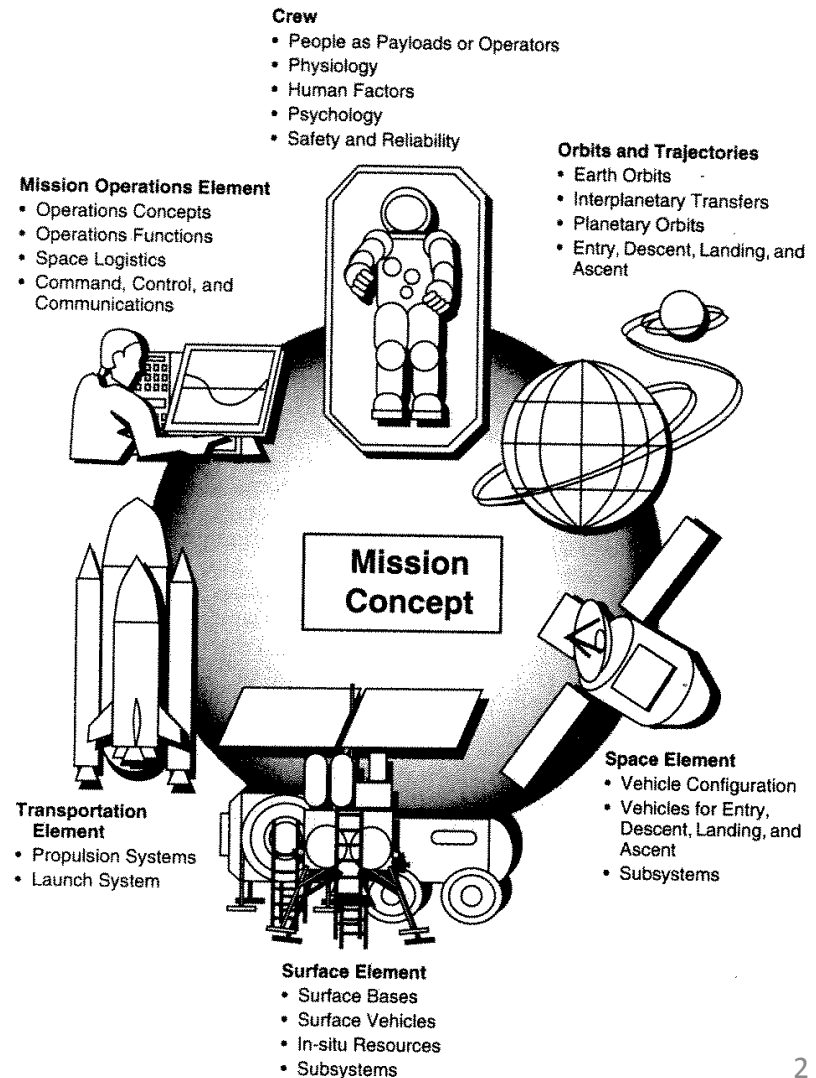


Design/Development of Spacecraft & Module Crew Compartments

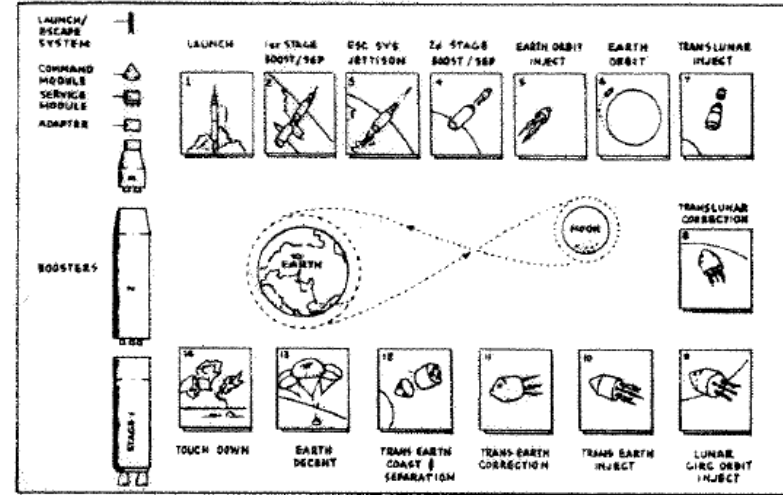
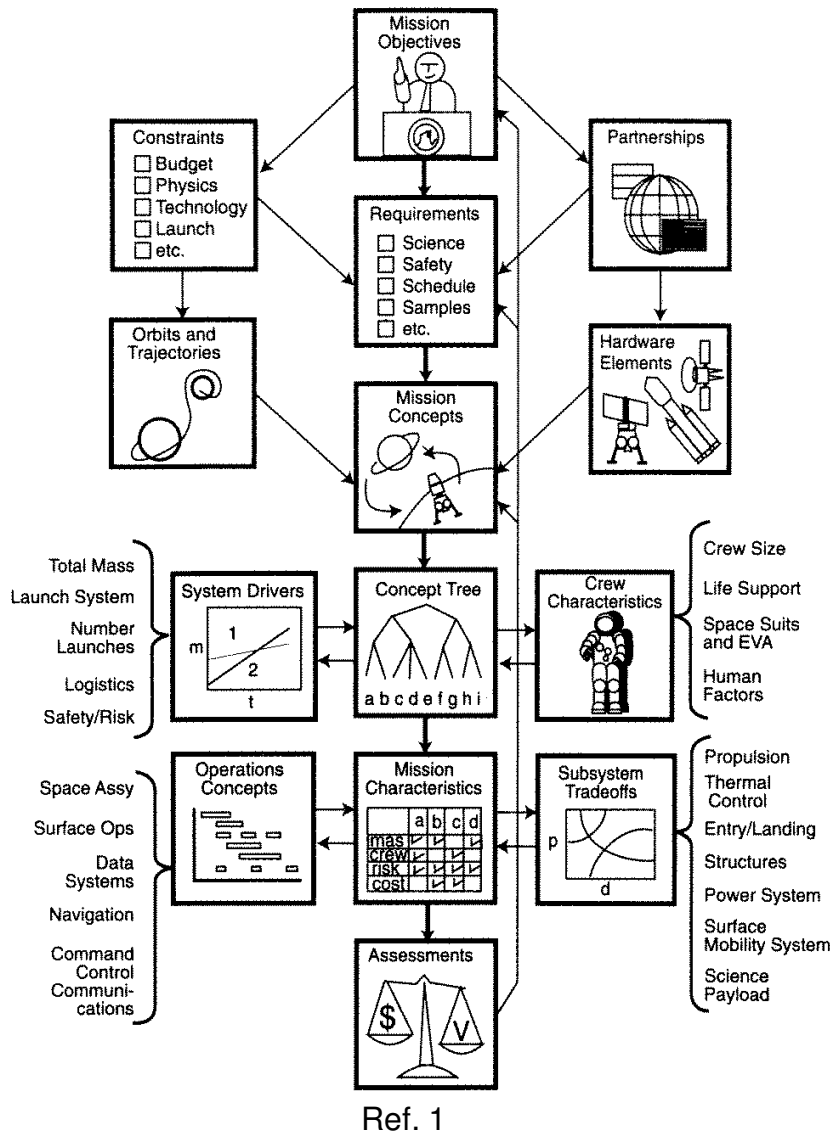
Jerry R. Goodman

Design/Development of Crew Compartments

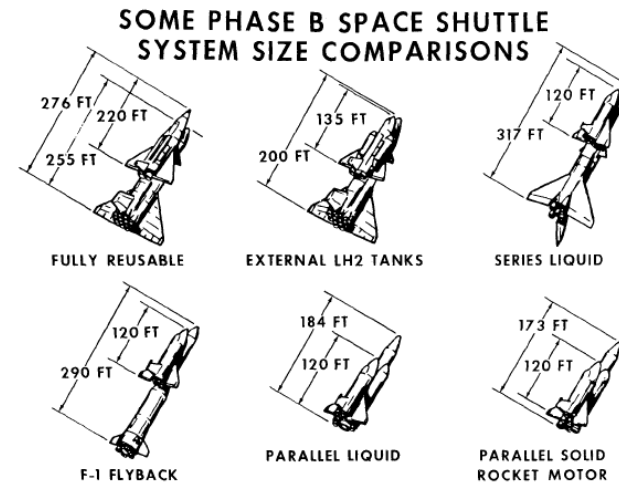
- Programs start with advanced studies of missions, including mission trade-offs & design options. Usually NASA has several study contracts with contractors



