

# Gym Rules

Exercising in a gym during rough seas can pose potential safety hazards, so it's important to follow safety guidelines and use equipment cautiously. Gyms will be closed during excessive vessel motion. Here are a few safety rules for using gym equipment on floating assets



## # 1

Use equipment that is securely fastened and stable to prevent it from moving or tipping over.

## # 2

Avoid using heavy weights that could cause injury if dropped or moved unexpectedly



## # 3

Maintain a firm grip on equipment at all times and avoid sudden movements or jerky motions.

## # 4

Wear appropriate footwear with good grip to prevent slipping or sliding.



## # 5

Use caution when moving between equipment or changing positions to avoid losing balance.

## # 6

Be aware of your surroundings and any movements of the installation, anticipate potential hazards.

