

Commercial Gym & Fitness Center Safety Inspection Checklist

Site / Project	_____	Address	_____
Inspector name	_____	Company	_____
Date	_____	Time	_____

Documentation aid only. Adapt this resource to the site, manufacturer instructions, and applicable local requirements. It does not replace a competent person, professional judgment, legal advice, or a required statutory form.

Inspection checklist

Cardio Equipment Inspection

☐ Treadmill belt tracking is centered and stable at speeds of 2 mph, 5 mph, and 8 mph. Belt slippage does not exceed 1 inch under load.	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐ Treadmill emergency stop lanyard is present, undamaged, and immediately stops the belt within 2 seconds when pulled.	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐ Elliptical resistance levels adjust smoothly and accurately across the full range of settings. No unusual noises or vibrations are present.	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐ Elliptical foot pedals are securely attached and move freely without excessive play or binding. Check for loose bolts.	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐ Stationary bike seat adjustment mechanism functions correctly, locking securely at all height settings. Verify quick-release lever integrity.	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐ Stationary bike pedal straps are present, undamaged, and securely fasten to the pedals. Replace if frayed or cracked.	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐ All cardio equipment power cords are free from cuts, abrasions, and frays. Grounding prongs are intact and secure. (NFPA 70)	☐ Pass	☐ Fail	☐ N/A	Notes: _____

☐	All cardio equipment is stable and level. Rubber feet are present and in good condition. Equipment does not rock or move excessively during use.	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐	Cardio equipment displays are functioning correctly and providing accurate feedback (speed, distance, heart rate).	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐	Cardio equipment is clean and free from excessive sweat or debris. Ensure proper sanitation protocols are followed.	☐ Pass	☐ Fail	☐ N/A	Notes: _____

Strength Training Equipment Inspection

☐	Cable pulleys on pin-loaded machines are free from cracks, chips, and excessive wear. Cables move smoothly without binding or fraying.	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐	Cables on pin-loaded machines are properly tensioned and show no signs of fraying, kinking, or corrosion. Replace cables annually or more frequently if needed.	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐	Weight stack selector pins on pin-loaded machines are present, undamaged, and securely lock into place. Verify proper weight selection.	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐	Frames of all strength training machines are free from cracks, bends, and corrosion. Welds are intact and show no signs of failure.	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐	Adjustable benches are stable and do not wobble. Adjustment mechanisms lock securely in all positions.	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐	Dumbbell weights are securely attached to the handles and do not spin freely. Handles are not excessively worn or slippery.	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐	Barbell bars are straight and free from excessive rust or pitting. Knurling provides adequate grip.	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐	Weight racks are stable and securely anchored to the floor or wall. Weight storage is organized and prevents weights from falling.	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐	All strength training machines have legible instruction labels showing proper usage and safety precautions.	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐	Ensure proper range of motion on all machines. Check for any obstructions or limitations.	☐ Pass	☐ Fail	☐ N/A	Notes: _____

Facility and Environmental Safety

☐	Floors are clean, dry, and free from slip hazards such as spilled liquids, loose mats, or damaged flooring. (OSHA 1910.22)	☐ Pass	☐ Fail	☐ N/A	Notes: _____
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☐	Mirrors are clean, undamaged, and securely mounted to the wall. Replace any cracked or broken mirrors immediately.	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐	Lighting is adequate throughout the facility, providing sufficient illumination for safe equipment operation and movement. (ANSI/IES RP-7)	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐	Ventilation system is functioning properly, providing adequate air circulation and preventing the buildup of odors and moisture.	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐	Emergency exits are clearly marked, unobstructed, and easily accessible. Ensure exit doors swing freely and are not blocked. (NFPA 101)	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐	Fire extinguishers are readily accessible, fully charged, and inspected monthly. Staff are trained in their proper use. (NFPA 10)	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐	First-aid kit is fully stocked with necessary supplies, including bandages, antiseptic wipes, pain relievers, and gloves. Check expiration dates.	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐	Drinking water is readily available and easily accessible to members and staff. Water fountains are clean and functioning properly.	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐	Appropriate safety signage is posted throughout the facility, including warnings about equipment usage, emergency procedures, and hygiene practices.	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐	Noise levels are within acceptable limits. Excessive noise can create a hazard. Consider implementing noise reduction strategies if necessary.	☐ Pass	☐ Fail	☐ N/A	Notes: _____

Free Weight Area Inspection

☐	Dumbbells are stored properly on racks, preventing them from rolling or falling. Racks are not overloaded.	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐	Barbells are stored securely on racks. Weight clips are available and used to prevent weights from sliding off the bar.	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐	Weight plates are free from cracks, chips, and sharp edges. Rubber coating (if present) is intact.	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐	Lifting platforms are level and free from cracks or splinters. Rubber mats are securely in place and provide adequate cushioning.	☐ Pass	☐ Fail	☐ N/A	Notes: _____

☐	Ensure that members are aware of the importance of spotting when lifting heavy weights. Encourage the use of spotters.	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐	Barbell collars are in good working order and securely fasten to the barbell, preventing weights from sliding.	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐	Benches in the free weight area are stable and do not wobble. Upholstery is free from tears or rips.	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐	Mirrors are positioned to allow members to monitor their form without creating a safety hazard (e.g., glare, obstruction).	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐	Floor matting is in place to protect the floor and reduce noise. Mats are clean and free from tears or tripping hazards.	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐	The free weight area is clean and free from debris. Weights are returned to their proper storage locations after use.	☐ Pass	☐ Fail	☐ N/A	Notes: _____

Findings

#	Item	Location	Severity	Action required
1				
2				
3				
4				
5				
6				
7				
8				

Signature

Inspector signature _____

Name _____

Date _____