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# SUSPENSION TRAUMA 101



Prompt rescue is critical in the event of fall. In just minutes, suspension trauma can set in and cause serious, potentially fatal damage. It's caused when blood pools in your legs. Your heart is still pumping blood to your legs, and when you cannot use your skeletal muscles to help "pump" that blood back, gravity causes it to pool in your feet and legs. Your harness putting pressure on important veins and arteries also makes circulation difficult. This pooling deprives the brain, kidneys, and other vital organs of oxygen. Suspension trauma straps are a simple accessory to help relieve pressure off of the harness leg straps.

**FREE**  
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