NASA-STD-3001 Technical Brief



Acceleration

OCHMO-TB-024 Rev C

Executive Summary

Acceleration limits are set in the x, y, and z axes for all mission phases to protect the crew from injury and other acceleration-related conditions. These limits are divided into two-time regimes:

- sustained (>0.5 seconds), and
- transient (≤0.5 seconds)

They are further divided according to:

- whether the acceleration is translational or rotational
- the phase of flight, and
- whether the crew is standing or sitting

Several countermeasures can be used to mitigate the effects of high acceleration loads. Additional factors such as parachute sway and seat angle need to be considered when assessing risk and developing solutions.

Relevant Technical Requirements

NASA-STD-3001 Volume 2, Rev D [V2 6064] Sustained Translational Acceleration Limits [V2 6065] Rotational Velocity

- [V2 6066] Sustained Rotational Acceleration Due to Cross-Coupled Rotation
- [V2 6067] Transient Rotational Acceleration
- [V2 6069] Acceleration Injury Prevention
- [V2 6070] Injury Risk Criterion
- [V2 6111] Dynamic Mission Phases Monitoring and Analysis
- [V2 6112] Hang Time Limit
- [V2 6113] Crew Limits in Launch Orientation



SpaceX Crew Dragon Launch From: <u>https://www.youtube.com/watch?v=xY96v00IcK4</u>



Background

Basis of Current Limits

- Sustained: prior crewed vehicle data; human tolerance limits
- Transient: Apollo lunar landing impact data; Shuttle & International Space Station (ISS) post-flight crew jump data; ISS inflight treadmill foot strike data

The Brinkley Dynamic Response Model

Dynamic Response (DR)

- Estimates the transient acceleration of the human body
- A single degree of freedom lumped mass model
- Calculated independently in each direction
- Responses are highly specific for seat used in development
 - Changes to the seat, restraints and helmet can invalidate the model natural frequency and damping coefficient
- Ground rules established to ensure model is valid to use Injury Risk Criterion (β)
- Preset DR limits in each direction estimate the injury risk
- Estimates an injury risk but not severity or anatomical location <u>Limitations</u>
- Subject pool limited to mostly young, male military volunteers
- DR Limits based on limited statistical analysis of injury data
- Limited validity in +X, -Z and ±Y axes

Note: Information applicable to all axes

Approximate Risk Associated with Each Brinkley Dynamic

Response Criterion Category

Category	Approximate Risk
Low	0.5%
Medium	5.0%
High	50%

From: NASA/TM-2013-217380

For information on how to use this model, see NASA/TM-2013-217380, Revision 1, Application of the Brinkley Dynamic Response Criterion (BDRC) to Spacecraft Transient Dynamic Events.

The 50% probability (P) of injury for +z axis is based on an *n* greater than 100, yielding 95% confidence interval (P=0.5, *n*=100) is $0.402 \le P \le 0.598$. Where P=0.11 and *n*=89, the 95% confidence interval is $0.045 \le P \le 0.175$. The confidence intervals for the +z axis means become smaller for lower risk values (5% and lower).



From: <u>https://ascelibrary.org/doi/10.1061/%</u> <u>28ASCE%290893-</u> <u>1321%282009%2922%3A3%28214%2</u> 9



Background

Health and Performance Risks of Excessive Acceleration Exposure

Sustained

- Limited/difficulty of movement & breathing; unconsciousness
- See Requirement [V2 6064] in NASA-STD-3001 Volume 2 for limits
- Reference Human Integration Design Handbook (HIDH) Table 6.5-3

Transient

- Mostly traumatic injuries
- Vertebral injuries most common
- See Requirements [V2 6069] & [V2 6070] in NASA-STD-3001 Volume 2, Rev C for limits
- Reference HIDH Section 6.5.3.2

Rotational

- Disorientation; sickness; unconsciousness
- See Requirements [V2 6065-67] in NASA-STD-3001 Volume 2 for limits

For acceleration requirements for extraterrestrial surface transport vehicles, reference <u>OCHMO-TB-023</u>, <u>Extraterrestrial Surface Transport Vehicles (Rovers)</u>.



cause-lasting-trauma-and-pain/



From: <u>https://www.military.com/video/aircraft/jet-</u> fighters/passing-out-at-8gs/4552888570001





From: <u>http://www.eurailsafe.net/subsites/operas</u> <u>/HTML/Section3/Page3.3.2.htm</u>



