

**UNIVERSITY OF LIMERICK RESEARCH ETHICS COMMITTEE**

**RISK ASSESSMENT FORM – PROCEDURES INVOLVING HUMAN SUBJECTS**

Procedure No

Title of Procedure

Name of Assessor(s)  Assessment Date

Does this procedure already have ethical approval? (Delete as appropriate)

If **YES**, enter ethical number and expiry date

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

Normal healthy adult subjects will be videotaped during several weightlifting procedures. All lifters will either be experienced or be trained by the investigator as to the proper technique to be used. The subjects may also be located on a force plate to measure ground reaction forces during the lift.

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

Others, please specify

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

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

None, or minimal discomfort only

All weightlifting carries risk of muscular strain in those who are susceptible. The subjects will complete a standard lab questionnaire prior to participation, and no one with a history of muscular injuries would be asked to undertake this procedure. Additionally, all labs and Final Year Project work would utilise an informed consent document prior to participation, which would explain the risks. The risk of muscular injuries are minimal, no subject will be required to lift in excess of their maximum achievable, calculated in the lab using a 1RM procedure.

It should be noted that in teaching labs, weightlifting is currently undertaken by students of Sports Science and PE, who are usually exercise tolerant. In final year projects, all subjects would be healthy adults.

**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.  
 Personnel in the lab would attempt CPR.  
 First aid personnel would be contacted, and an ambulance would be requested if necessary.  
 The University Medical Centre number is 2534 (9:00 am to 5:00 pm)  
 The University emergency number is 3333

**6 Level of supervision required for procedure**

lecturing/research staff

postgraduate researcher

Others, please specify

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

Pre-test subject questionnaire

Detailed protocol

Others, please specify

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