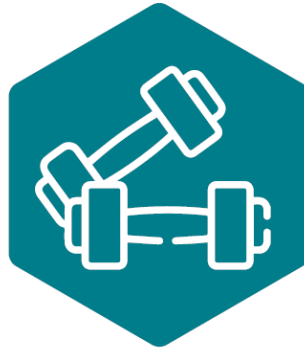


It's been a while since you went through the induction. Let's have a refresher on our health & safety measures!

D Fitness HUB

Wellness Centre



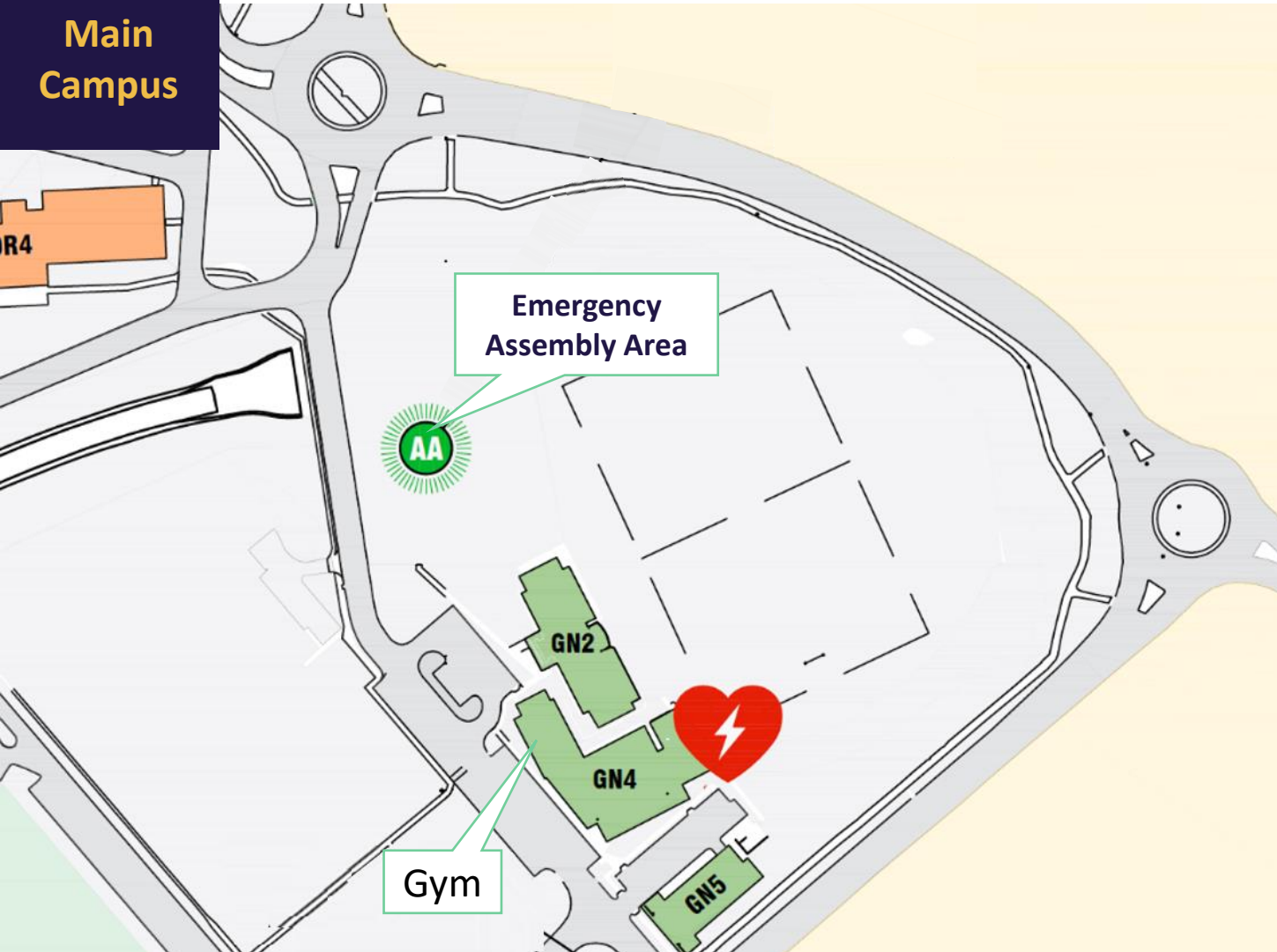
Adult Pre-exercise Screening System

The Gym at CDU is unsupervised. To reduce the risk of injury or loss of life, you **MUST** read the following six questions carefully. If the answer to any of the following six questions is YES, then you **MUST** obtain a clearance from your GP allowing you to perform exercises unsupervised.

1. Has your medical practitioner ever told you that you have a heart condition or have you ever suffered a stroke?
2. Do you ever experience unexplained pains or discomfort in your chest at rest or during physical activity/exercise?
3. Do you ever feel faint, dizzy or lose balance during physical activity/exercise?
4. Have you had an asthma attack requiring immediate medical attention at any time over the last 12 months?
5. If you have diabetes (type 1 or 2) have you had trouble controlling your blood sugar (glucose) in the last 3 months?
6. Do you have any other conditions that may require special consideration for you to exercise?

