

# Safety Tip

Date: Aug 16, 2018



## TIPS TO BE SAFE WHILE WORKING OUT IN



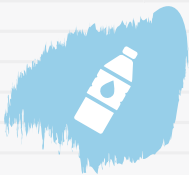
### FORM, FORM, FORM

A general rule of weight training is form before weight. If you can't lift something with good form, you shouldn't try.



### USE A SPOTTER OR GYM PARTNER

There are many reasons for training with a partner but one of the best is that it keeps you safe while training.



### STAY HYDRATED

A no-brainer, right? You get hot and sweaty at the gym and you need water to replenish what you sweat out.



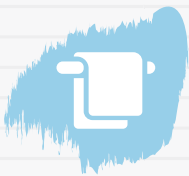
### BE AWARE OF YOUR SURROUNDINGS

You don't want to walk into someone's dumbbell flies or get kicked in the head by a hanging knee-up. Keep your eyes open.



### PUT YOUR WEIGHTS BACK

This overlaps with gym etiquette but re-racking your weights goes a long way towards making the gym a safer place.



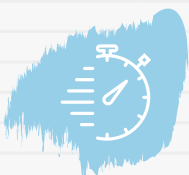
### ALWAYS USE A TOWEL

Studies have found that both weights and cardio equipment can be transmitters of viruses. So make sure you always have a towel with you.



### WARM-UP

No, you don't have to stretch for hours on end or roll around on a piece of foam (though that can help), but at the very least you should help your body acclimate to what you're about to put it through.



### TAKE YOUR TIME

We all have busy lives but it is better to take time to get it right than to rush in and get injured.



### ONLY LIFT WEIGHT YOU CAN HANDLE

Related to the previous point, building strength takes time in the gym, so don't rush into going too heavy while you can't handle it. Be safe; strength will come.



### IF YOU'RE NOT SURE, ASK SOMEONE

This might be the one that almost nobody does, but it is very important to make gyms a safer place. Better to ask than to try it yourself and get injured.

Source: Open

## Safety Tips

An initiative to share a safety and security tip to encourage caution amongst society...it's **worth following and sharing with near and dear ones!** We encourage everyone to be a part of this initiative through their inputs and thoughts.