Beginning of Design/Development



Ref. 2

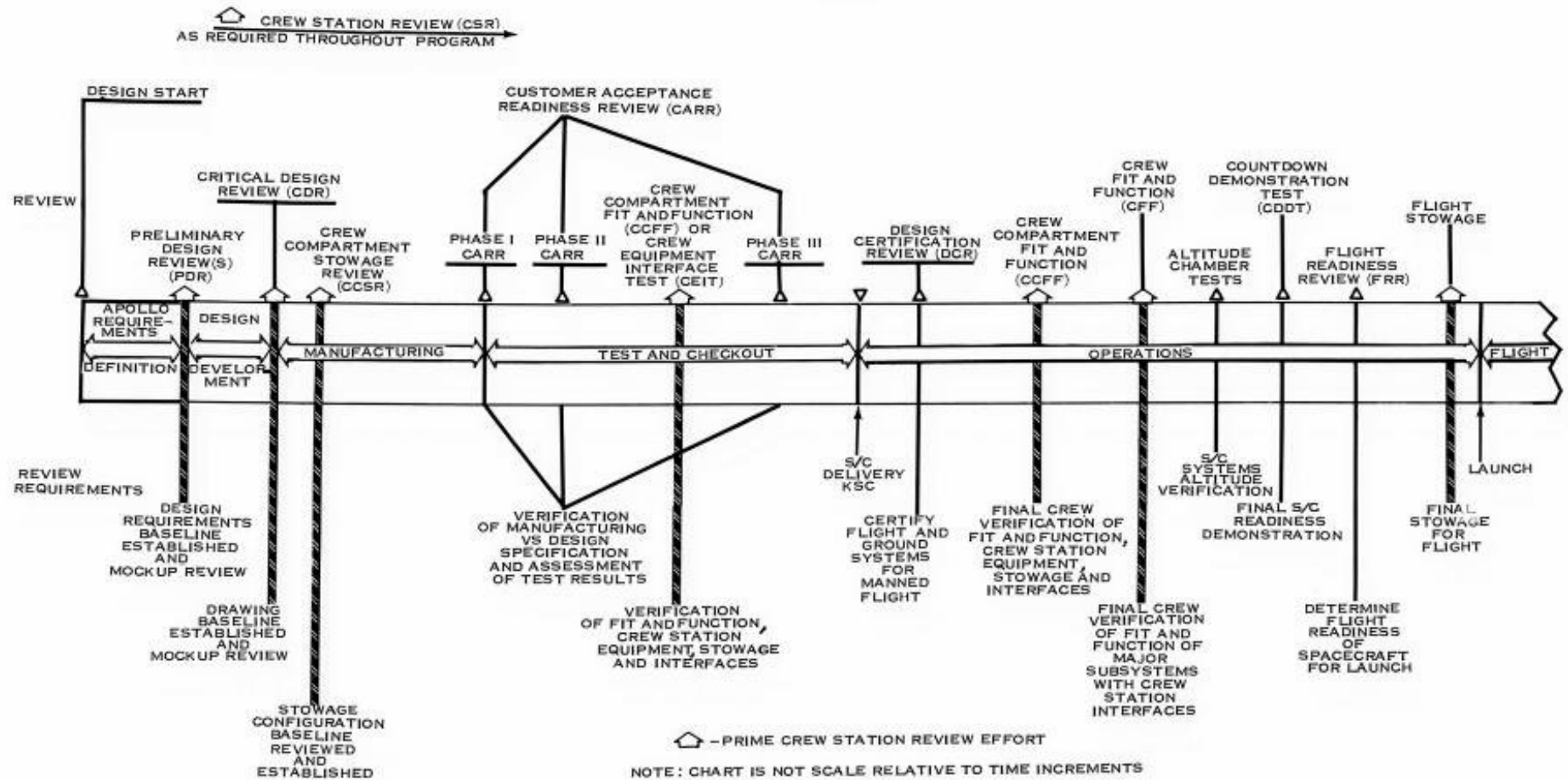


Ref. 3

Re References: 1) "Human Spaceflight-Mission Analysis & Design"; 2) "Human Factors Design Handbook", Woodson, Tillman & Tillman, and 3) "The Space shuttle Keys to Successful Program Management", R.F. Thompson, Space Center Lecture Series 2010

APOLLO TECHNICAL AND CREW STATION REVIEWS

Figure __



Samples, Human Factors Participation in Design (Ref.: SP-2010-3407*)

Preliminary Design	<ul style="list-style-type: none"> • Defined mission with performance requirements • Preliminary exterior boundaries • Identification of basic items and areas that the crew interfaces with 	<ul style="list-style-type: none"> • Gross task definition and analyses (usability studies of components, prototypes, and mockups) • Human modeling 	• Crew duties		<ul style="list-style-type: none"> • Design engineering • Systems engineering • Mission planning • Training • Health
			<ul style="list-style-type: none"> • Selection and preliminary design of equipment that interfaces with crew (focus on operability and simplicity) 	<ul style="list-style-type: none"> • Chapter 4, Anthropometrics, Biomechanics, and Strength • Chapter 9, Hardware and Equipment • Chapter 7, Habitability Functions • Chapter 10, User Interfaces 	
			<ul style="list-style-type: none"> • Habitable volume requirements and overall architectural layout 	<ul style="list-style-type: none"> • Chapter 8, Architecture • Chapter 7, Habitability Functions 	
			<ul style="list-style-type: none"> • Detailed environmental support range requirements 	<ul style="list-style-type: none"> • Chapter 6, Natural and Induced Environments • Chapter 11, EVA 	
			<ul style="list-style-type: none"> • Final verification test plans 		

*More for later development & operations in Human Integration Design Handbook SP-2010-3407

Significant Design Drivers for Crew Compartments

- **Mission Requirements/scenarios/duration**
- **Orientation of crew to accommodate the range of acceleration and deceleration environments (physiological tolerance reasons)**
- **Constraints on vehicle size, mass, volume , and shapes**
- **Crew Size (number of crew & percentile crewman to be accommodated)**
- **Systems & hardware required for mission**
- **Useable crew compartment volume (Net Habitable Volume), & shape of volume**
- **Rest/sleep accommodations/personal space/recreation**
- **Degree of separation of work & rest/sleep accommodations**
- **Size & locations of controls & displays required**
- **Exercise provisions & locations**
- **Design of crew compartment for flight & ground operations**
- **Habitability factors**
- **Lighting illumination & quality, location of lights, shadowing effects**
- **Ingress/Egress, passageway, & access requirements**
- **Oxygen enriched atmosphere & materials flammability & out gassing**

Significant Design Drivers for Crew Compartments (Continued)

- **Crew restraint/couch, fold ability/ removable, what functions couch has to perform w & w/o suit, load relief on crew, and stroking envelope/G level requirements**
- **Crew reach, visibility/ docking aids/windows size & location, mobility, induced loads, & large number of operations needed to be performed. Effect of suited operations on these items**
- **Stowage for operations, support, survival, etc.**
 - a) **Large number of items stowed (always a concern)**
 - b) **Effect of limited size of module and landing g's**
 - c) **Stroking envelope of crew couches**
 - d) **G-level stowage has to support**
 - e) **Stowage location vs. accessibility vs. need**
 - f) **Effects of mission & mission timeline on stowage**
- **Suited Operations**
 - a) **Pressurized, suited ops return**
 - b) **Inside vehicle, including pressurized suited ops & transfer**
 - c) **EVA**

Comments on Crew Compartment Design

- Loftus* indicates:

1. Relative to the crew-to-spacecraft interface that “The design objective has been to optimize of the achievement of programme objectives, not the configuration of the crew compartment, the displays & controls, or the other interfaces through which the crew affects spacecraft activities”
2. the “characteristics of manned spacecraft have been derived almost completely from the traditions of aircraft”

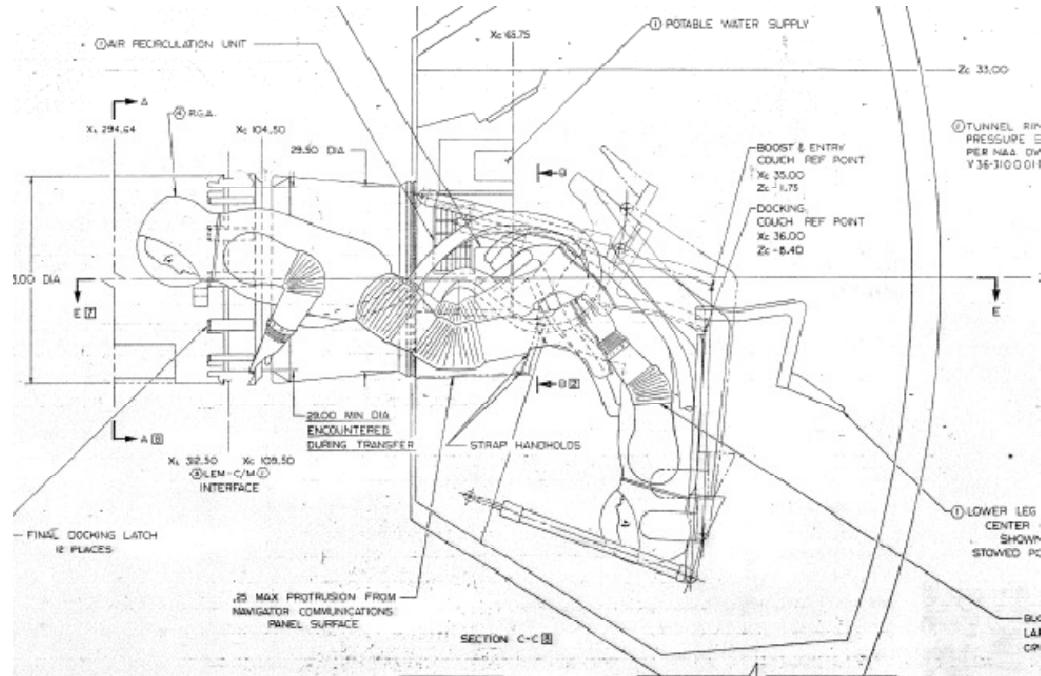
* From: “An Historical Overview of NASA Manned Spacecraft and Their Crew Stations”, Loftus, J. P. ,Journal of the British Interplanetary Society, 1985

Table 6. FACTORS IN GENERAL AND SPECIFIC EQUIPMENT AND CREW COMPARTMENT LAYOUT

<u>1. Mission Related:</u>	<u>3. Shirtsleeves and Suited Modes:</u>	<u>6. S/C Areas by Functional Unit Breakdown:</u>
Mission requirements/goals	Shirtsleeves	Stowage area for equipment, expendables, etc.
Abort requirements	Partially suited (helmets/gloves off)	Systems and subsystem installation
Contingency requirements	Fully suited, ventilated	Work/duty station, vehicle management, hardware or subsystems operation
Mission duration	Suited, pressurized	Rest/leisure
Operational requirements/tasks	Suit and suit support equipment	Recreation
Scientific requirements/tasks	donn-doff volume	Exercise
Operations/task criticality and priority	Equipment interfaces for suited operations	Sleep station
Operational sequences/timeline integration	EVA requirements of related support equipment	S/C records and data management
Resupply provisions		Personal area
Offloading capabilities		Water and food preparation
General Environments, imposed controlled:		Dining area
Structural loads		Waste management area
Gravity loads		Personal hygiene accommodations
Vibration		Donning/doffing stations
Temperature		Equipment checkout/repair/maintenance area
Noise		
Illumination		
Humidity		
Ventilation		
<u>2. Crew Affected:</u>	<u>4. Intravehicular Activity, Mobility, Visibility, and Accessibility Requirements:</u>	<u>7. Equipment/Equipment Layout:</u>
Crew quantity	Shirtsleeves/suited modes	Overall spacecraft configuration constraints
Crew command structure/division of responsibility	Detailed task requirements	Command controls and displays
Size/anthropometry of crew	Working volume/room required--with and without free orientation	Spacecraft subsystem equipment, controls, wiring, etc.
Work-duty/rest cycles	Visual accessibility--with and without free orientation	Crew compartment closeout provisions
General communication	Support information or communication	Emergency equipment/controls
Crew-to-crew	Translation/restraint aids	Stowed and installed crew equipment and support provisions:
Air-to-ground	Illumination available	Crew apparel/suits
Control/operation manning requirements		Food, water, and life support expendables
Information monitoring, visual and auditory	<u>5. Ingress/Egress and Cargo Transfer Requirements and Hardware:</u>	Pilot operational equipment
Physical movements required	Requirements:	Crew equipment
Communications, visual or auditory	On-the-pad ingress and egress	Operational and support equipment
	Landing egress	Hygienical and waste management provisions
	Crew and/or equipment transfer between S/C--IVA or EVA	Docking hardware
	Specific EVA in-flight	Temporary stowage configurations
	Hardware:	Stowage configuration at various mission phases
	Hatches	Couches and seating provisions:
	Tunnels	Couch/seat articulation envelope
	Passageways	Couch stroking envelope (landing)
	Transfer devices/remote handling	Couch/seat stowage
	Cargo transferred	Maintenance/sparing equipment
	Transfer aids/restraints	Flammability and materials control
	Lighting	Worktables