From: <u>https://www.researchgate.net/figure/Average-roll-pitch-and-yaw-angles_fig2_262055313</u>

NASA Office of the Chief Health & Medical Officer (OCHMO) *This Technical Brief is derived from NASA-STD-3001 and is for reference only. It does not supersede or waive existing Agency, Program, or Contract requirements.*

3



Reference Data

Sustained Acceleration

Special sustained acceleration limits for the body-Z axis while standing were defined for Artemis mission based on data from Apollo and the Cardiovascular and Vision Laboratory's database. These limits provide insight into what would be appropriate for lunar and Martian missions. See NASA/TM-20205008196 Artemis Sustained Translational Acceleration Limits: Human Tolerance Evidence from Apollo to International Space Station for more information. Using a lower body compression garments allows for higher magnitudes in the +Az direction.

Transient Acceleration

The injury risks given in [V2 6069] Acceleration Injury Prevention are based on the expected rate of injuries using data from 80 flights of 4 crewmembers (320 total exposures) in the Orion vehicle. These were then separated into two categories of probability of the dynamic vehicle event occurring (with 95% representing most nominal cases and 5% some more intense, but still nominal and off-nominal cases). The Class I and II values came from the asymptotes of a binomial distribution to 500 cases where 95% and 5% of landing cases contained 75% and 25% of the total injury risk, respectively. The Class III and IV values were based off of the NASA loss of crew standard of 0.1%. The second Class III value for the 5% category was based on a pad abort land landing.



NASA Gradient Compression Garment From: <u>https://ntrs.nasa.gov/api/citati</u> <u>ons/20170000798/downloads/</u> <u>20170000798.pdf</u>

Injury Severity (Class)*	>95% of dynamic cases	<5% of dynamic cases
Minor (I)	<4%	<23%
Moderate (II)	<1%	<4%
Severe (III)	<0.1%	<0.7% [<1%] [®]
Life-Threatening/Fatal (IV)	<0.1%	<0.7%

Table 6.5-9—Acceptable Injury Risk Due to Dynamic Loads, from: [V2 6069] Acceptable Injury Risk Table, NASA-STD-3001 Volume 2, Rev D

The Brinkley Dynamic Response model gives estimations of risk chance for transient accelerations in the three standard body axes based off of data from a wide range of aerospace and nonaerospace sources. NASA/TM-2013-217380REV1 gives an explanation of the equations and variables used to calculate the risk value.



Reference Data

Design Guidance

- Assumptions of the standing limits given in the requirements:
 - Additional equipment (suit) mass borne by the crewmember is <20% of the crewmember's shirtsleeve mass
 - Adequate restraint(s) are provided for all body postures
- Cross-discipline considerations
 - Critical to consider suit design and mass
 - Hard points on suit can cause injury during transient loads (landing)
 - Space between a crewmember and their suit, as well as the suit and the vehicle habitat, may cause physical harm
- Vibration & acceleration during dynamic phases of flight
 - If a crewmember is already experiencing high G loads (and subsequently limited movement), the effects of vibration on performance may be increased
- Potential countermeasures to orthostatic intolerance while standing
 - Physical/Vehicle (e.g., suit weight or bodyweight offloading, restraint systems)
 - Suit (e.g., anti-g suit, lower body compression)
 - Physiological (e.g., scheduled muscle contractions; breathing exercises; fluid loading and salt tablets)
 - All countermeasures should work concurrently to reduce risk and harm to the crew
- Considerations to meet transient and sustained loads requirements
 - Restraint systems during transition from microgravity
 - Offloading of suit mass that still enables crew performance
 - The suit, vehicle, and restraint systems must all interact conjointly to protect the crew from all types of acceleration loads
 - Seat design along with load attenuation is a critical design element that mitigates loads imparted to the crewmember.
- Mission elapsed time: total time from launch until the acceleration load occurs.



Risk of Injury from Dynamic Loads



Reference Data

Seat Angle

For impact tolerance, the +Gx orientation is the most advantageous direction of loading. In this orientation, humans can withstand much higher accelerations (by a factor of >2) than in other vectors. However, unless a vehicle lands with a zero downrange velocity, the landing impact will not be purely confined to a single axis. The +Gz orientation is most advantageous as the secondary impact vector due to increased tolerance and greater model fidelity in predicting injury.

