



Designers, Manufacturers and Suppliers of Personal Protection Equipment

P+P Suspension Support Kit – 90327MK2

The **P+P Suspension Support Kit** is designed to help alleviate the effects of Suspension Syncope. This kit consists of a compact pack which is always worn by the climber, fixed to either horizontal or vertical webbing of their harness. In the event of an incident the climber can deploy the kit to help alleviate the effects of blood pooling in the legs by placing a leg into the loop and working their leg muscles against the loop.

Note: Training on this kit should be delivered by a suitably qualified and competent person i.e. a **P+P** products trainer.

What is Suspension Syncope?

The term Suspension Trauma has for some time been used to describe a condition first observed amongst mountaineers and cavers who suffered faintness, unconsciousness and even death after being suspended in their harness for an extended period. Recent research by the HSE has indicated the term 'Trauma' is inappropriate because a suspended person may not have sustained any injury (Trauma) to the body and that unconsciousness may better be described as a 'Faint' or 'Syncope'

Pre – Faint conditions include:

- Light headedness
- Nausea
- Sensations of flushing
- Tingling or numbness of the arms or legs
- Anxiety
- Visual disturbance

Helping to Prevent Suspension Syncope

Medical evidence has indicated that a conscious person suspended in their harness may delay or even prevent the onset of this 'faintness' by elevating their legs or by using their leg muscles to push against a loop of webbing or strop.

The P+P Suspension Support Kit

The kit should always be carried by the climber, attached by its integral Velcro loop to a convenient position on their harness. In the event of an incident which leaves the climber suspended unable to immediately recover them-selves the climber can quickly and easily deploy a webbing foot loop. The climber takes the webbing assembly from its holder and first of all attaches the karabiner to their front fall arrest 'D' ring. Having checked the karabiner is firmly attached, the climber releases the webbing allowing it to drop down forming a loop. The climber may now place a foot in this loop and can adjust the loop by pulling on the free end of the webbing until resistance is felt and the leg muscles can push against it. The action of 'pumping' their leg against this loop helps to keep the blood flowing freely around the body. The climber may now either attract attention by radioing or shouting for help or if available deploy a self rescue kit if carried.

Note: This kit must be used with a harness having a front fall arrest 'D' ring attachment point e.g. P+P FRS Harness.



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