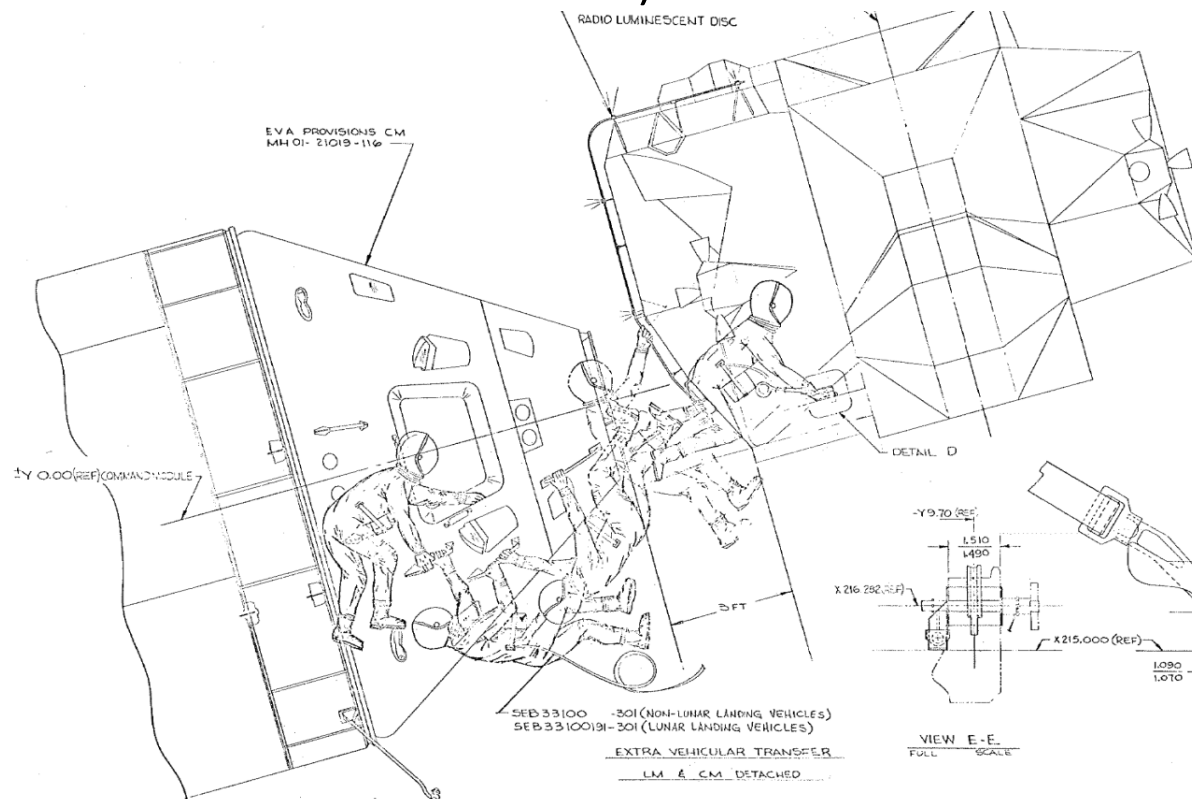
Examples of Mission Assumptions That Drive Design-IVA Transfer

(Good Example of mission driven requirement-tunnel sizing & suited ops for docking mechanisms)



Examples of Mission Assumptions That Drive Design

- Apollo Lunar Module to Command Module in Undocked Case (Good example of mission driven requirement on Command Module circular handrail)



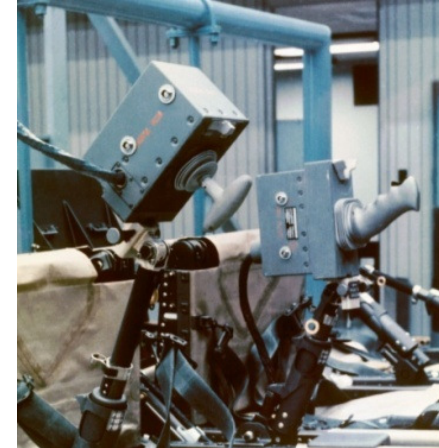
Examples of Problematic Design Assumptions in “Sizing” Crew Compartments

- Lunar Module hatch sized based upon early suit, not good representative PLSS & thermal/meteorite garment
- Apollo Crew Module size & seat spacing vs. Lunar suit design. (Shuttle & Cx faced similar issue-module designed before suits)



Examples of Problematic Design Assumptions in “Sizing” Crew Compartments (Continued)

- Anthropometric requirements for Apollo crews vs. actual crew measurements (example: crew couch armrest adjustment)
- Assumption of “no in-flight maintenance” for Space Shuttle Orbiter (see related chart) →
- Assumption no payloads in mid-deck: later traded stowage lockers & attachments for payload installations



NASA/JSC
ME3/J. R. GOODMAN

MARCH 28, 1983

ACTUAL INFLIGHT MAINTENANCE (IFM) PERFORMED ON SHUTTLE FLIGHTS

- 228
- | | |
|-------|---|
| STS-1 | ATTEMPTED TO SWAP DFI RECORDERS (MOUNTING SCREWS COULD NOT BE REMOVED. POST-FLIGHT - SCREWS CHANGED TO BOLTS AND KOROPON REQUIREMENT CHANGED). |
| STS-2 | CHANGED CRT (NO. 4 FOR NO. 1). |
| STS-3 | KEYBOARD KEY FAILURE (USED KEY FROM AFT STATION AS SPARE). |
| STS-4 | o GAS EXPERIMENT FAILED. (BROKEN WIRE - USED ONBOARD PIN KIT/JUMPER LEADS TO REGAIN EXPERIMENT).
o REMOVED AIR DUCT CAP (LEB) IN SEARCH OF FREE WATER. |
| STS-5 | o DEU NO. 2 FAILED (USED DEU 4 AS SPARE BY SWAPPING CABLES).
o REPEATED SEARCH FOR FREE WATER. |

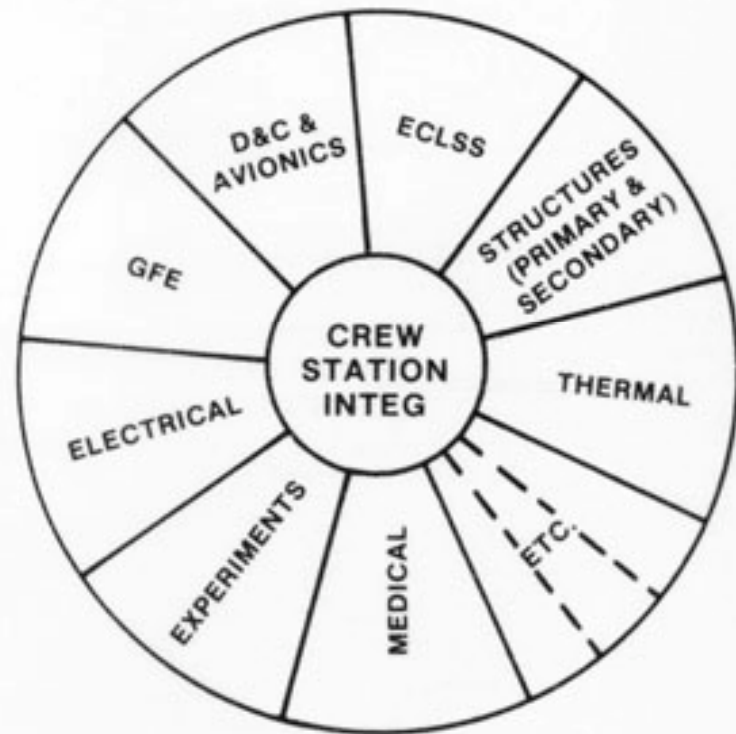
Crew Compartment or Crew Station

- The Crew Compartment or Crew Station is defined as the spacecraft interior and all other areas the crewman interfaces inside the cabin, or may potentially interface.
- It includes the hardware which a crewman uses, operates, monitors, or which is required to support or sustain his activities

CREW STATION INTEGRATION SCOPE

CREW STATION INTEGRATION INVOLVES:

- SYSTEMS INTEGRATION OF MISCELLANEOUS SUBSYSTEMS
- CREW STATION
- CREW PROVISIONS
- CREW EQUIPMENT
- RELATED GFE
- LIFE SUPPORT EQUIPMENT
- HABITABILITY
- CREW CABIN OR MODULE HARDWARE, LAYOUT, & CONFIGURATION
- RELATED SECONDARY STRUCTURE i.e. ;
 - CLOSEOUT PANELS
 - ACCESS DOORS/PANELS
 - CLOSEOUT CURTAINS



Habitability

Habitability from Merriam-Websters Third New International Dictionary, Unabridged

- Main Entry: **hab·it·able** Pronunciation Guide
Pronunciation: habd.bl, -btb-
Function: *adjective*
Etymology: Middle English *abitable*, from Old French *habitable*, *abitable*, from Latin *habitabilis*, from *habitare* + *-abilis* -able
: capable of being inhabited : that may be inhabited or dwelt in <the *habitable* world>; *specifically of a dwelling* : **reasonably fit for occupation by a tenant of the class for which it was let or of the class ordinarily occupying such a dwelling**
- **hab·it·able·ness** *noun* -es
- **hab·it·ably** \-bl, -li\ *adverb*

Habitability

- Considered to be involved with necessities, quality of life, & crew comfort, or reasonably fit for occupation and capable of being inhabited
- Elements of habitability are*:
 - environment
 - crew compartment architecture & habitable volume
 - mobility & passageways/visibility
 - work
 - rest/relaxation/sleep
 - food & water/drinks
 - personal hygiene
 - housekeeping

