

Pulling G

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Performing in a high G environment is extremely demanding on the body: pulling G forces blood to the bodys extremities, putting the pilot, astronaut or driver at risk of G-Induced Lack of Consciousness (G-LOC). In Pulling G Erik Seedhouse describes what it feels like to pull 7 G in a fighter plane and the G pressures on the body when driving a Formula 1 car and many other gravity-defying vehicles. The book relates, for the first time, the effects of G in both hyper-gravity and microgravity. It describes the human response to increased and decreased G and the potentially dangerous effects of high G, with particular reference to dynamic injuries sustained in high acceleration environments. Pulling G provides an overview of G-related research and the development of intervention methods to mitigate the effects of increased and reduced G. As well as relating the training required to overcome G-forces on the Formula 1 track, Erik Seedhouse looks at the G forces encountered in such G environments as ejection from an aircraft, launch/re-entry, and zero-G. The book also considers how artificial gravity can be used to prevent bone demineralization and to reduce the effects of de-conditioning in astronauts. Erik Seedhouse is eminently qualified to describe the effects of large accelerations on the body. In addition to being the author of several previously published Springer Praxis books, he has developed astronaut-training protocols and is the training director for Astronauts for Hire (A4H). He is also the Canadian Forces High Risk Acceleration Training Officer. EAN/ISBN : 9781461430308 Publisher(s): Springer, Berlin, Springer, New York Discussed keywords: Gravitation Format: ePub/PDF Author(s): Seedhouse, Erik

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