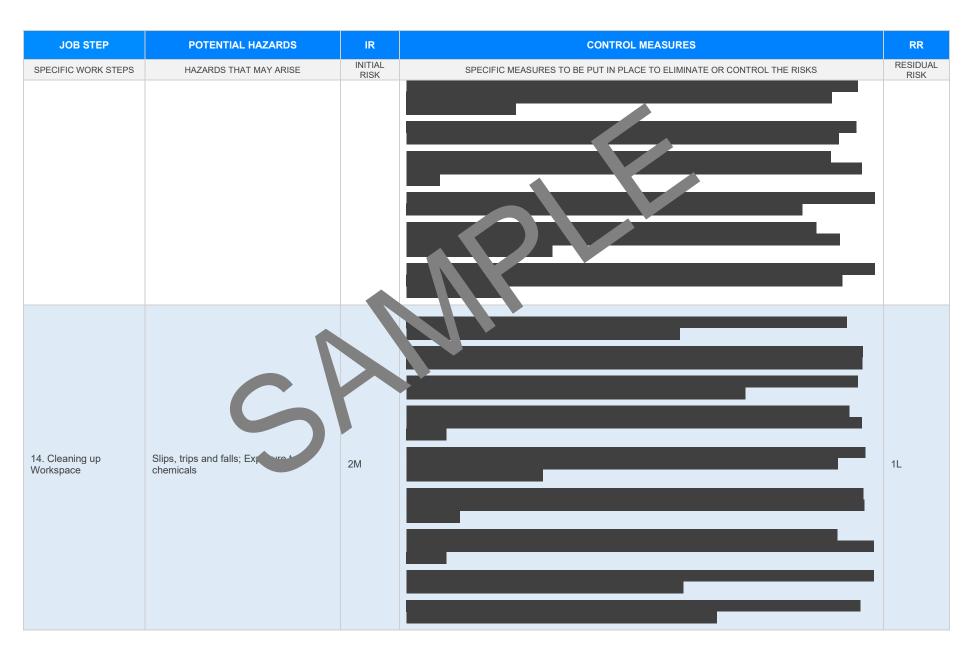


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12. Disassembling	Debris hazards; Tipping over risks	2M		1L











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15. Documentation	Paper cuts; Improverly filed documents	1L		1 1L



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l6. Employee Training	Incorrect technique vinadequate understanding of HS procedures	ЗН		2M



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17. Emergency Response	Slow response tings; Inadequacy in emergency access	3H		2M



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18. Waste Disposal	Exposure to hazardous materials; Manual handling injuries	2M		114
19. Personal Hygiene	Inadequate facilities; Spreading of illness	2M		1L



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SPECIFIC WORK STEPS	HAZARDS THAT MAY ARISE	INITIAL RISK	SPECIFIC MEASURES TO BE PUT IN PLACE TO ELIMINATE OR CONTROL THE RISKS	RESIDUAL RISK
20. Storing Equipment	Obstructed walkways; Trip hazards	2M		1L



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EMERGENCY RESPONSE - CALL 000 FOR EMERGENCIES

Ensure to have an Emergency Management Plan in place as well as adequate numbers of trained first aid staff with easy access to fully stocked first aid kits, rescue equipment, material safety data sheets, adequate access to emergency communication equipment and fire-fighting equipment suitable for all classes of fire and ignition sources.

LEGISLATIVE REFERENCES

RELEVANT LEGISLATION AND CODES OF PRACTICE. DELETE THE LEGISLATIVE REFERENCES. ANY STATE OF AT ARE NOT APPLICABLE.

Queensland & Australian Capital Territory

Work Health and Safety Act 2011

Work Health and Safety Regulations 2011

Legislation QLD: https://www.worksafe.qld.gov.au/laws-and-compliance/work-health-and-safety-laws Codes of Practice QLD: https://www.worksafe.qld.gov.au/laws-and-compliance/codes-of-practice

Legislation ACT: https://www.worksafe.act.gov.au/laws-and-compliance/acts-and-regulations

Codes of Practice ACT: https://www.worksafe.act.gov.au/laws-and-compliance/codes-of-practice

New South Wales

Work Health and Safety Act 2011

Work Health and Safety Regulations 2017

Legislation NSW: https://www.safework.nsw.gov.au/legal-obligations/legislatide

Codes of Practice NSW: https://www.safework.nsw.gov.au/resource-library/lis

Northern Territory

Work Health and Safety (National Uniform Legislation) Act 2011

Work Health and Safety (National Uniform Legislation) Regulation 201

Codes of Practice NT: https://worksafe.nt.gov.au/f

South Australia

Work Health and Safety Act 2012 (SA)

Work Health and Safety Regulations 2012 (SA)

Legislation for SA: https://www.safework.sa.gov.au/resources/le_lation

Codes of Practice for SA: https://www.safework.sa.gov.au/wor aces/codes-of-practice#COPs

Tasmania

Work Health and Safety Act 2012

Work Health and Safety (Transitional and Consequential Provisions) Act 2012

Work Health and Safety Regulations 2012

Work Health and Safety (Transitional) Regulations 2012

Legislation for TAS: https://worksafe.tas.gov.au/topics/laws-and-compliance/acts-and-regulations

Codes of Practice for TAS: https://worksafe.tas.gov.au/topics/laws-and-compliance/codes-of-practice

Details of permits, licenses or access required by regulatory bodies (add or delete as required):

- Permits from local council
- Authorisation to commence work
- Any required documents.