Ref.: “Habitability Design for Spacecraft”, Franklin, G. 1978

Tools used in Crew Station Design/Development

- Crew Station Reviews from start of development through operations
- **Mockups & trainers have been a key asset in Apollo & Shuttle Orbiter design, development, and training for flight and resolving problems with design prior to flight**
- Concept Mockups-usually foam-core or cardboard, wood, or sheet metal combinations
- Increased fidelity mockups to follow design status (they provide form, fit, & function)
- Bench check evaluations of hardware function & configurations
- Mockups are updated into hi-fi trainers. Mockups can be in one-G , WET-F (underwater), in aircraft parabola's to simulate g's, or in other forms
- Mockups & Simulators are used for vision, reach, & procedures (design development, & training)
- Computer Aided efforts will be discussed later session by Jim Maida-but, this **does not** replace the need for mockups!
- Iterative reviews **significantly** add to crew **familiarization & training**

Mockups & Others

Model

- To shape the fashion in a pliable material to give a 3D appearance to construction.
- Fashion in imitation of a particular mold to design or imitate forms

Mockup

- A structural model built accurately to scale (as out of plywood, cardboard, canvas, clay) chiefly for study, testing or display

Prototype

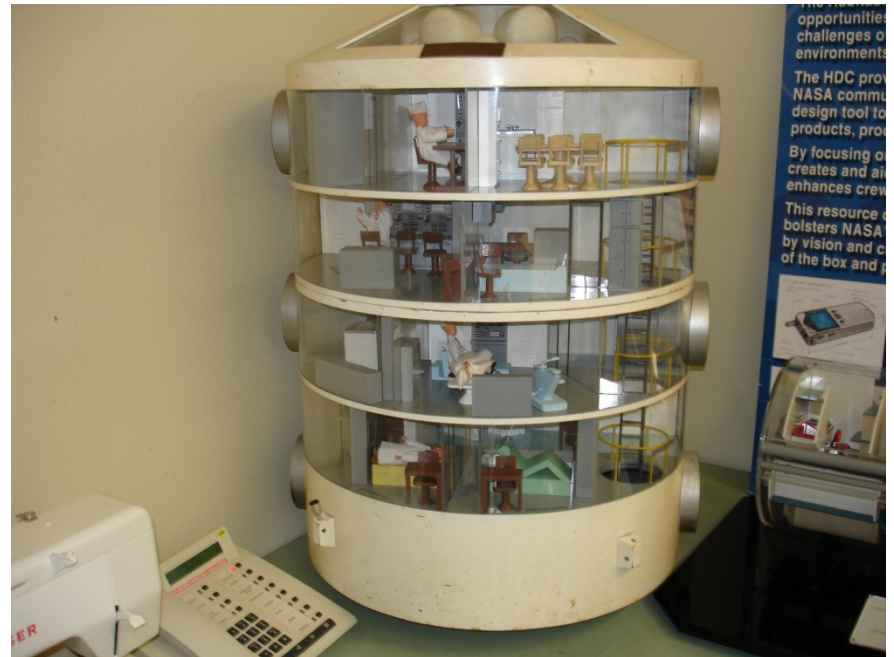
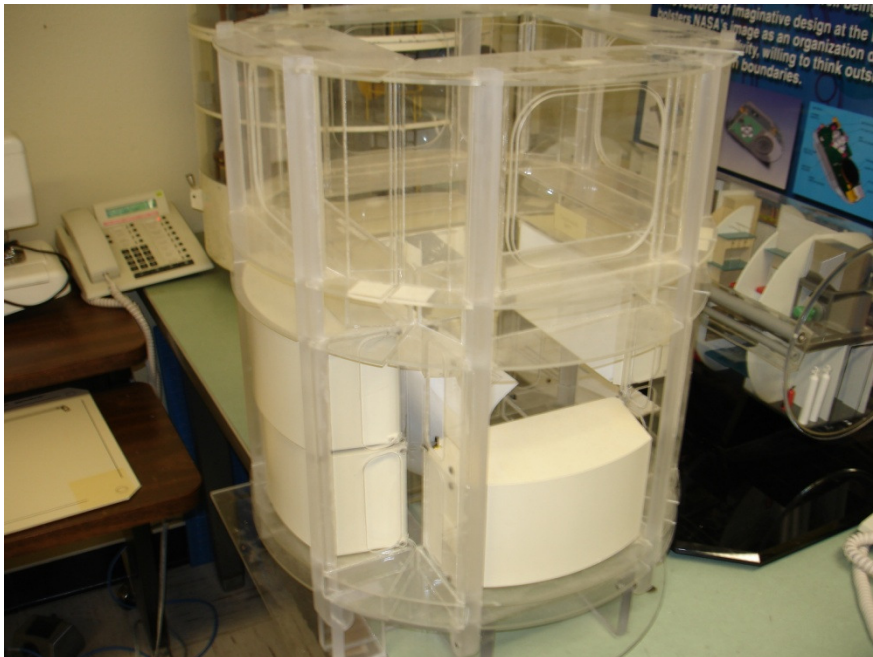
- An original on which a thing is modeled.
- Prototype aeroplane – the first full scale pilot flying model of a new type of airplane

Trainer

- Mechanical device for training pilots that simulates x
- Any of numerous machines or devices used in various forms of training

