

## RELIEF<sup>™</sup> STEP

### SAFETY DEVICE



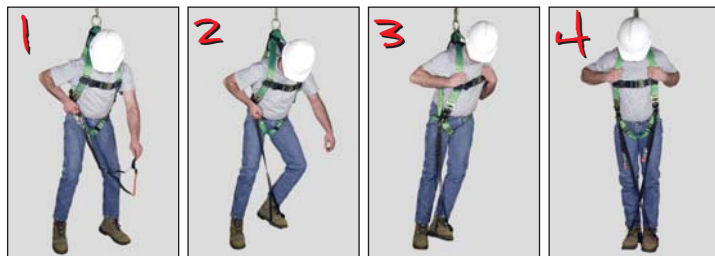
## HELPS PREVENT SUSPENSION TRAUMA

The Miller Relief Step<sup>™</sup> Safety Device alleviates the effects of orthostatic intolerance, also known as suspension trauma. If a fall occurs, a person becomes suspended in a harness and remains both vertical and sedentary for a period of time, causing blood to 'pool' in the veins of the legs. Subsequently, blood flow is restricted to the brain and other major organs that may initially result in unconsciousness. If not rescued promptly, serious injury or death may occur. The Miller Relief Step is designed to provide a short-term solution in preventing suspension trauma.

- OSHA states that potentially fatal suspension trauma can occur within minutes while waiting for rescue after a fall
- Average fall rescue time is 15 minutes
- When used, the Relief Step Safety Device provides support and enhances blood circulation until rescue – permitting the ability to move and flex leg muscles
- Small and lightweight; the Relief Step Safety Device attaches to any brand full-body harness
- Utilizing two (2) Relief Steps (one for each leg/foot) assures greater comfort until rescue is completed

### Easy to Deploy & Use

*(Attaches to any brand full-body harness)*



1 Pull tab to deploy

2 Insert foot into loop step and adjust

3 Ability to stand allowing improved circulation

4 Two Relief Steps provide added support, balance and comfort

This equipment should only be used after reading the manufacturer's instructions. Failure to follow instructions could result in serious injury or fatality.

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▶ Ask the Expert ... Ask Miller.

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For more information or to place an order, please contact your Miller<sup>®</sup> distributor:

# Miller 9099

## Relief Step

SP302 Rev. A

### Materials

Webbing:.....Polyester  
Buckles:.....Zinc plated steel  
Sleeve:.....PVC heat shrinkable tubing  
Thread:.....Polyester  
Button Snap:.....Steel  
Label:.....Tyvek®

### Technical

Weight:.....0.15 lbs (0.68 kg)  
Max Working Load:.....400 lbs (181.44 kg)  
Max. Length:.....43" (1.09 m)



*\* The 9099 Relief Step is a one-time use device. Once it has been activated, it must be replaced with a new unit.*

The Miller 9099 Relief Step is designed to relieve suspension trauma after a fall arrest. OSHA states that suspension trauma can occur within minutes after a fall, while waiting for rescue. The average fall rescue time is 15 minutes. The Relief Step provides support and helps blood circulation until rescue. Small and lightweight, the Relief Step attaches to any brand/style full-body harness.

### INSTALLATION INSTRUCTIONS



1. Mount to upper rear web strap by "choking" through loop (Be sure loop is past metal adjustments.)



2. Attach "pull tab" button loop to the front leg strap above buckle.

### ACTIVATION STEPS



**STEP 1: Unsnap and pull orange tab to deploy**



**STEP 2: Insert opposite foot into loop**



**STEP 3: Adjust length and step up to relieve pressure**



**Use two Relief Steps for optimum support**

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