

Suspension Trauma Infographic



HAVE A RESCUE PLAN TO PREVENT SUSPENSION TRAUMA

The harness stopped the fall, but hanging too long can be deadly!



Before work begins...

- ✓ **Train workers** on self and assisted rescues, and **provide rescue equipment.**

After a fall, initiate the rescue plan...

- ✓ **If immediate rescue is not possible, the suspended worker should keep blood circulating by:**
 - Using trauma straps or loops, a personal rope ladder, or create a foot loop from the lifeline to shift into a standing position.
 - "Pumping" legs frequently.
- ✓ **Call 911.** Do not let the worker lie down while waiting for help.

Watch the Clock... if blood is not circulating, it only takes a short time for a worker to:

 5 mins.	Become light-headed, nauseous, or unconscious	 30 mins.	Suffer suspension trauma and death
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PLAN PROVIDE TRAIN
Three simple steps to preventing falls.

Learn more at www.osha.gov/dts/shib/shib032404.pdf



Join the Campaign to Stop Construction Falls!
www.stopconstructionfalls.com



Source: <https://www.cdc.gov>