



Health & Safety Policy

Rewire Physical Rehabilitation is dedicated to maintaining the highest standards of health and safety across all services and environments, including in-person, gym-based, home-based, and online sessions.

We ensure that:

- All sessions are delivered in a safe and controlled environment suitable for the client's physical ability and needs.
- Comprehensive risk assessments are completed before sessions, with appropriate equipment, form, and techniques used at all times.
- All staff and subcontracted trainers are trained in first aid, emergency response, and safe practice.
- Facilities and equipment are maintained in line with current health and industry safety standards.
- All incidents, accidents, and near-misses are reported, recorded, and reviewed to strengthen safety procedures.

Client Responsibilities:

Clients are expected to inform their trainer of any injuries, discomfort, or changes to health status before and during sessions to ensure safe participation and appropriate programme adjustments.

For questions or feedback regarding this policy, please contact:

inquiries@rewirepr.co.uk