In a vehicle with no roll control, any direction of impact is equally likely. In each vehicle case, an extensive assessment of nominal, off-nominal and contingency conditions would be necessary to accurately assess the risk to the crew due to impact. Depending on the direction of impact, different seat angles could either increase or decrease the risk of injury. A combination of roll control and a seat configuration that ensures a +Gx and +Gz impact is preferred.



From: <u>https://www.researchgate.net/figure/Gravitational-Gx-Gy-and-Gz-axes-with-respect-to-aircraft-pilot-or-astronaut_fig1_342360488</u>

NASA Office of the Chief Health & Medical Officer (OCHMO) *This Technical Brief is derived from NASA-STD-3001 and is for reference only. It does not supersede or waive existing Agency, Program, or Contract requirements.*



https://www.researchgate.net/figure/Restraintconfiguration-Torso-restraints-are-shown-in-blackpelvis-restraints-are-shown_fig10_260310327



10/04/2023 Rev C



7

Application

Parachute Sway

As a capsule returns to earth with parachutes deployed, it is prone to swaying back and forth in the wind. Not only does this affect the angle of impact (by up to 24.5°), but velocity of impact. The capsule will fall slower or faster depending on the angular position of the sway.



Figure 1. Pendulum motion under two Mains observed from chase helicopter during CDT-3-12.



Figure 4. Relationship between pendulum swing angle and vertical velocity component.

Shortening parachute riser length to reduce the distance between the parachute and payload has been shown to mitigate sway during descent. Additionally, an Over-Inflation Control Line reduces swing amplification by restricting the canopy diameter.

Reference: AIAA 2015-2138, Pendulum Motion in Main Parachute Clusters, Ray & Machin, April 2015



Application

Crew Launch Orientation

The crew launch orientation with the gravity vector through the chest and seat design can cause extreme discomfort after extended duration. Health impacts on the launch pad such as back and leg pain and incontinence have been experienced and these conditions may also persist after entering microgravity and/or leaving the seat. For this reason, the amount of time crew spend in this position needs to be limited. Using medical reports and crew experience, a nominal limit of 2 hours and 45 minutes for crew to be in this position was decided to both be medically manageable and prevent significant impact on mission objectives. In-flight reports of persisting issues from the launch orientation have occurred after 4 hours crew on back time (COBT).



From: https://www.americaspace.com/2015/02/09/the-most-complex-so-farwhat-2003-might-have-been/

[V2 6113] Crew Limits in Launch Orientation The time in which crewmembers are on back with feet elevated in a launch configuration shall not exceed 3 hours and 15 minutes, excluding subsequent safing and egress time. From: NASA-STD-3001 Volume 2, Rev D



Orion seats From: https://www.flickr.com/photos/nasaorion/26365220294

A time limit of 3 hours and 15 minutes was chosen based on technological capabilities and averages for Space Shuttle launches during the development of the Orion program. The exact time a crewmember can be in the launch orientation before feeling overwhelmed with the previously stated issues will vary between individuals and can be affected by status (e.g., hydration level, level of fatigue) before entering the orientation. Discomfort may be attenuated by seat design.

NASA Office of the Chief Health & Medical Officer (OCHMO) *This Technical Brief is derived from NASA-STD-3001 and is for reference only. It does not supersede or waive existing Agency, Program, or Contract requirements.*

10/04/2023 Rev C



Application



Stable 1 capsule orientation



Stable 2 capsule orientation



Hang Time

During Orion development, discussions were held over the case of a "stable 2" (upside-down) landing position, which would introduce problems for various vehicle systems.

After some discussion, it was decided to establish a limit for this position based on human physiological concerns. This led to a literature review and later testing to better understand the risk and determine the appropriate time limit.

The original stable 2 position/hang time requirement was based on the terrestrial analogue of hanging in a harness in a position that would lead to harness hang syndrome (HHS), where symptoms will appear after around 3.5-10 minutes, incapacitation after around 7-30 minutes, and eventually death. In testing that matched the Orion crew module configuration, it

was found that discomfort and HHS symptoms were non-issues. Some even found that the stable 2 position was more comfortable than stable 1. The observed heart rates in the fiveminute timeline did not exceed the maximum, though the rate for subjects that rested in the hanging position were lower than when attempting to egress by about 9-18%, depending on the exact seat configuration. The combination of crewmember deconditioning and bobbing in a water landing increase the risk of forcing a seat egress to be above that of waiting for the uprighting system as long as the crewmembers are comfortable.



