



Digitize, Automate Safety Toolbox Talks, & Save Time.

Topic: Fall Protection: Suspension Trauma and Rescue Time Limits

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Time: _____

Location: _____

Team / Department: _____

Talk Conducted By: _____

Every time we step onto a job site, we confront the importance of safety, particularly when working at heights. It's easy to overlook the risks associated with fall protection gear and the very real dangers of suspension trauma. If someone falls while harnessed but isn't rescued in time, the consequences can be severe. Understanding how to manage these risks can save lives.

What is Suspension Trauma?

Suspension trauma happens when a person is suspended in a harness after a fall. While they might be alive when they stop falling, their condition can quickly deteriorate if they're not rescued promptly. Blood pools in the legs due to gravity, putting the person at risk for unconsciousness and even death.

How Suspension Trauma Occurs

This condition can develop in just a few minutes. Some key points include:

- **Positioning:** When hanging in a harness, the space restricted by the leg straps can impede blood flow.
- **Prolonged Suspension:** Staying suspended for more than five minutes can lead to consciousness loss.
- **Physical Impact:** Lack of movement causes pooling of blood, jeopardizing the individual's life.

Recognizing the Signs

Being aware of the symptoms of suspension trauma is essential for effective response. Early signs can include:

- **Dizziness or Lightheadedness:** A sign that blood is not circulating properly.
- **Changes in Breathing:** Rapid or shallow breaths can indicate a serious issue.
- **Loss of Consciousness:** This is a critical sign that action needs to be taken immediately.

Rescue Time Limitations

The window for effective rescue is incredibly tight. Let's break down the recommended timeframes:

- **5 Minutes:** This is the maximum time to rescue someone before irreversible damage can occur from suspension trauma.
- **10 Minutes:** Risk of serious complications increases significantly.
- **15 Minutes or More:** Chances of survival decrease dramatically; intervention is essential.

Practical Scenarios

To help clarify these concepts, let's consider some general situations:

- **Example 1:** A worker falls from a roof and hangs suspended in a harness. Within one minute, they feel faint and begin showing signs of distress. If they aren't rescued within five minutes, they risk serious injury or even death.
- **Example 2:** An employee is raised to work on overhead equipment. They experience a mishap and hang there, calling for help. If no one can reach them in a timely manner, they face the consequences of suspension trauma due to lack of blood flow.

Importance of a Rescue Plan

Every job site should have a clear and systematic rescue plan in place. Simple steps include:

- **Training:** Ensure all employees are trained on fall protection and how to respond to a fall incident.
- **Practice:** Regularly practice rescue drills using the equipment and techniques that will be employed on-site.
- **Communication:** Establish clear lines of communication for quick rescues.

Conclusion

Taking the time to understand suspension trauma and its implications, combined with establishing a robust rescue plan, could be the difference between life and death on a job site. Always prioritize safety, stay aware of your surroundings, and ensure you have the right knowledge to act promptly in case of an emergency. Remember, only a few minutes can make a monumental difference in a situation where suspension trauma is involved. Stay safe out there!

Attendees:

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