To maintain a comfortable environment for everyone

- **No towel, no entry – no exceptions**
- Towels must be used on all equipment. They must be of an appropriate size to safely cover the equipment you are using.
- Appropriate fully covered footwear must be worn at all times
- Sanitize hands before using equipment
- Wipe down all equipment before and after use, using the disinfecting wipes provided



AED Locations &
Emergency Assembly
Area (AA)

Reporting Accidents, Incidents or Injuries

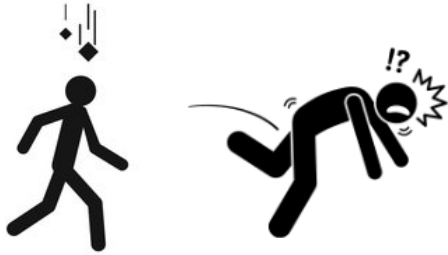
- All accidents, incidents, injuries or near misses are to be reported to Health, Safety & Environment within 24 hours, immediately if serious
- The completed report should be forwarded to HSE by the involved or injured person without delay

Reporting Accidents, Incidents or Injuries

- Staff members, please go to CDU Staff Intranet (The Waterhole) and search for 'Accident, Incident and Injury Report Form (AIIR)' and submit without delay to hse@cdu.edu.au
- Student members, please go to the first aid room to fill out the form or email the incident to hse@cdu.edu.au

What is a reportable incident?

Some examples are:



Mechanical fall/trip of a person



Hit object with a body part



Burns, wounds or lacerations



Traumatic injury to joint, ligament or muscle

Phew that was
close.

Near-missed incidents

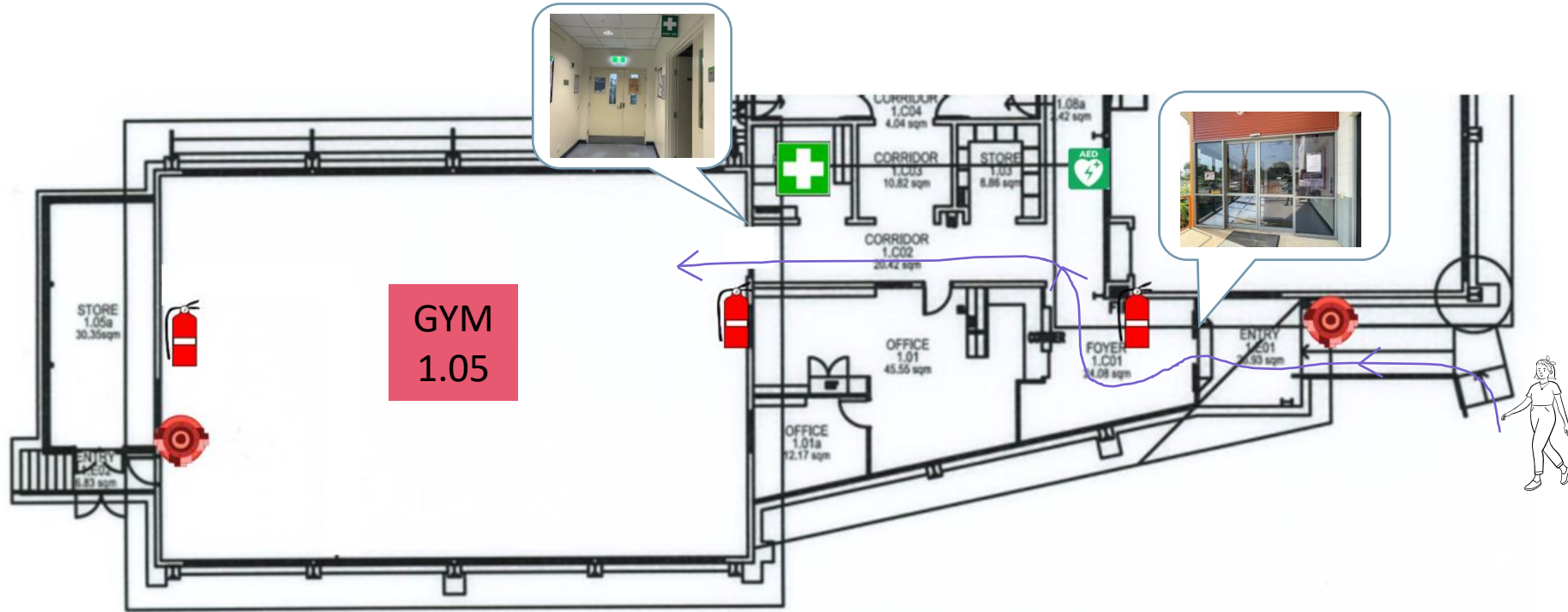
Witnessing Accidents, Incidents or Injuries

- If there is a witness to the accident, incident or injury, the witness must complete a separate form called the "Incident Witness Report"
- This form is searchable on Waterhole (for staff) and in the First-Aid room (for students), and must be submitted without delay

Reporting Accidents, Incidents or Injuries

- In case of serious injuries contact CDU security on 8946 7777 or use the SafeZone app to inform the security team

Fire extinguishers, Fire hose reels, AED and First Aid Room



Thank you for your time and
have a lovely workout!