Simulator

Models



Apollo Mockups

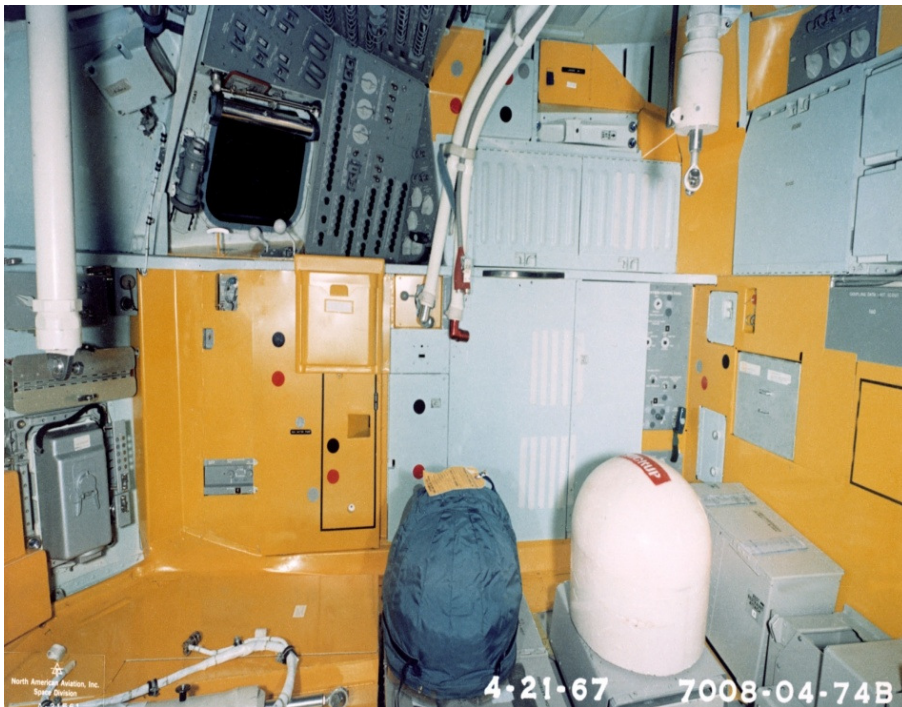


Apollo Bench Review

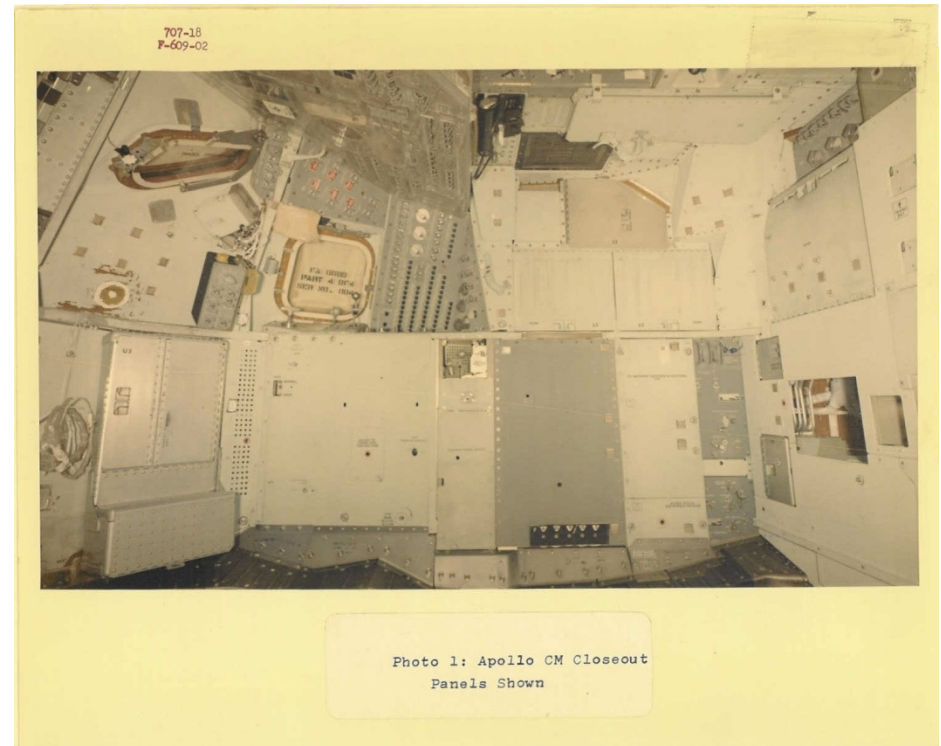


Apollo Mockups

- Lo-Fi Closeout Panels

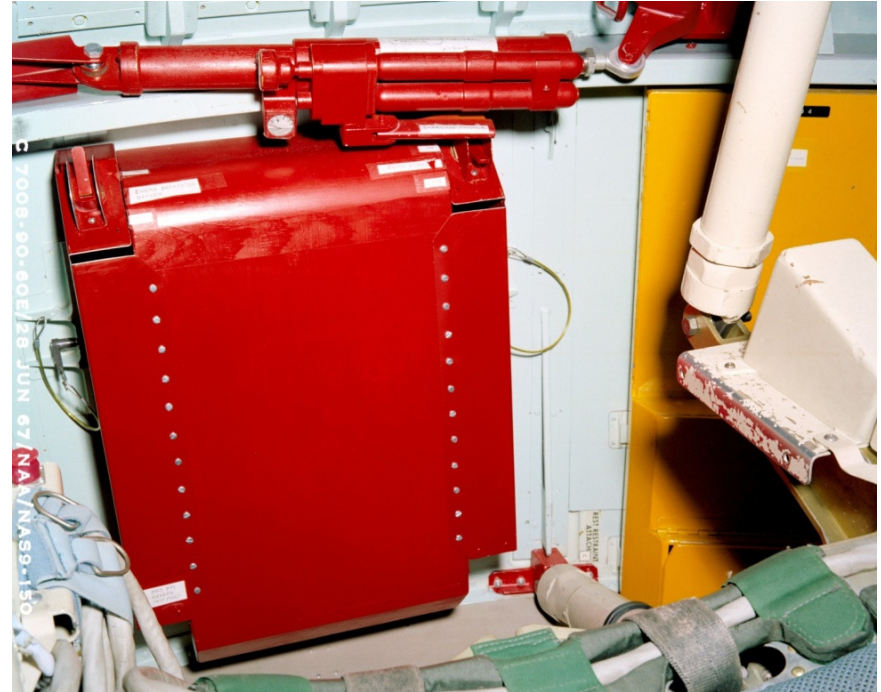
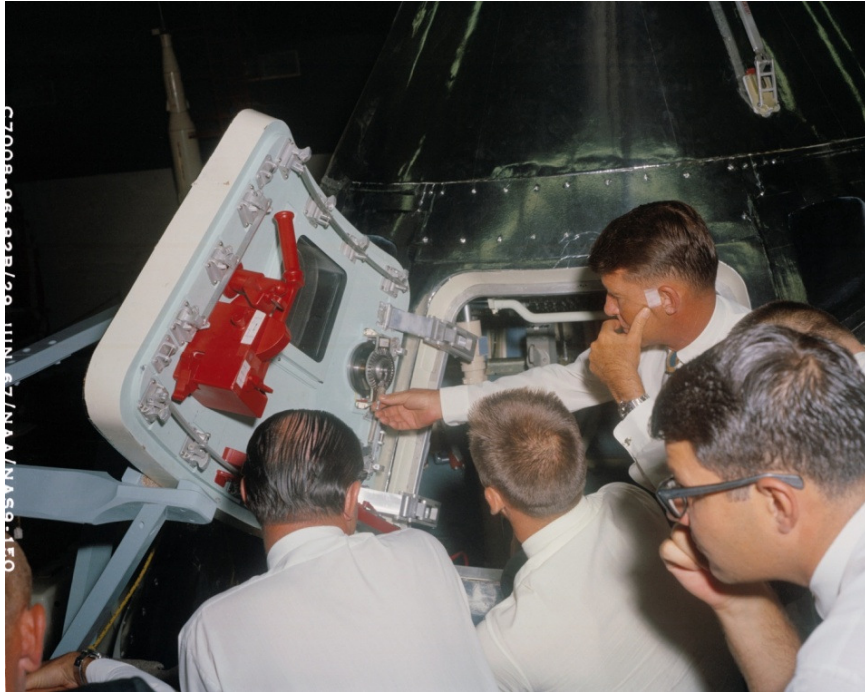


- Hi-Fi Closeout Panels



Apollo Mockup Post Apollo 1

- Side Hatch redesign
- Cabin Repress & Hatch Counterbalance



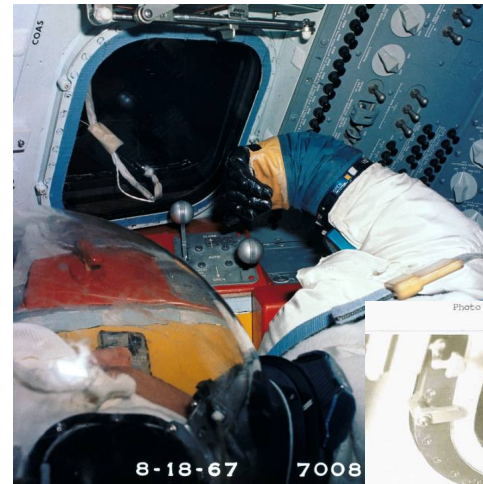
Apollo Mockups

Lo-Fi Valve Location & Actuation

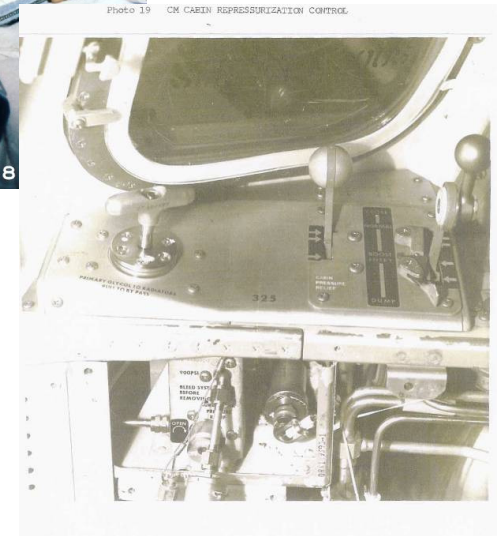


Hi-Fi Valve Location & Actuation

Can't reach valve



With Extension

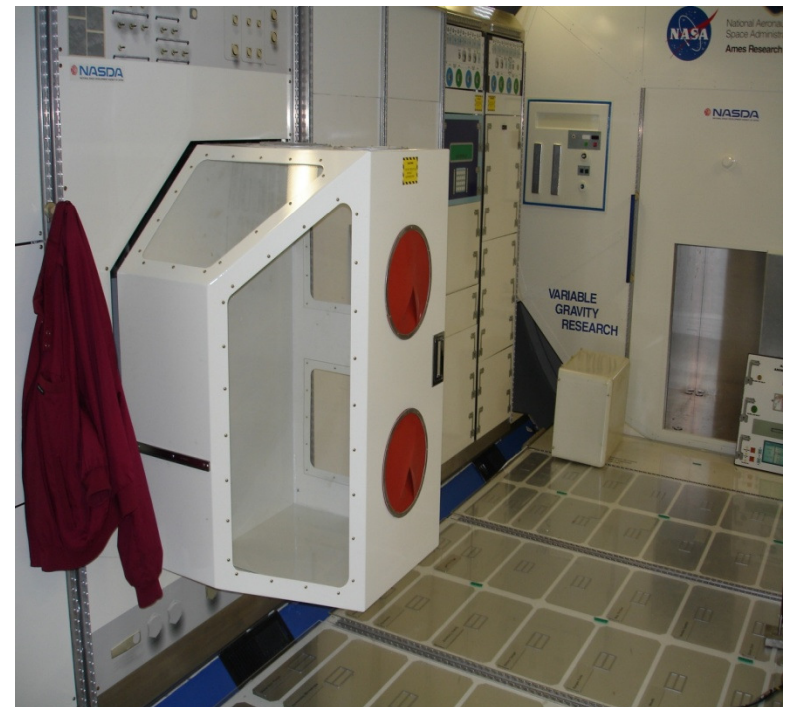


Space Shuttle Trainers



ISS Trainers & Mockups

- JSC ISS Mockups & Trainers
- Japanese CAM Mockup

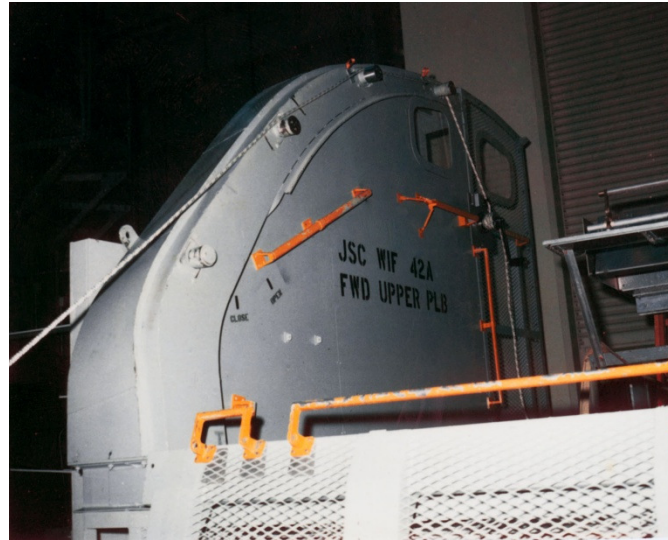


Partial Mockups & Prototypes

Aft Flight Deck, Orbiter



Forward Bulkhead Orbiter EVA WET-F



ISS Muffler Prototype

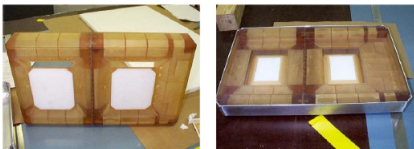


Figure 5. Muffler prototype showing views of top (SLA material only) and bottom (with aluminum cover)

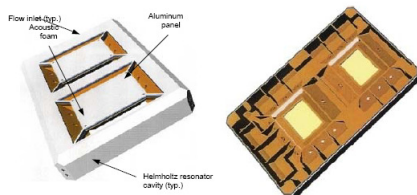


Figure 6. Muffler computer aided design drawings showing views of top and bottom

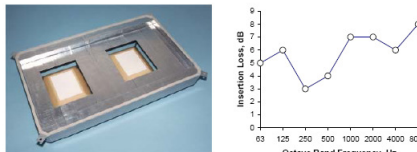


Figure 7. Muffler prototype with bottom cover

Figure 8. Muffler broadband insertion loss

Prototype TESS



Orion Mockup



U.S. Muffler Prototype for ISS

More Partial Mockups & Prototypes

Orion Mockup with Foam-core



JG Russian Fan Muffler Concept

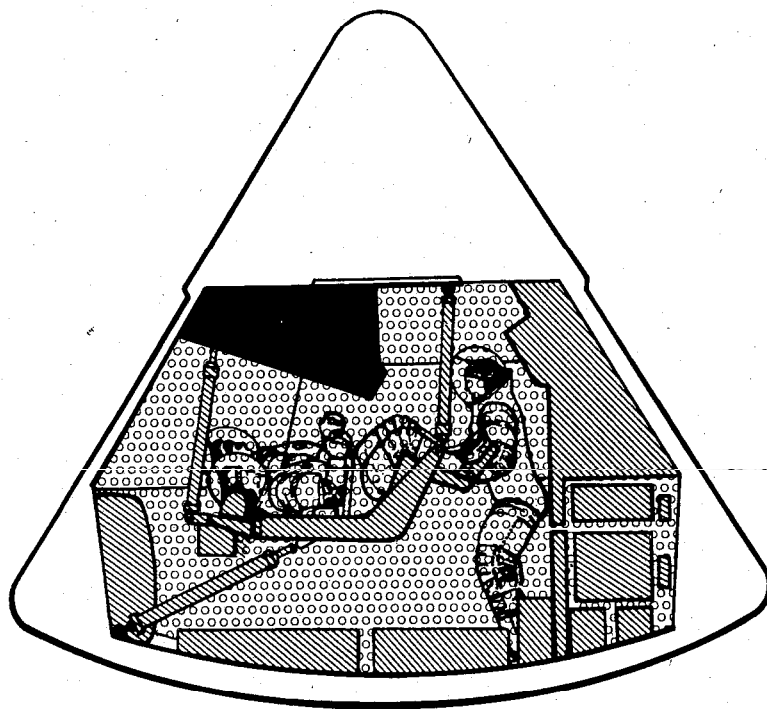


Sizing of Orbiter Crew Compartment



Cabin was designed to accommodate:

