

# 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

This procedure involves healthy human volunteers walking or running on a sports hall or running track (indoor or outdoor) at variable submaximal (less than 90% VO<sub>2</sub> max) workloads and for variable durations. The time duration would depend on the intensity of the exercise, however subjects are free to stop at any stage if they feel uncomfortable. This would be done as part of some practical classes and for experimental work.

All exercise carries risk of cardiovascular accident in those who are susceptible. The subjects will complete a standard lab questionnaire prior to participation, and no one with a history of cardiovascular disease would be asked to undertake this procedure. Additionally, all Final Year Project work would utilise an informed consent document prior to participation, which would explain the risks.

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**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.

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**Level of supervision required for procedure**

PESS lecturing or research staff

PESS postgraduate researcher

Trained undergraduates

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**Other documentation required for this assessment ?**

Pre-test subject questionnaire

Detailed protocol