



## Every second counts – how long can you survive without oxygen?

In most cases the human brain would suffer irreversible brain damage after 3 minutes without oxygen. Are we prepared to rescue or resuscitate personnel entering enclosed spaces for work within this time frame?

Published 06 August 2019

The information provided in this article is intended for general information only. While every effort has been made to ensure the accuracy of the information at the time of publication, no warranty or representation is made regarding its completeness or timeliness. The content in this article does not constitute professional advice, and any reliance on such information is strictly at your own risk. Gard AS, including its affiliated companies, agents and employees, shall not be held liable for any loss, expense, or damage of any kind whatsoever arising from reliance on the information provided, irrespective of whether it is sourced from Gard AS, its shareholders, correspondents, or other contributors.

By the time a person is rescued from an enclosed space it is, in most cases, too late to provide any type of resuscitation. Even when an enclosed space entry is properly supervised, the lack of preparedness for rescue makes it impossible to reverse the state of the casualty. Preparedness comes with regular training and practice during the drills and it is for this reason we recommend that time based goals be set during enclosed space entry drills so that the crew understands the associated risks.

You can learn more from

Gard awareness campaign on [Enclosed space entry training](#) Alert [The silent and invisible killer onboard vessels](#) Loss prevention poster [Every second counts](#)

The information provided in this article is intended for general information only. While every effort has been made to ensure the accuracy of the information at the time of publication, no warranty or representation is made regarding its completeness or timeliness. The content in this article does not constitute professional advice, and any reliance on such information is strictly at your own risk. Gard AS, including its affiliated companies, agents and employees, shall not be held liable for any loss, expense, or damage of any kind whatsoever arising from reliance on the information provided, irrespective of whether it is sourced from Gard AS, its shareholders, correspondents, or other contributors.