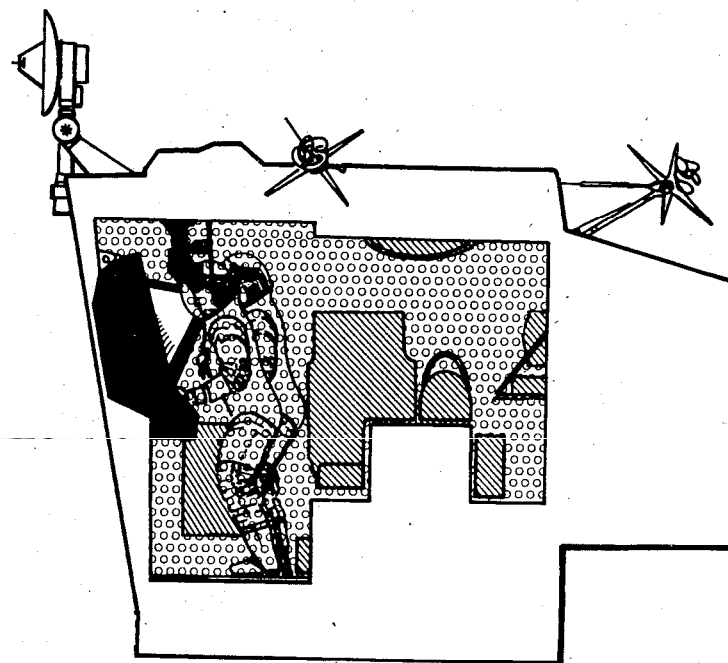
- A total crew of seven (three to operate the Orbiter & for up to four payload specialists)
- The Orbiter was provisioned for 28 man-days and up to 42 man-days with no systems change
- All crew systems (such as seats, etc.) for crew size > than four and all consumables for durations greater than 28 man-days, shall be provided in kit form and shall be charged to payload

Figure 29
VEHICLE VOLUMES





COMMAND MODULE

	TOTAL PRESSURIZED VOLUME	- 306 FT ³
	CREW, HARDWARE, AND PRESSURIZEABLE VOLUME BEHIND PANELS, ETC.	- 156 FT ³
	EFFECTIVE FREE VOLUME	- 210 FT ³



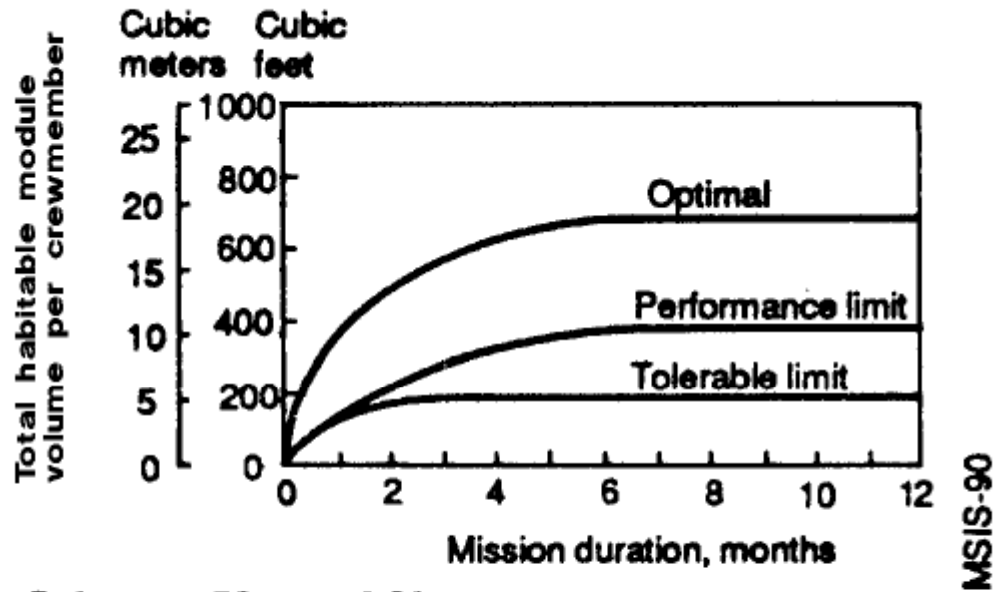
LUNAR MODULE

	TOTAL PRESSURIZED VOLUME	- 195 FT ³
	CREW, HARDWARE, AND PRESSURIZEABLE VOLUME BEHIND PANELS, ETC.	- 45 FT ³ *
	EFFECTIVE FREE VOLUME	- 150 FT ³ *

*ESTIMATE

Modified from: J. P. Loftus and R. L. Bond, "Crew Tasks and Training," Lunar Landing Symposium (Houston, Texas: NASA-MSC, 1966).

Habitable Volume Requirement Per NASA- STD-3000



Reference: 78, page 2-39

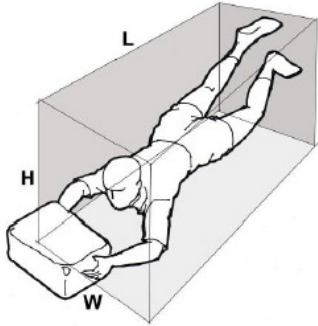
Figure 8.6.2.1-1 Guideline for Determination of Total Habitable Volume per Person in the Space Module

Shape of Habitable Volume

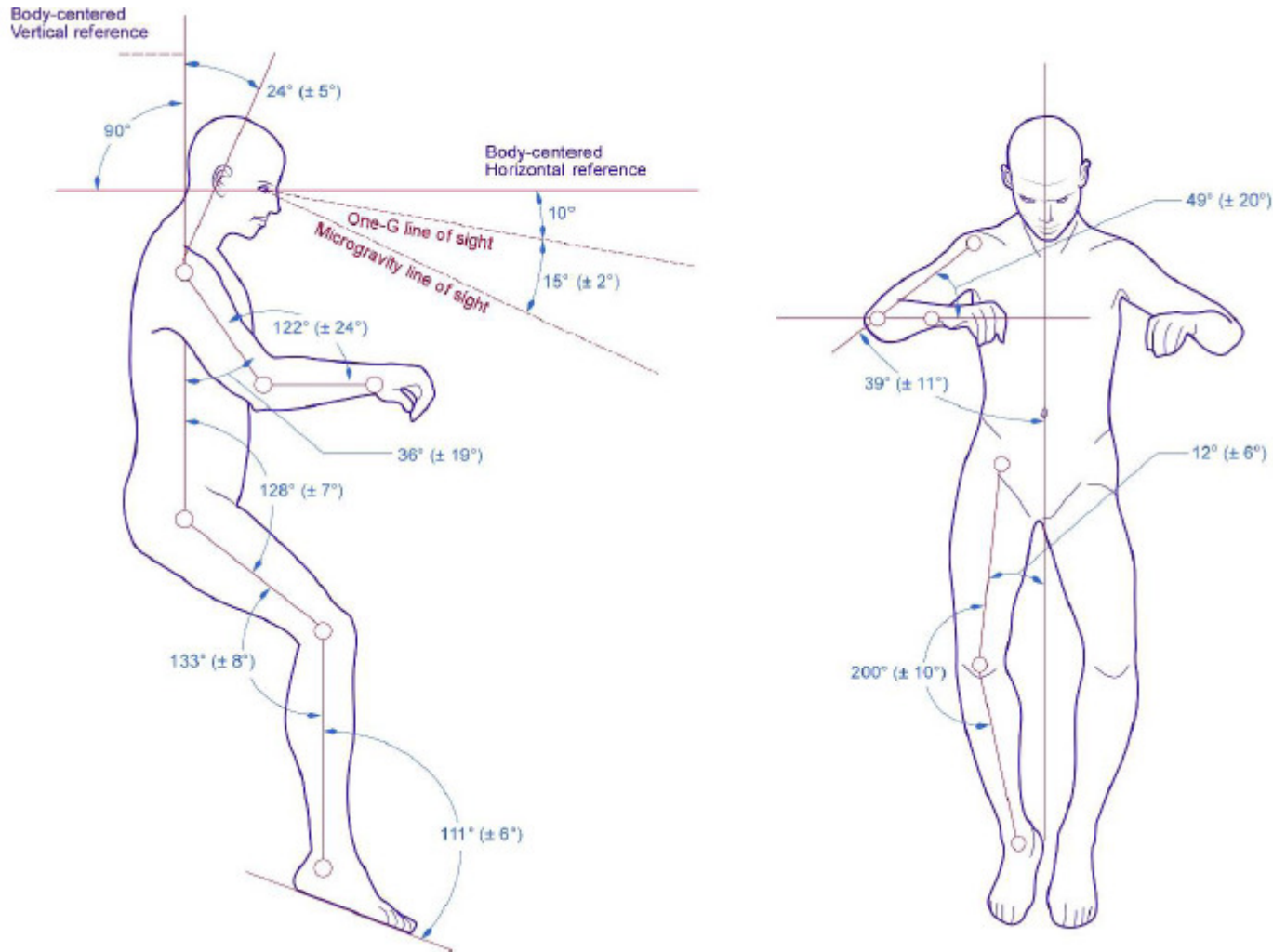
- **Note: It's not only the volume that's required, it's the shape required to perform the operation**

- **4.3.3.1.1 Clearance (From: NASA Handbook)**

Sufficient room is necessary for all crewmembers (suited and unsuited) to fit through passageways and for unsuited crewmembers to safely and comfortably perform tasks in a workstation or activity center. It is important to note that the critical dimensions for body clearance in 0g will often differ from critical dimensions in a 1g environment. People do things differently in 0g, which may affect clearance.

