

Attività fisica con utilizzo di imbracatura in sospensione su funi e trombosi vasale

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KEY WORDS

Vascular thrombosis; harness suspension

SUMMARY

«*Vascular thrombosis and pulmonary thrombo-embolism due to harness suspension*». **Background:** *In many sports (such as rock-climbing and caving) and working activities (e.g., construction and maintenance of buildings, pruning of lung-trunked trees, abseiling in wells) people run the risk of falling from a height. To prevent the effects of any potential fall, personal protection devices consisting of at least a body holding device (i.e. a harness of some type), a lanyard and a reliable anchor are used.* **Objectives:** *Reporting on the occurrence of vascular thrombosis in subjects undergoing prolonged hanging in a harness, either for work or recreation.* **Methods:** *We investigated patients treated for vascular thrombosis in our hospital in the last 5 years to identify subjects with frequent use of a harness.* **Results:** *We identified a 36 year-old rock-climber who developed pulmonary thrombo-embolism and infarction 5 days after he had been wearing a harness for 12 hours consecutively, and a 32 year-old worker who often used a harness to fix wire-nettings to prevent rocks falling from steep places and suffered thrombosis of the left superficial femoral artery. A feature of both cases was the considerable length of time spent hanging in the harness and the absence of alternative risk factors for thrombosis.* **Conclusions:** *Prolonged hanging in a harness can be dangerous in itself because it can produce vascular thrombosis. Reduction of intravascular blood flow (stasis) and compression of the femoral veins by harness groin straps were the likely pathogenetic mechanisms of the described diseases. The importance is stressed of prevention, which must be based on planned regular breaks in the hanging position, checking on the fit and comfort level of the harness before it is first used, as well as medical surveillance of the subjects who spend prolonged periods in a harness for work or recreation.*