

# UNIVERSITY OF LIMERICK RESEARCH ETHICS COMMITTEE

## PROCEDURES INVOLVING HUMAN SUBJECTS

Procedure No

Title of Procedure

Name of Assessor  Assessment date

Does this procedure already have ethical approval ?

If so, enter ethical number

The sledge is an apparatus where subjects are either in a seated or lying position (approximately 30° angle to ground), and dropped onto a force plate. This ensures a control of muscle and bone loading levels for jumping related experiments. A chair or stretcher is attached to apparatus by means of rollers allowing subject to slide up and down. Subjects are strapped into their positions, and the chair or stretcher winched into position. When they are released they slide down onto the force plate.

There are no risks in this procedure greater than those present in normal jumping activities. The subjects will complete a standard lab questionnaire prior to participation, and no one with any history of muscle, joint or bone problems would be asked to undertake this procedure.

5

**Action to be taken in the event of a foreseeable emergency**

If the subject shows any signs of distress, the procedure will be terminated immediately.

In the case of dizziness or fainting, subjects will be placed in the supine position with legs raised. Windows will be opened for fresh air and any restrictive clothing slackened.

If the subject feels nauseous, a suitable receptacle should be provided. The subject should be kept as comfortable as possible, until fully recovered.

If a minor physical injury occurs (e.g. minor cut, sprain, or strain), the subject will be kept comfortable and recommended to seek medical treatment as soon as possible.

In the case of more serious situations (e.g. fractures, dislocations), or should the subject fail to respond, help would be summoned immediately:

1. During normal working hours 9am-5pm, use nearest internal telephone to contact the Student Health Centre on extension **2534** (or **061 202534** if an external phone/mobile phone is used)
2. Outside of normal working hours, or if the Student Health Centre number is engaged/busy, use the nearest telephone to dial **3333** (or **061 213333** if an external phone/mobile phone is used) for UL security personnel who will then contact the ambulance service.  
When contacting the above clearly state the location of the incident, and briefly what happened.
3. If necessary, personnel should attempt CPR.

6

**Level of supervision required for procedure**

Trained PESS lecturing or research staff

Trained PESS postgraduate researcher

Trained PESS undergraduates

7

**Other documentation required for this assessment ?**

Pre-test subject questionnaire

Detailed protocol