

## ULTRA ACCESS

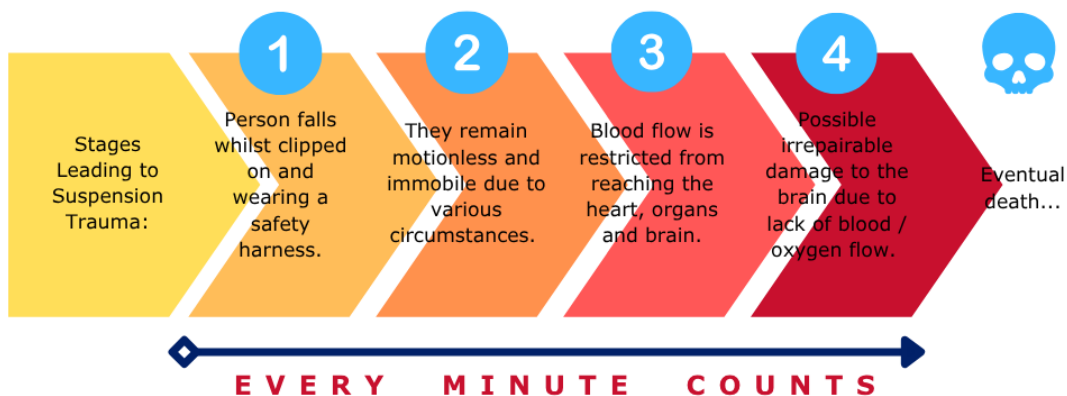
### Suspension Trauma (Orthostatic Shock)

What to expect, and how to prevent serious issues when falling in a Harness

**Suspension Trauma** is the commonly known name, for a condition otherwise known as **Orthostatic Shock**.

It occurs when someone is suspended in a harness after a fall, and due to one reason or another, becomes immobile - either because of a head collision or passing out due to shock / pain.

This immobility can lead to a dangerous build-up of blood in the legs, reducing blood flow to the brain and other vital organs. Depending on a persons body weight, build, and the manner in which they fell - if not actioned promptly, can lead to a loss of consciousness and potentially death in just a handful of minutes, maybe 10 minutes or less.



During immobility and rescue, a series of critical issues begin to occur to the body... being: Blood flow (which also carries oxygen) that would naturally get pumped from the heart, and pass through the **Femoral Artery** down to the lower extremities (the legs, feet and toes), and back up through the upper body and towards the brain - stops... causing a build up of pressure and **Lactic Acid** - which also leads to dangerous toxins forming in this now uncirculated blood.

And due to critical oxygen not being able to reach the brain through the blood, this could cause a condition called **Hypoxia** - which is what happens when the brain is deprived of oxygen, and could itself lead to death in as little as 5 minutes.

Basically: if you, or one of your colleagues was to fall whilst being suitably and safely "clipped on" / attached to an purposefully designed anchorage point, it is far from an ideal position to be in, and it in itself is a race against time to safely (either rescue), or be rescued with every minute counting.

**Rescue Kits** - regardless of law under (specifically) the **Working at Height Regulations 2005**, are of little use if no one in the team knows how to effectively and efficiently deploy and use them.

Good working at height procedures, training, awareness and practice are all **PROACTIVE** measures that can (and will) save someones life if they are unfortunate enough to fall whilst clipped on, in a harness.