



SAFETY GUIDELINES

CLIENT SAFETY

- Always quiz your clients on injuries or limitations.
- Know the details of your exercises well, including the contraindications.
- If your client is not wearing non-skid socks, inform them of the potential dangers.
- Use non-skid pads if your client is in danger of slipping.
- Use a knee pad if your client requests one.

REFORMER SAFETY

- Make sure the foot bar is secure.
- Never change a spring when the carriage is extended. Return carriage to neutral position to change springs.
- Always add a spring before removing another, if the carriage is in use.
- When changing the gear, use both hands on the bar, preferable with a light spring.
- Make sure the headrest is lowered whenever rolling up on shoulders (e.g., bridging, short spine, long spine, reverse abdominals).
- Check to make sure shoulder rests are tightly secured and straps are even.
- Make sure the knobs (eyelets) are screwed tightly on the foot bar when using the jump board.
- When installing the jump board, make sure the foot bar is at the front.

CLEANING

- After each class, have the clients use the spray bottle and a clean towel to wipe down any equipment they touched.
- Take care not to leave the equipment wet from over-spraying.
- See opening and closing procedures,