

Chest Press Machine

Activity		Type Of Service				
		A	B	C	D	E
1	Check nuts and bolts for looseness. Tighten as required.			Y	Y	
2	Inspect all cables/belts for wear and damage. Ensure proper tension in cables/belts (if applicable).			Y	Y	
3	Inspect handles for wear.			Y	Y	
4	Inspect grips. Replace all worn or loose grips.			Y	Y	
5	Check all labelling is readable.			Y	Y	
6	Check weight stacks are properly aligned and operating smoothly (if applicable).			Y	Y	
7	Clean guide rods with appropriate cleaner and lubricate (if applicable).			Y	Y	
8	Inspect functionality of machine especially pulleys, cables and seating (if applicable).			Y	Y	
9	Inspect upholstery for loose staples, tears, excessive wear or bolts (if applicable).			Y	Y	
10	Check all bushings and fittings. Lubricate where appropriate.			Y	Y	
11	Inspect frame especially at joints.			Y	Y	
12	Lubricate pop pins (if applicable).			Y	Y	
13	Inspect weights in weight stack for any damage (if applicable).				Y	
14	Replace cable/belt (if applicable).				Y	
15	Record all results in log book.			Y	Y	

Special Comments and Technical Data

C SERVICE MONTHLY
 D SERVICE ANNUAL
 THIS IS A GENERIC SCHEDULE FOR SERVICING REQUIREMENTS FOR THIS EQUIPMENT.
 THE SERVICING IS TO BE DONE IN ACCORDANCE WITH THE MANUFACTURER'S WRITTEN INSTRUCTIONS WHICH MAY HAVE ADDITIONAL &/OR ALTERNATIVE SERVICING REQUIREMENTS &/OR SERVICING FREQUENCIES.
 SERVICING FREQUENCIES MAY VARY DEPENDING ON USAGE.

Disclaimer -This TDS is intended to provide guidance only to support Preventative Maintenance servicing activities. All TDS users are encouraged to read and understand the full [Conditions of Use](#) provided on the final page of this document and on the DPTI website.

For more information please contact the applicable Facilities Management Service Provider.



Government of South Australia
 Department of Planning,
 Transport and Infrastructure

Download Date: 22/12/2020

Conditions of Use

A TDS should be used as a generic guide for Facilities Management Service Providers (FMSP) to deliver Facilities Maintenance Services, specifically Preventative Maintenance in accordance with the DPTI [Agency Work Procedure Manual](#).

Users of a TDS should familiarise themselves with the following **Conditions of Use**:

1. You use the information and data contained in any TDS published by DPTI at your sole risk. DPTI-AGFMA does not have the expertise to provide complete or accurate technical data schedules and provides these technical data sheets merely as a starting point and/or guide.
2. If you rely on the information in a TDS you are responsible for ensuring, by independent verification, its accuracy, currency and completeness. DPTI cannot guarantee that the information contained in a TDS meets the standards or requirements of legislative requirements.
3. A TDS is not an exhaustive list of tasks or obligations that may be required and is generally generic in nature. DPTI does not oblige the user of a TDS to rely on it to the exclusion of other sources of information. For example, manufacturer's requirements may need to be followed for additional and / or alternative tasks and for additional and / or alternative servicing frequencies. You should always check the primary source of information such as the Australian Standards, manufacturer's specifications, legislation and other standards before undertaking any work to which a schedule may apply.
4. You must apply appropriate risk management principles and carry out all tasks in accordance with obligations under the [Work Health and Safety Act 2012](#).
5. You must not use a TDS unless you meet the specific competency requirements for preventative maintenance servicing works and are capable of applying the TDS to your trade or area of expertise. A TDS is only to be used by people who are specifically instructed by DPTI to use them and only for work undertaken in South Australia.
6. DPTI, its agents, instrumentalities, officers and employees make no representations, express or implied, as to the accuracy of the information, the data contained in a TDS or the suitability of a TDS for a particular purpose.
7. DPTI does not provide legal advice. DPTI accepts no liability, howsoever arising, for any loss resulting from the use of a TDS and any information or data or reliance placed on them.
8. DPTI may change information and data in a TDS without notice.
9. DPTI may revise this disclaimer at any time by updating these Conditions of Use.