Approximate crewmember stable 2 position

Stable 3 capsule orientation From: Barr, Y., & Fogarty, J. (2010)

[V2 6112] Hang Time Limit The system shall limit crew exposure to suspension trauma conditions to seven minutes or less. From: NASA-STD-3001 Volume 2, Rev D



Anthropometric Considerations: Sustained Acceleration

Effects of Sustained +A _z Acceleration (eyeballs down)			
9.81 m/s ²	Equivalent to the erect or seated terrestrial posture		
19.6 to	Increased weight; increased pressure on buttocks; drooping of		
24.5 m/s^2	face and body tissues; hypotension; difficult to raise oneself at		
	2.5g		
	Impossible to raise oneself; difficult to raise arms and legs;		
29.4 to	movement at right angles extremely difficult; progressive dimming		
39.2 m/s ²	of vision (grayout) after 3–4 seconds; progressive tunneling of		
	vision		
	Total loss of vision (blackout) after about 5 seconds; hearing and		
	then consciousness lost if exposure continued; mild to severe		
	convulsions in about 50% of the subjects after unconsciousness,		
	frequently with dreams; occasionally paresthesia (abnormal nerve		
39.2 to	sensations, such as tingling or burning); confused states; pain not		
58.8 m/s ²	common, but tension and congestion of lower limbs with cramps		
	and tingling; inspiration difficult; loss of orientation of time and		
	space for up to 15 seconds post acceleration; after		
	unconsciousness, return to purposeful action takes an average of		
	24 seconds		
> 58.8 m/s ²	Protection is needed to preserve health		
	Effects of Sustained -A _z Acceleration (eyeballs up)		
-9.81 m/s ²	Tolerable; sense of pressure and fullness in the head; congestion		
	of eyes		
	Severe facial congestion; bradycardia; dysrhythmia; throbbing		
–19.6 to -	headache; blurring, graying, or occasional reddening of vision		
29.4 m/s ²	after 5 seconds; congestion disappears slowly; may leave petechial		
	hemorrhages, swollen eyelids		
>-29.4	The 5-second tolerance limit is rarely reached; causes mental		
m/s²	confusion and unconsciousness		



Anthropometric Considerations: Sustained Acceleration

	Effects of Sustained +/- A _x Acceleration (eyeballs in/out)					
	9.81 m/s ²	Slight increase in abdominal pressure; respiratory rate increases				
(0)	19.6 to	Difficulty in spatial orientation; +2g tolerable for at least 24 hours				
29.4 m/s ²						
LAS		Progressive tightness in chest and abdomen; cardiac rhythm				
(29.4 to	disturbances; loss of peripheral vision; difficulty in breathing and				
	58.8 m/s ²	speaking; blurring of vision, effort required to maintain focus; 4g				
		tolerable up to at least 60 minutes				
		Chest pain and pressure; shallow respiration from position of				
		nearly full inspiration; decreased oxygen uptake during				
		acceleration; pulmonary vascular pressures increase toward dorsal				
58.84 to		part of chest and fall in alveolar pressure on the ventral part;				
	58.84 to	arterial oxygen saturation falls below 85%, which can lead to				
	88.3 m/s ²	cognitive impairment: further reductions in visual acuity and				
43	,	depth perception, increased blurring, occasional tunneling, great				
G		concentration required to maintain focus: occasional lacrimation				
).((tears): body legs and arms cannot be lifted at +8g: head cannot				
		he lifted at +9g, precise manual control compromised				
		Increased severity of symptoms: severe breathing difficulty.				
	88.3 to 118	increased chest pain, marked fatigue, loss of peripheral vision.				
	m/s²	diminution of central acuity lacrimation				
(\cdot, \cdot)		$\frac{1}{2}$				
	9.81 to	Difficulty maintaining head and shoulders upright without				
$\left(\begin{array}{c} \\ \\ \\ \\ \end{array} \right)$	18.6 m/s ²	restraints; difficulty of precise manual control				
		Discomfort after 10 seconds; pressure on restraint system; feeling				
	27 4 40 /02	of supporting entire weight on clavicle; mertial movement of hips				
	27.4 11/5-	and legs, yawing and rotation of nead toward shoulder, peterniae				
215		hody restraint system is critical				
$\langle \rangle$		Conjunctival hemorrhage has been reported: severe headache				
	49.0 m/s ²	after exposure				



Mitigation Methods: Sustained Acceleration

Anti-g suit (AGS) – The AGS provides positive pressure to the lower torso, preventing blood from pooling in the legs, and may also help to increase venous return. Venous occlusion and discomfort may be problematic. Studies show that although the AGS is good for short-duration g exposure, it may actually decrease tolerance for durations greater than several seconds.

