UNIVERSITY OF LIMERICK
OLLSCOIL LUIMNIGH

UNIVERSITY OF LIMERICK RESEARCH ETHICS COMMITTEE

RISK ASSESSMENT FORM – PROCEDURES INVOLVING HUMAN SUBJECTS

		Procedure No	**SS 006**
Title of Procedure	Submaximal exercise on a treadmill ergometer		
Name of Assessor	Alan Donnelly	Assessment date	November 2018
Does this procedure already have ethical approval ?			**Yes**
If so, enter ethical number and expiry date	**Approval No: 2019-11_SS006 _RA** **End Date: December 2028**		

1 **Please provide a brief description of the procedure**

This procedure involves healthy human volunteers walking or running on a motor-driven treadmill ergometer, at variable submaximal workloads and for variable durations. This procedure is undertaken as part of teaching classes in PESS or part of undergraduate and postgraduate research.

2 **Location in which the procedure may take place**

x	PESS Teaching Facilities
x	PESS Research Facilities
Others, please specify	

3 **Eligibility of subject(s) to be used**

x	PESS student (U.G. or P.G.)
x	University of Limerick staff or campus personnel
Others, please specify	

x	Members of the general public engaged in research projects granted ethical approval.

4	**Potential risks. To be explained before obtaining consent**

x	None, or minimal discomfort only

All exercise carries risk of cardio vascular accident in those who are susceptible. The participants will complete a standard pre-test questionnaire prior to participation, and anyone with a history of cardiovascular disease or recent or recurring injuries will not undertake this procedure. Additionally, all PESS research would utilise an informed consent document prior to participation, which would explain the risks to participants.

Treadmill running also carries the risk of the volunteer falling whilst on the treadmill. This risk will be minimised by (a) familiarisation session for novice volunteers, (b) researchers being prepared to stop the treadmill quickly, and (c) researcher being prepared to react and intervene if the volunteer should fall. Serious accidents on treadmills are rare.

Participants may experience nausea after the treadmill running.

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

The procedure will be terminated if the volunteer shows any sign of distress.

Standard first aid procedures may be required depending on the severity of the situation. The following standard procedure should be followed in the event of an incident occurring in the PESS building / UL Facility:

1. Stop the procedure. Position the subject to prevent self-injury.
2. If appropriate, raise the subject's lower limbs to improve blood flow. Should the subject fail to respond summon help immediately.
3. Check vital signs airways, breathing and circulation (ABC)
4. If required attempt CPR as soon as possible.
5. Requesting Help: Emergency Contact telephone numbers are listed on laboratory door:
   - During normal working hours 9am-5pm, use lab phone to contact the Student Health Centre on **061-20**2534
   - Outside of normal working hours, or if the Student Health Centre number is engaged/busy, use the laboratory phone to dial 3333 for UL security personnel who will then contact the ambulance service. Contact one of the PESS First Aiders – names are listed on the PESS laboratory door.
6. When contacting the above clearly state: Location, Building, Room Number, Nature of Incident/Accident and provide a contact number.
7. Complete the UL 'Accident & Emergency' form (completed by the investigator, not the volunteer). Forms available on UL HR website: https://www.ul.ie/hr/hr-policies-procedures-and-forms-z

6	**Level of supervision required for procedure**

x	PESS lecturing, research staff and teaching assistants
x	PESS postgraduate researcher

Others, please specify

x	Trained PESS postgraduate students
x	Trained PESS UG Student

7	**Other documentation required for this assessment ?**

x	PESS Pre-test Participant questionnaire

Others, please specify

x	Participant Information Sheet
x	Participant Consent Form

For office use only

PROCEDURES INVOLVING HUMAN SUBJECTS

Procedure No SS 006

Title of Procedure Submaximal exercise on a treadmill ergometer

Name of Assessor Alan Donnelly

Assessment date November 2018

IT] **Committee approval for experiment**

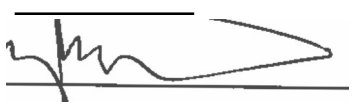
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Others, pletse slecify----------

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Comments/conditions

Signedc. 

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