



LOCATION	WRITTEN BY:	APPROVED BY:	DATE CREATED	LAST REVISION
Shaftesbury High School Room: ALC (weight room) Subject: PE	Paul Bryant	S&H Committee	June 20,2014	New

HAZARDS PRESENT	ADDITIONAL REQUIREMENTS
<ul style="list-style-type: none"> <li>✓ Pinch Points,</li> <li>✓ Musculoskeletal Injuries (MSI, Repetitive Strain)</li> <li>✓ Sprains &amp;, Strains</li> </ul>	<ul style="list-style-type: none"> <li>✓ Equipment Room Orientation and Teacher Instruction.</li> <li>✓ Wear appropriate footwear. Shoes must be fully enclosed, no open toes. E.g. sandals</li> <li>✓ Close fitting clothes must be worn. Remove strings hanging from pullovers/sweaters.</li> </ul>

EQUIPMENT PICTURES	VISUAL : HOW TO USE
	

### SAFE WORK PROCEDURE

- **DO NOT** use this machine unless a teacher has instructed you on its safe use and operation and has given permission.
- **NEVER** operate this machine if it has been damaged in anyway.
- **DO NOT** attempt to fix a broken or jammed machine. Notify Physical Education Staff.

#### PROCEDURE:

1. Select appropriate resistance and adjust seat. Ensure the pin is securely in place and avoid pinch points on machine.
2. Sit on the machine and place your toes on the lower portion of the platform provided with the heels extending off.
3. Place your lower thighs under the lever pad, which will need to be adjusted according to the height of your thighs. Now place your hands on top of the lever pad in order to prevent it from slipping forward.
4. Lift the lever slightly by pushing your heels up and release the safety bar. This will be your starting

position.

5. Slowly lower your heels by bending at the ankles until the calves are fully stretched. Inhale as you perform this movement.
6. Raise the heels by extending the ankles as high as possible as you contract the calves and breathe out. Hold the top contraction for one second.
7. Repeat the movement for the desired amount of reps.
8. Once completed, stand up and dismount the unit carefully.
9. If at any time you feel faint, dizzy or experience pain, stop and consult your physical education teacher.

**VARIATIONS:**

Choose the toe positioning of your choice:

- forward,
- in,
- out.

**REGULATORY REQUIREMENTS**

- WS&H Act W210, Section 9.3(1)
- Regulations,
  - Part 16, Section: 16.1-16.8
  - Part 2, Section 2.1- 2.2, 2.7-2.9, 2.14
- Manufacturers User manual