Muscle contraction – Straining and tensing muscles raises the G-LOC threshold by constricting the body's vasculature, thereby preventing blood from traveling away from the head when in an upright position.

Lower-body negative pressure (LBNP) – LBNP stresses the cardiovascular system on orbit by creating a controlled pressure differential between the upper and lower body. The heart responds by increasing blood pressure to maintain proper blood flow to the head and upper body. It is possible that periodic exposure to LBNP may reduce the amount of cardiovascular deconditioning, thereby increasing orthostatic tolerance during entry.

L-1 AGSM – This procedure includes muscle contraction and repeating the Valsalva maneuver and a short, deep breath every 3 to 4 seconds. It gives substantial protection by raising blood pressure at head level. Negatively, it tends to be very fatiguing and distracts the pilot from other tasks.

Positive-pressure breathing – This procedure is less fatiguing than the L-1 maneuver or using an AGS, but it can cause difficulty when trying to communicate.

Entry fluid loading –In a sample of 26 astronauts, the 17 who practiced "fluid loading," or drank 1-2 L of high-sodium liquids before entry, had lower heart rates, maintained blood pressure better, and reported no faintness, compared to 33% incidence of faintness in the 9 astronauts who did not use the countermeasure. However, it seems that the effectiveness of fluid loading is reduced as mission duration increases.

Pharmacotherapeutics – Certain medications may improve orthostatic intolerance by increasing peripheral vasoconstriction, plasma volume, or cardiac contractility.



Air force anti-G suit From: <u>https://www.luke.af.mil/News/Article-</u> <u>Display/Article/358586/new-g-suit-comes-to-luke/</u>



https://commons.wikimedia.org/wiki/File:Skylab 3 Garriott in Lowe r Body Negative Pressure Device.jpg



Application

Mitigation Methods: Transient Acceleration

Restraint system – In the absence of proper restraint, whiplash and submarining injuries of the spinal column may occur. Restraint systems may affect operations by being complex to don and restricting the occupant's mobility.

Couches – Human tolerance to impact improves when the contact area between the body and restraint system is greater. Rigid, individually contoured couches were used in the early U.S. space program and in the current Russian Soyuz capsule. This approach ensures that each external body segment will be simultaneously decelerated on landing and that the support pressure gradients exerted on the body surfaces will be minimized. Some previous designs have been uncomfortable because only one body position matched the contour, which also made different types of movement difficult.

Crushable structure – It is important to consider that the spacecraft itself could provide reduction of impact forces, with the use of structural design and materials that can absorb energy upon being crushed.

Stroking seats – The Apollo Command Module included a crew couch/frame that was supported in the crew module by struts and had built-in Y-Y struts to stroke, to attenuate landing loads for water landings and potential hard landing during aborts. However, this added design complexity and created unpredictable secondary dynamics.

Retrorockets – The Russian Soyuz uses retrorockets in addition to contoured couches. After entry, the heat shield is discarded, exposing six retrorockets, four of which are automatically fired at about 1 m (~3 ft) above the ground. The other two rockets may be activated in the event of an off-nominal entry.

Airbags – Before splashdown, the Mercury capsules had the heat shield drop to extend a landing bag, or an impact skirt, under the spacecraft to help dampen landing loads imparted to the crew.



Apollo stroking seat design From: <u>https://space.stackexchange.com/questions/46746/why-</u> <u>did-the-apollo-capsule-have-seats-if-the-astronauts-</u> <u>never-were-sitting-in-it</u>



Soyuz retrorockets firing From: https://www.nasa.gov/content/expedition-36-soyuz-landing



Mercury impact skirt design From: <u>https://en.wikipedia.org/wiki/Project_Mercury</u>

NASA Office of the Chief Health & Medical Officer (OCHMO) This Technical Brief is derived from NASA-STD-3001 and is for reference only. It does not supersede or waive existing Agency, Program, or Contract requirements.

