

UNIVERSITY OF LIMERICK EHS 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 and expiry date

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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. The gradient and/or speed of the treadmill will be adjusted either by the participant or the experimenter. With regards to changes to the experimental speed and/or gradient, the volunteer will be fully briefed on the planned speed/gradient adjustments prior to participation. Participants will be informed about the emergency stop procedures, including emergency stop switches and raising their weight off the treadmill.

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- Others, please specify
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- Others, please specify
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4

Potential risks. To be explained before obtaining consent

x

Low risk

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. Participants will have no contraindications to safe participation in exercise / physical activity. 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 **061-202534**
 - 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>

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Level of supervision required for procedure

PESS lecturing, research staff and teaching assistants

PESS postgraduate researcher

Others, please specify

Trained PESS postgraduate students

Trained PESS UG Student

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Other documentation required for this assessment ?

PESS Pre-test Participant questionnaire

Others, please specify

Participant Information Sheet

Participant Consent Form

For office use only

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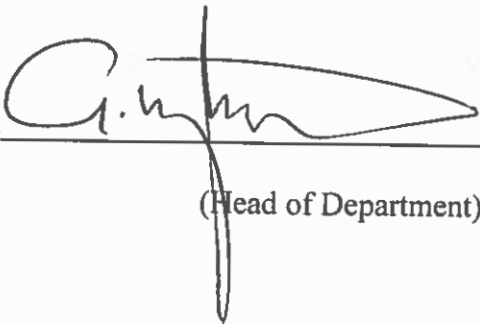
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Others, please specify

Comments/conditions

Signed  Date 11/1/19
(Head of Department)