

City of Belleville Fire Department

Number: 3018

POLICY:

It is the policy of the Belleville Fire Department that safe practices be followed to ensure personnel safety when using exercise equipment.

Date S.O.G. Comes Into Effect: August 16, 2009

Date S.O.G. Revised: May 2, 2017

Date Committee Approved S.O.G.: June 16, 2009

Page 1 of 2

GUIDELINE

1:00 **Purpose:**

1:01 To ensure the proper maintenance and safe use of Fire Department exercise equipment.

2:00 **Procedures:**

2:01 All personnel shall attend the training orientation session on the proper use of all exercise and fitness equipment prior to use. This training session is for information purposes only. This orientation training will be provided by a qualified instructor. All new personnel must be given this training orientation session during their probationary period.

2:02 Only approved exercise and fitness equipment will be allowed into the Fire Halls. Fire Department management will approve all exercise and fitness equipment.

THIS GUIDELINE IS NOT EXPECTED TO SUBSTITUTE FOR GOOD JUDGEMENT AND EXPERIENCE UNDER UNUSUAL CONDITIONS.

City of Belleville Fire Department

- 2:03 All exercise and fitness equipment must be used only in which it was designed. Prior to using the exercise and fitness equipment a visual inspection should be completed.
- 2:04 All personnel must clean and disinfect all exercise and fitness equipment after each use. The proper cleaner and disinfectant will be supplied and should be used as directed.
- 2:05 All personnel shall ensure proper storage of their clothing and towels after each use.
- 2:06 All exercise and fitness equipment shall be maintained according to the manufacturers recommendations. All personnel shall report immediately any equipment failures or issues to the officer in charge and remove the defective equipment from service.
- 2:07 All personnel, on or off duty, shall notify the officer in charge prior to using the exercise and fitness equipment. The exercise and fitness equipment within the Urban Fire Departments are not to be used by any outside guests.
- 2:08 All personnel must have proper footwear and attire when using the exercise and fitness equipment.
- 2:09 If any personnel incurs an injury during use of the exercise and fitness equipment, they must report their injury to the officer in charge as soon as it is practically possible.
- 3:00 **Scope:**
- 3:01 It shall be the responsibility of the Captain/ Officer in charge of each shift to ensure that this guideline is explained and followed.
- 3:02 It shall be the responsibility of all employees to understand and adhere to this guideline.

THIS GUIDELINE IS NOT EXPECTED TO SUBSTITUTE FOR GOOD JUDGEMENT AND EXPERIENCE UNDER UNUSUAL CONDITIONS.