## Suspension Trauma Infographic



## HAVE A RESCUE PLAN TO PREVENT SUSPENSION TRAUMA

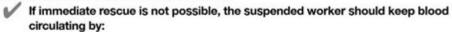
The harness stopped the fall, but hanging too long can be deadly!



Before work begins...

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

After a fall, initiate the rescue plan...



- 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:



Become light-headed, nauseous, or unconscious



Suffer suspension trauma and death

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!











Source: https://www.cdc.gov