10/04/2023 Rev C



Anthropometric Considerations: Rotational Motion

	Effects of Rotational Motion About Any Axis
6 rpm	Most individuals without previous experience can tolerate this rotation
	in any axis or combination of axes
> 6 rpm	Most individuals rapidly become sick and disoriented unless carefully
	prepared by a graduated program of exposure
12 to 30 rpm	Most individuals cannot initially tolerate rotation
random tumbles	Severe disorientation; reach and manipulative performance degradation
	ultimately interfere with the ability to make corrective actions
	Effects of Rotational Motion about the Pitch Axis
6 rpm	Some individuals have endured 60-minute runs
80 rpm	Generally intolerable; with the center of rotation at heart level,
	symptoms of backward acceleration (–G _x) are demonstrated and are
	tolerable for only a few seconds
90 rpm	Some effects of forward acceleration (+G _x), namely numbness and
	pressure in the legs, are also observed but develop slowly, with pain. No
	confusion or loss of consciousness is found, but in some individuals,
	disorientation, headache, nausea, or mental depression are noted for
	several minutes after a few minutes of exposure
160 rpm	Unconsciousness from circulatory effects alone occurs after 3–10
	seconds with the center of rotation at the heart
180 rpm	Unconsciousness from circulatory effects alone occurs after 3–10
	seconds with the center of rotation at the iliac crest (hip bone)
	Effects of Rotational Motion about the Yaw Axis
60 to 90 rpm	When the head and trunk are inclined forward out of the z-axis, rotation
	becomes close to limiting for 4 minutes, although some motivated
	individuals have endured 90 rpm in the same mode. Except for unduly
	susceptible individuals, tolerance tends to improve with exposure
90 to 100 rpm	Intolerable

Depending on the magnitude and duration of the rotational motion, countermeasures may include:

- The use of a g-suit to prevent excessive peripheral blood flow
- Restraints to prevent flailing
- Minimizing head movement to reduce Coriolis stimulation of the vestibular system, which could cause severe disorientation



Coriolis stimulation representation From: <u>https://www.researchgate.net/figure/Scheme-of-the-Coriolis-cross-</u> coupling-stimulus-and-the-induced-sensory-conflict-A fig1_294732031



Back-Up

NASA Office of the Chief Health & Medical Officer (OCHMO) *This Technical Brief is derived from NASA-STD-3001 and is for reference only. It does not supersede or waive existing Agency, Program, or Contract requirements.*

10/04/2023 Rev C

15



Major Changes Between Revisions

 $\operatorname{Rev} B \xrightarrow{} \operatorname{Rev} C$

- Updated information to reflect the revisions to language throughout both volumes of NASA-STD-3001.
- Updated/added website links due to new NASA website launch

 $\operatorname{Rev} A \xrightarrow{} \operatorname{Rev} B$

- Updated information to reflect additions to NASA-STD-3001 Volume 2
- Added slides on crew launch orientation and hang time
- Updated HIDH references to be consistent with revision

Original \rightarrow Rev A

 Updated information to be consistent with NASA-STD-3001 Volume 1 Rev B and Volume 2 Rev C



Referenced Technical Requirements

NASA-STD-3001 Volume 2 Revision D

View the current versions of NASA-STD-3001 Volume 1 & Volume 2 on the OCHMO Standards website

[V2 6064] Sustained Translational Acceleration Limits The system shall limit the magnitude, direction, and duration of crew exposure to sustained (> 0.5 seconds) translational acceleration by staying below the limits in Figures 6.5-(2-7) and Tables 6.5-(1-6) for seated and standing postures.

[V2 6065] Rotational Velocity The system shall limit crew exposure to rotational velocities in yaw, pitch, and roll by staying below the limits specified in Figure 6.5-8—Rotational Velocity Limits and Table 6.5-7—Rotational Velocity Limits.

[V2 6066] Sustained Rotational Acceleration Due to Cross-Coupled Rotation The system shall prevent the crew exposure to sustained (>0.5 second) rotational accelerations caused by cross-coupled rotations greater than 2 rad/s².

[V2 6067] Transient Rotational Acceleration The system shall limit transient (≤0.5 seconds) rotational accelerations in yaw, pitch, or roll as specified in Table 6.5-8—Head CG Rotational Acceleration Limits, to which the crew is exposed. The limits are appropriately scaled for each crewmember size from the 50th percentile male limits of 2,200 rad/s² for nominal and 3,800 rad/s² for off-nominal cases.