Figures of Human Body Postures and Volumes	Applicable Functions	Dimensions (m)		Volume (m ³)
		H	L	
	Egress, translation, passageways	0.70	2.55	
		2.96		
		1.23		

Neutral Body Posture, Ref. NASA Handbook, SP-2010-3407



Spacecraft Volumes

Table 2 Interior sizing of American spacecraft³

Characteristic	Mercury	Gemini	Apollo CM	Apollo LM	Skylab	Apollo-Soyuz	Shuttle Orbiter
Volume (habitable), m ³ (ft ³)	1.02 (36)	1.56 (55)	5.94 (210)	4.53 (160)	^a 5.94 (210)	^a 5.94 (210)	35 (1300)
Pressurized volume less volume of equipment, m ³ (ft ³)					^b 344.98 (12,190)	^c 3.1 (109)	
Duration (max.), days	1-1/2	13-3/4	12-1/2	3	84	9	7-30
Crew size	1	2	3	2	3/5	3	2-7

^aCommand module.

^bOrbital workshop.

^cDocking module.

From: "Design of Interior Areas", Perner C. & Langdoc, W.
Chapter 7, Space Biology and Medicine 1993

ISS Internal Volume by Stage

Date	Flight/Stage	Module/Element	Module/Element Pressurized Volume (ft ³)	Module/Element Habitable Volume (ft ³)	Total Station Pressurized Volume* (ft ³)	% Complete Pressurized Volume	Total Station Habitable Volume* (ft ³)	% Complete Habitable Volume
Nov-99	1A/R	FGB (Zarya)	2423	903	2423	7.56	903	7.15
Dec-98	2A	Node 1 (Unity)	2016	1030	4439	13.86	1933	15.31
		PMA-1	205	187	4644	14.50	2120	16.79
		PMA-2	185	157	4829	15.08	2277	18.03
		Z1 Dome	59	53	4888	15.26	2330	18.45
Apr-00	1R	SM (Zvezda)	3411	1339	8299	25.91	3669	29.06
Oct-00	3A	PMA-3	185	157	8484	26.49	3826	30.30
Feb-01	5A	USL (Destiny)	3938	1228	12422	38.78	5054	40.03
Jul-07	7A	Airlock (Quest)	1192	589	13614	42.50	5643	44.69
Aug-01	7A.1	TeSS	0	78	13614	42.50	5721	45.31
Sep-01	4R	DC1 (Pirs)	523	380	14137	44.13	6101	48.32
Oct-07	10A	Node 2 (Harmony)	2666	1230	16803	52.46	7331	58.06
Feb-08	1E	Columbus	2772	995	19575	61.11	8326	65.94
Mar-08	1J/A	JEM ELM-PS	1494	567	21069	65.77	8893	70.43
Jun-08	1J	JEM PM	4571	1723	25640	80.04	10616	84.07
Nov-08	ULF2	Crew Quarters x 2		156	25640	80.04	10772	85.31
Jul-09	17A	Crew Quarter		78	25640	80.04	10850	85.93
Aug-09	5R	MRM2	523	380	26163	81.68	11230	88.94
Oct-09	20A	Node 3	2666	1190	28829	90.00	12420	98.36
		Cupola	118		28947	90.37	12420	98.36
Jan-10	19A	Crew Quarter		78	28947	90.37	12498	98.98
Mar-10	ULF4	MRM1	614	207	29561	92.28	12627	100.00
Nov-11		DC1 (Removed)	-523	-380	28424	92.28	12118	100.00
Dec-11	3R	MLM**	2472		32033	100.00	12627	100.00
Visiting Vehicles								
		Soyuz	412					
		Progress	270					

* Visiting vehicles (Soyuz, Progress, ATV, and HTV) are not included in the Total Station volumes.

** Habitable volume data not available for MLM.

Visibility/Field-of-views/Windows/Alignment Marks

- Windows are used to provide field-of-views for: rendezvous and docking alignment; work stations like Shuttle-Orbiter manipulator operations; for photographic operations; alignment & backup for landing(Apollo); viewing of landing sites (Lunar Module); & views for driving (Lunar rover).
- Windows also are a significant habitability bonus for long term operations(see adjacent chart)
- The “**design eye position**” is used in design layout of crew compartments to setup field-of-views to see outside of windows, window design, determine controls & displays locations; & seat support positions

Table 4 Recreation equipment used by 30 astronauts in order of preference¹⁴

Use of equipment in spacecraft	Importance
Viewing through windows	1
Physical exercise equipment	2.5
Tape recorder, record player	2.5
Books	4
Sports equipment	5
Radio	6
Newspapers	7
Magazines	8
Photographic equipment	9
Radio equipment for personal communication	10
Television	11
Writing equipment	12
Playing cards	13

From: “Design of Interior Areas”, Perner C. & Langdoc, W. Chapter 7, Space Biology and Medicine 1993

Apollo Rendezvous & Docking, Alignment, & Windows

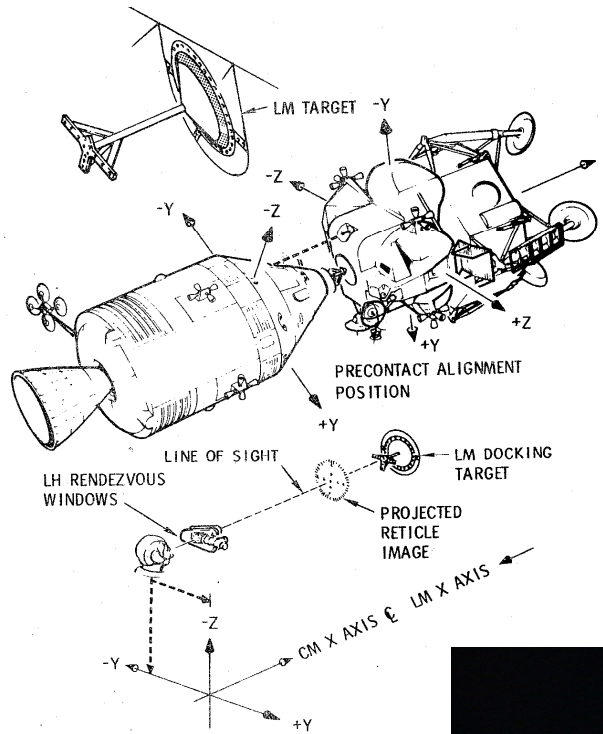
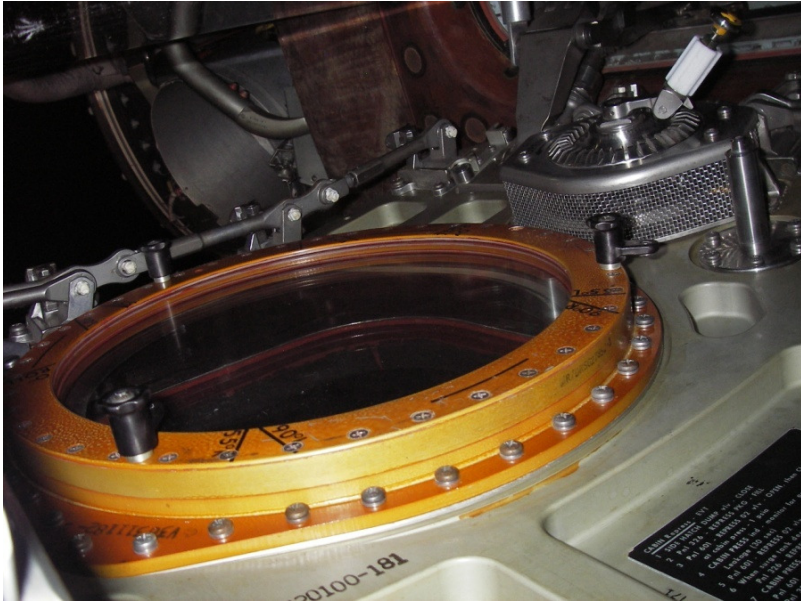
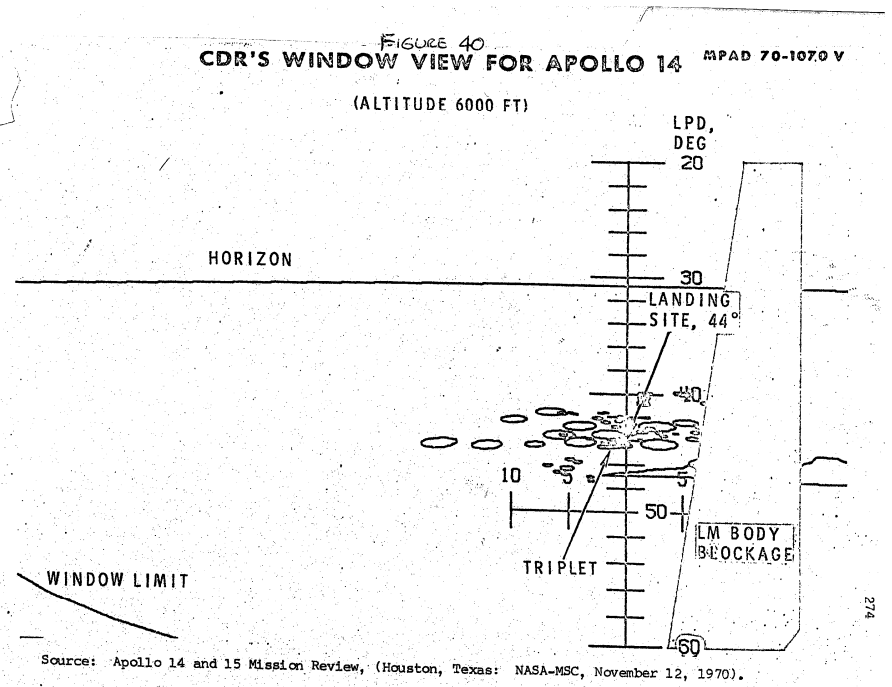


