



## UNIVERSITY OF LIMERICK RESEARCH ETHICS COMMITTEE

### RISK ASSESSMENT FORM – 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.

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Others, please specify

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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**

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 **061-202534**
  - 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
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- Others, please specify  Participant Information Sheet
- 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
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IT] | Committee approval for experiment |

[KJ | Granted |

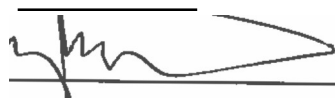
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Others, please specify----->

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**Comments/conditions**

Signedc. 

(Head of Department)

Date II  (1