[V2 6069] Acceleration Injury Prevention The system shall mitigate the risk of injury to crewmembers caused by accelerations during dynamic mission phases per Table 6.5-9—Acceptable Injury Risk Due to Dynamic Loads.

[V2 6070] Injury Risk Criterion The system shall limit crew exposure to transient translational acceleration (≤0.5 seconds) by limiting the injury risk criterion (β/beta) to no greater than 1.0 (Low) for seated or standing crew as defined by Dynamic Response (DR) limits in NASA/TM-20205008198 Table 2 "Updated Dynamic Response Limits for Standing", while crew are restrained as required in NASA/TM-2013-217380REV1 for seated crew, or NASA/TM – 20205008198 for standing crew.

[V2 6111] Dynamic Mission Phases Monitoring and Analysis The system shall collect vehicle and crewmember acceleration parameters, specific kinematic responses, and associated metadata, during all dynamic mission phases and suited operations (defined as ascent, abort, entry, descent, landing, postlanding, and EVA operations) to correlate with any injuries incurred by crewmembers.

[V2 6112] Hang Time Limit The system shall limit crew exposure to suspension trauma conditions to seven minutes or less.

[V2 6113] Crew Limits in Launch Orientation The time in which crewmembers are on back with feet elevated in a launch configuration shall not exceed 3 hours and 15 minutes, excluding subsequent safing and egress time.

All referenced tables and figures are available in NASA-STD-3001 Volume 2 Revision D.

Reference List

- Thyagarajan, R., Ramalingam, J., & Kulkarni, K.B. (2014). Occupant-Centric Platform (OCP) Technology-Enabled Capabilities Demonstration (TECD) Comparing the Use of Dynamic Response Index (DRI) and Lumbar Load as Relevant Spinal Injury Metrics. U.S. Army Tank Automotive Research, Development, and Engineering Center Detroit Arsenal. <u>https://apps.dtic.mil/sti/pdfs/ADA591409.pdf</u>
- 2. Human Integration Design Handbook (HIDH). (2014). NASA/SP-2010-3407/REV1. https://www.nasa.gov/organizations/ochmo/human-integration-design-handbook/
- Somers, J.T., Gohmert, D., & Brinkley, J.W. (2017). Application of the Brinkley Dynamic Response Criterion to Spacecraft Transient Dynamic Events. NASA/TM-2013-217380-REV1. https://ntrs.nasa.gov/api/citations/20170005913/downloads/20170005913.pdf
- Ray, E.S., & Machin, R.A. (2015). Pendulum Motion in Main Parachute Clusters. *Aerodynamic Decelerator Systems Technology Conferences*. <u>https://eric.mnray.net/data/cpas/AIAA-2015-2138_Pendulum.pdf</u>
- 5. Somers, J.T., et al. (2020). Artemis Sustained Translational Acceleration Limits: Human Tolerance Evidence from Apollo to International Space Station. NASA/TM-20205008196. https://www.nasa.gov/wp-content/uploads/2023/03/tm-20205008196.pdf
- Barr, Y., & Fogarty, J. (2010). Assessment of Prone Positioning of Restrained, Seated Crewmembers in a Post Landing Stable 2 Orion Configuration. JSC-CN-19414. <u>https://ntrs.nasa.gov/api/citations/20100005137/downloads/20100005137.pdf</u>
- 7. National Aeronautics and Space Administration (2007). Space Flight Human System Standard. NASA-STD-3001. <u>https://www.nasa.gov/directorates/esdmd/hhp/human-spaceflight-and-aviation-</u> <u>standards/</u>
- 8. Tripp, L. (2007). Assessment of Gravito-Inertial Loads Environment (AGILE) Workshop. Houston, TX.
- Bungo, M.W., Charles, J.B., & Johnson, P.C. Jr. (1985) Cardiovascular Deconditioning During Space Flight and the Use of Saline as a Countermeasure to Orthostatic Intolerance. Aviat Space Environ Med, 56(10), 985-90.
- 10. Charles, J.B. & Lathers, C.M. (1991) Cardiovascular adaptation to spaceflight. J. Clin. Pharmacol, v. 31, p. 1010-1023, 1991.
- 11. Evidence Report: Risk of Injury Due to Dynamic Loads. Human Research Program. Sept 15, 2021. <u>https://humanresearchroadmap.nasa.gov/evidence/reports/OP%20Dynamic%20Loads%20EB%20FIN</u> <u>AL 11-30-22.pdf?rnd=0.0755836554223595</u>