

# 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:

	<b>Become light-headed, nauseous, or unconscious</b>		<b>Suffer suspension trauma and death</b>
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**PLAN PROVIDE TRAIN**  
*Three simple steps to preventing falls.*

Learn more at [www.osha.gov/dts/shib/shib032404.pdf](http://www.osha.gov/dts/shib/shib032404.pdf)



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