# Health and safety in a fitness environment

**Unit Accreditation Number: M/616/7502**

# Worksheet – Health and safety in a fitness environment

**There are 37 marks available in this worksheet. You must score a minimum of 30 marks in total to achieve a Pass. In addition to achieving the total Pass mark, you must also score at least the minimum marks set for each question to achieve an overall Pass.**

1. Outline two responsibilities of employers and two rights and responsibilities of employees in the workplace.

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| --- | --- | --- |
| **Responsibilities of employers** | **Rights of employees** | **Responsibilities of employees** |
|  |  |  |

**6 marks** (minimum 4 marks)

2. Explain the following terms in relation to health and safety in the workplace.

|  |  |
| --- | --- |
| **Duty of care** |  |
| **Hazard** |  |
| **Risk** |  |

**3 marks** (minimum 2 marks)

3. Identify two key legal and regulatory requirements that are relevant to health and safety in the workplace.

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**2 marks** (minimum 1 mark)

1. Describe what may happen if employers and employees do not follow the legal requirements of health and safety.

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**1 mark** (minimum 1 mark)

1. State the importance of having Normal Operating Procedures (NOPs) and Emergency Action Plans (EAPs) and describe a key area that should be included in each.

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| --- | --- | --- |
|  | **NOPs** | **EAPs** |
| **Importance** |  |  |
| **A key area that should be included** |  |  |

**4 marks** (minimum 3 marks)

6. State two ways that you would supervise the gym environment to ensure member safety.

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**2 marks** (minimum 1 mark)

7. Describe how a fitness facility maintains standards of cleanliness.

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**1mark** (minimum 1 mark)

1. List two types of cleaning equipment and two types of personal protective equipment (PPE) used in a fitness environment and covered by COSHH regulations.

|  |  |
| --- | --- |
| **Cleaning equipment** | **PPE** |
| 1. | 1. |
| 2. | 2. |

* 1. **marks** (minimum 3 marks)

1. Consider the following scenario and complete the table below: A glass bottle has smashed in the free weights area, spilling fluid all over the floor.

|  |  |
| --- | --- |
| **How would you maintain the safety of customers and other staff?** |  |
| **How would you deal with the spillage and breakage?** |  |
| **How would you show courtesy and consideration to customers when cleaning up the spillage?** |  |
| **How would you dispose of any waste from the cleaning operation?** |  |
| **Explain the importance of safe storage and maintenance of cleaning equipment** |  |

**5 marks** (minimum 4 marks)

10. List two problems that could potentially be caused by hazardous substances.

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**2 marks** (minimum 1 mark) 11. Identify two requirements of employers and employees as stated in the COSHH Regulations.

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| --- | --- |
| **Employer requirements** | **Employee requirements** |
| 1. | 1. |
| 2. | 2. |

* 1. **marks** (minimum 3 marks)

12. Describe the importance of COSHH assessments

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**1Mark** (Minimum 1 mark)

13. List two types of information provided in COSHH assessments.

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**2 marks** (minimum 1 mark)

**Results total / 37 marks** (30 marks in total, with the minimum set marks achieved for each question required to pass)

**Pass/Refer**

**Assessor’s feedback**