Victoria

Occupational Health al. Safety Act

Occupational Health and afety gulations 2017

Legis on VIC: https://www.wksafe.vic.gov.au/occupational-health-and-safety-act-and-

gulat

tes of actice VIC attps://www.worksafe.vic.gov.au/compliance-codes-and-codes-practice

Western Australia

Work Health and Safety Act 2020

Work Health and Safety Regulations 2022

Legislation Western Australia: https://www.commerce.wa.gov.au/worksafe/legislation

Codes of Practice WA: https://www.commerce.wa.gov.au/worksafe/codes-practice

Safe Work Australia Links

Law and Regulation (All States): https://www.safeworkaustralia.gov.au/law-and-regulation Model Codes of Practice: https://www.safeworkaustralia.gov.au/resources-publications/model-codes-of-practice

Model Codes of Practice

- Managing noise and preventing hearing loss at work
- Confined spaces
- Labelling of workplace hazardous chemicals
- Managing risks of hazardous chemicals in the workplace
- Welding processes
- First aid in the workplace
- Managing the risk of falls at workplaces
- Hazardous manual tasks
- Managing the risk of falls in housing construction
- Managing electrical risks in the workplace
- Demolition work
- Excavation work
- Work health and safety consultation, cooperation and coordination
- Managing the work environment and facilities
- How to manage work health and safety risks
- Managing risks of plant in the workplace
- Construction work





SIGNATORIES OF THE SAFE WORK METHOD STATEMENT

The signed and dated personnel listed below have cooperated in the consultation and development of this Safe Work Method Statement which has been approved by the Person/s Conducting a Business or Undertaking (PCBU). In signing this Safe Work Method Statement each individual acknowledges and confirms that they have read this SWMS in full, having raised any questions for items on this Safe Work Method Statement that require clarification, and confirms that they are competent, skilled and knowledgeable for the task assigned to them. Every person acknowledges that they have received the relevant training and qualifications where required, before carrying out any work contained in this Safe Work Method Statement. By signing this Safe Work Method Statement each individual agrees to work safely, to follow any safe work instructions which are provided, and agrees to use all Personal Protective Equipment where appropriate.

Worker Name	Signature	Date

SAFE WORK IN THE STATEMENT MONITORING AND REVIEW

The SWMS must be reviewed regularly to make sure it remains a fective of must be reviewed (and revised if necessary) if relevant control measures are revised. The view results should be carried out in consultation with workers (including contractors as use intractors) the may be cated by the operation of the SWMS and their health and safety representatives who represented that work group at the workplace.

When the SWMS has been revised the PCBU mast ensure that advised that a revision has been made and how they can access the revised SWMS, including all persons who will need to change a work procedure or system as a rest of the review are advised of the changes in a way that will enable them to implement their duties and the involved in the work must be provided with the relevant information and instruction that will assist them to understand and implement the revised SWMS.

The SWMS must be monitored regularly for the effectiveness of ensuring hazard controls are effective in reducing the risk of incidents, keeping the workplace safe for all personnel. The person responsible for monitoring the effectiveness of the Safe Work Method Statement should employ a multi-faceted approach which includes but is not limited to:

- Spot Checks.
- 2. Consultation with workers, contractors and sub-contractors.
- 3. Internal audits on a continual basis.

An approach of continuous improvement, promptly recording inconsistencies or deficiencies, followed up by immediate corrective action and consultation with all relevant personnel ensures that the PCBU is consistently developing ever-improving systems of safe work principles.

REVIEW NUMBER	1	2	3	4	5	6	7
NAME							
INITIALS							
DATE							

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SAFE WORK METHOD STATEMENT REVIEW CHECKLIST

This Safe Work Method Statement Review Checklist is to be followed and used upon initial development of the SWMS to help ensure that all steps have been adequately taken before work commences. Think of this document as an internal audit review checklist before commencing work, and may form part of a Toolbox Talk (safety meeting) and may be used as an opportunity for education and training.

ITEMS WHICH MUST BE INCLUDED IN THE SWMS	COMPLETED	COMMENTS
The company details have been entered, including the project name and address.		·
All relevant personnel consulted during the development of the SWMS.		
Name, signature, position and date signed of the person approving the SWMS.		
Specific personnel and qualifications, experience is noted in the SWMS.	7	
Provides a step-by-step process of tasks required to carry out the activity or task.	A	
Adequate risk assessment of any identified hazards has been completed.		
Foreseeable hazards are identified and documented for each step.	\boxtimes	
Any hazards listed in any site risk assessments have been added to the SWMS	\boxtimes	
SWMS initial risk (IR) column as well as residual risk (RR) column mpleted.	\boxtimes	
Check control measures added to the SWMS are the most effective selections	\boxtimes	
Responsible person is assigned and listed on the part the important part of measures.		
Permit or licenses requirements specified, sur as Hot Work, Electric Work, Work at Heights etc.		
SWMS identifies plant and equipment to be us		
Details of inspection checks required for any equipment listed an inoted on the SWMS.		
Describes any mandatory qualifications, experience, and or skills required to perform the work.		
Applicable personal protective equipment is selected on the SWMS.		
Reflects and documents any legislative references and/or Australian Standards.		
Identifies any hazardous substances used with specific control measures in line with any SDS.		
REVIEWED BY	DATE R	EVIEWED
SIGNATURE	DATE CO	MPLETED