Figure 16.- Predock condition of the CM





Lunar Module Windows/Field-of-view



Orbiter Design Eye Position

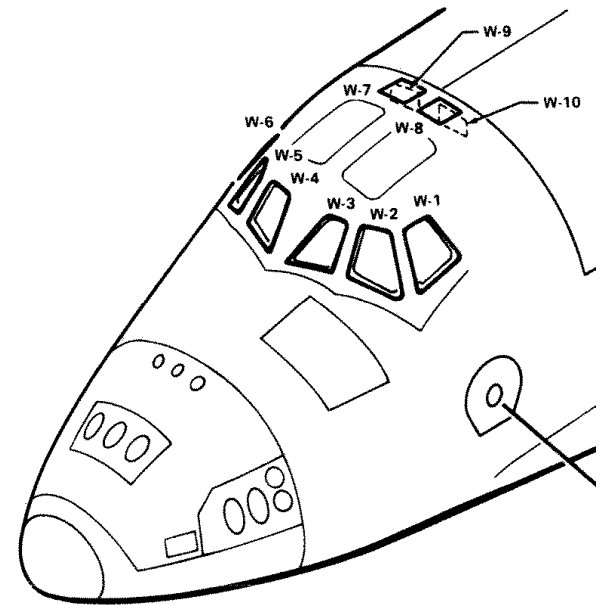
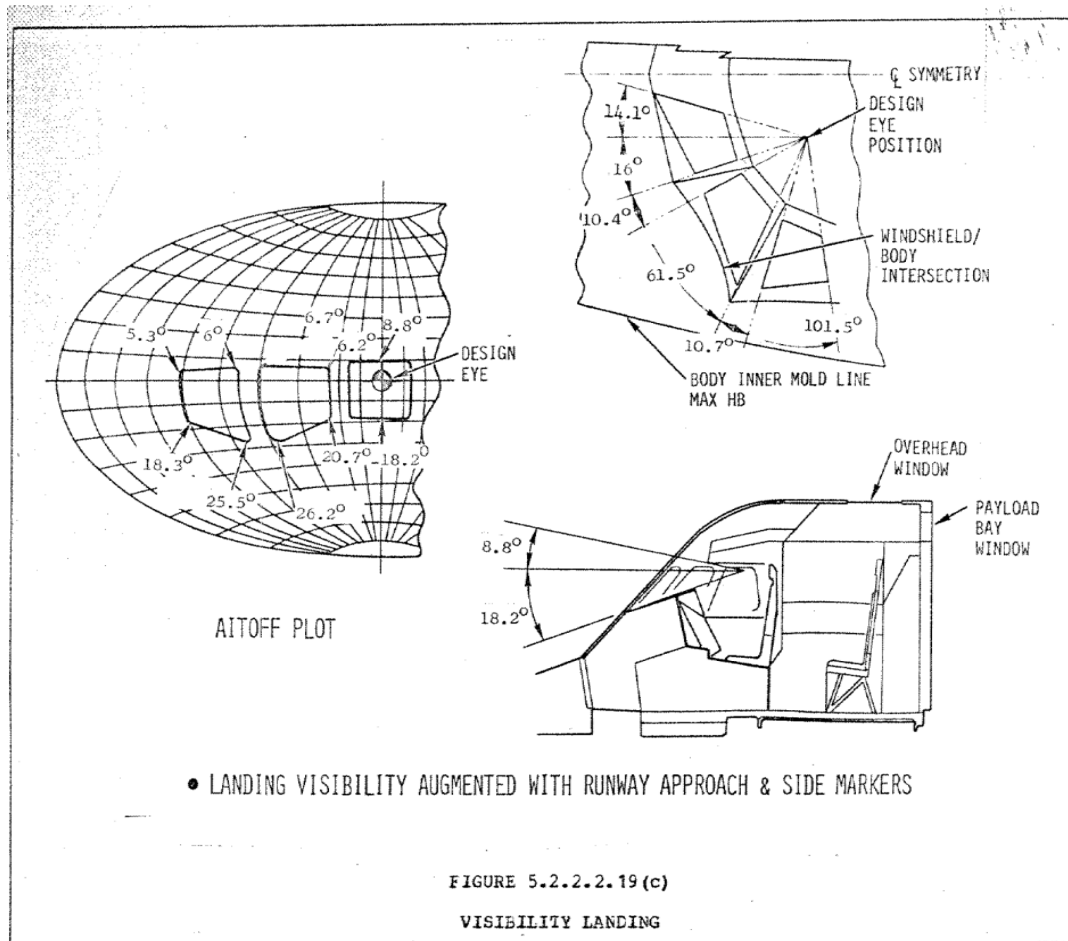
3.2.2.1.1.1.1 Design Eye Position. The initial step in determining the crew station geometry shall be to establish the primary design eye position for horizontal flight.

The design eye position is an arbitrary point on the crew station center line assigned to exist mid way between the eyes (external canthi) in the position to be assumed by the crew member under most flight conditions that will permit specified over-the-nose vision and at the same time unrestricted view of the instrument panel.

No specific single design eye position is required for ascent flight. However, seat and headrest adjustments must provide for unrestricted view of required displays and controls as well as for adequate reach to controls used during the ascent and powered abort modes.

From Requirements/Definition Document Crew
Station & Equipment, SD72-SH-0107, Space
Division, Rockwell International, February 20, 1976

Orbiter Window Fields-of-View

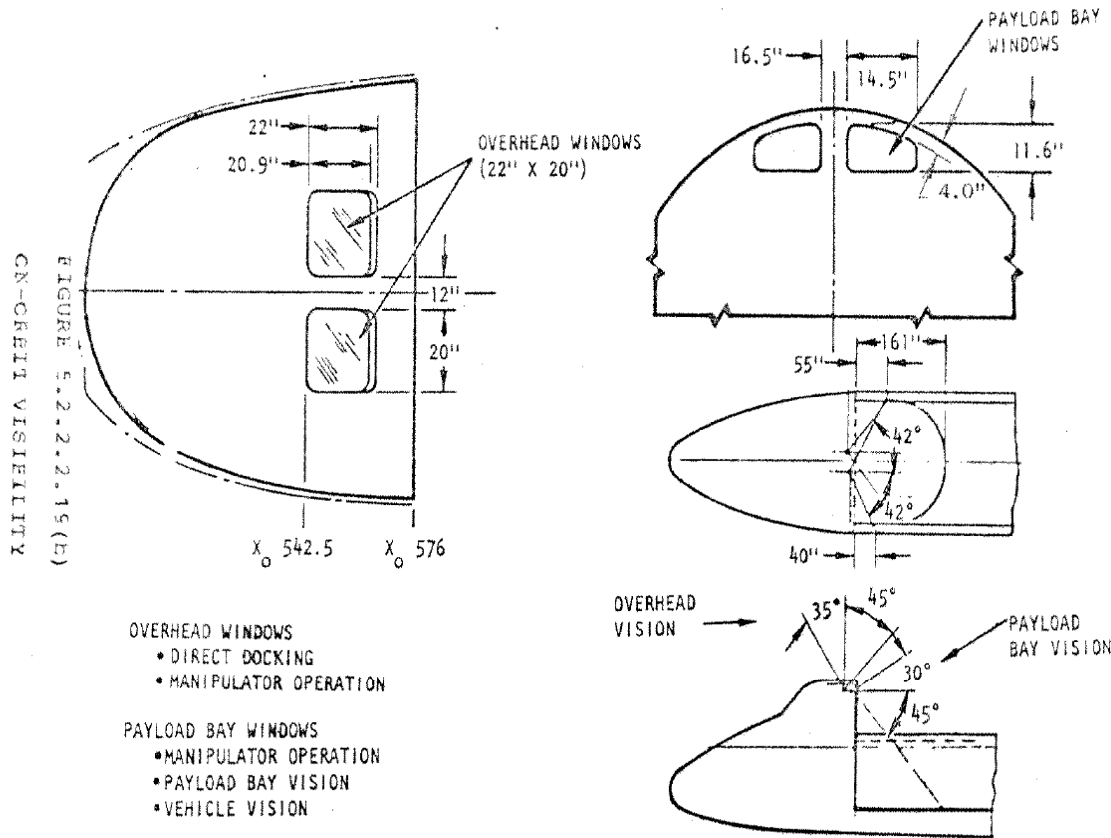


From Requirements/Definition Document Crew Station & Equipment, SD72-SH-0107, Space Division, Rockwell International, February 20, 1976





Orbiter Window Fields-of-View (cont.)



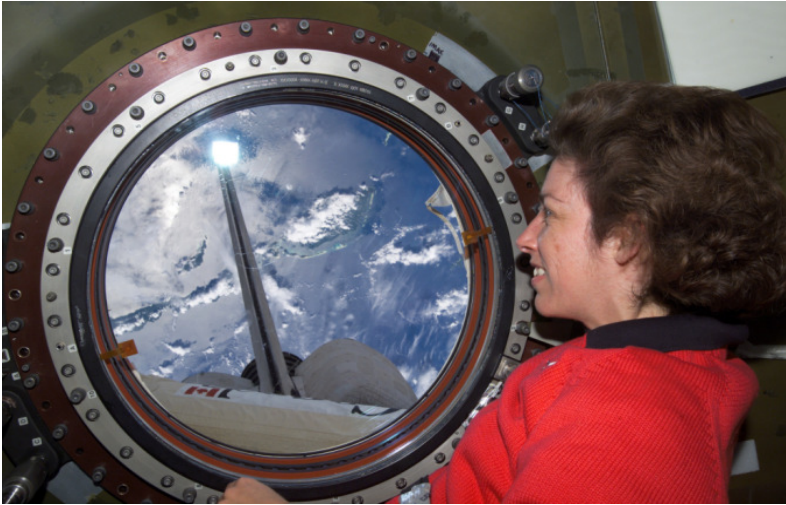
From Requirements/Definition Document Crew Station & Equipment, SD72-SH-0107, Space Division, Rockwell International, February 20, 1976







Our Windows on the Earth



US Laboratory Window

50-cm diameter
Telescope-quality
optical glass



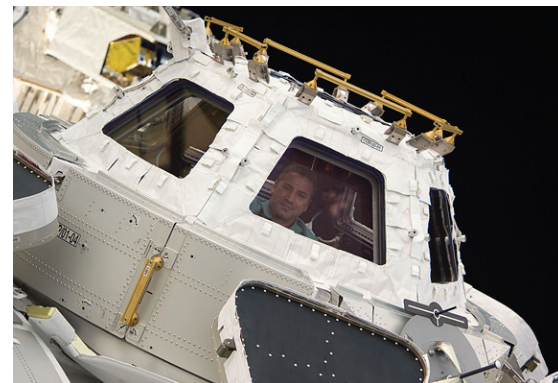
Service Module Window

40-cm diameter



The Cupola

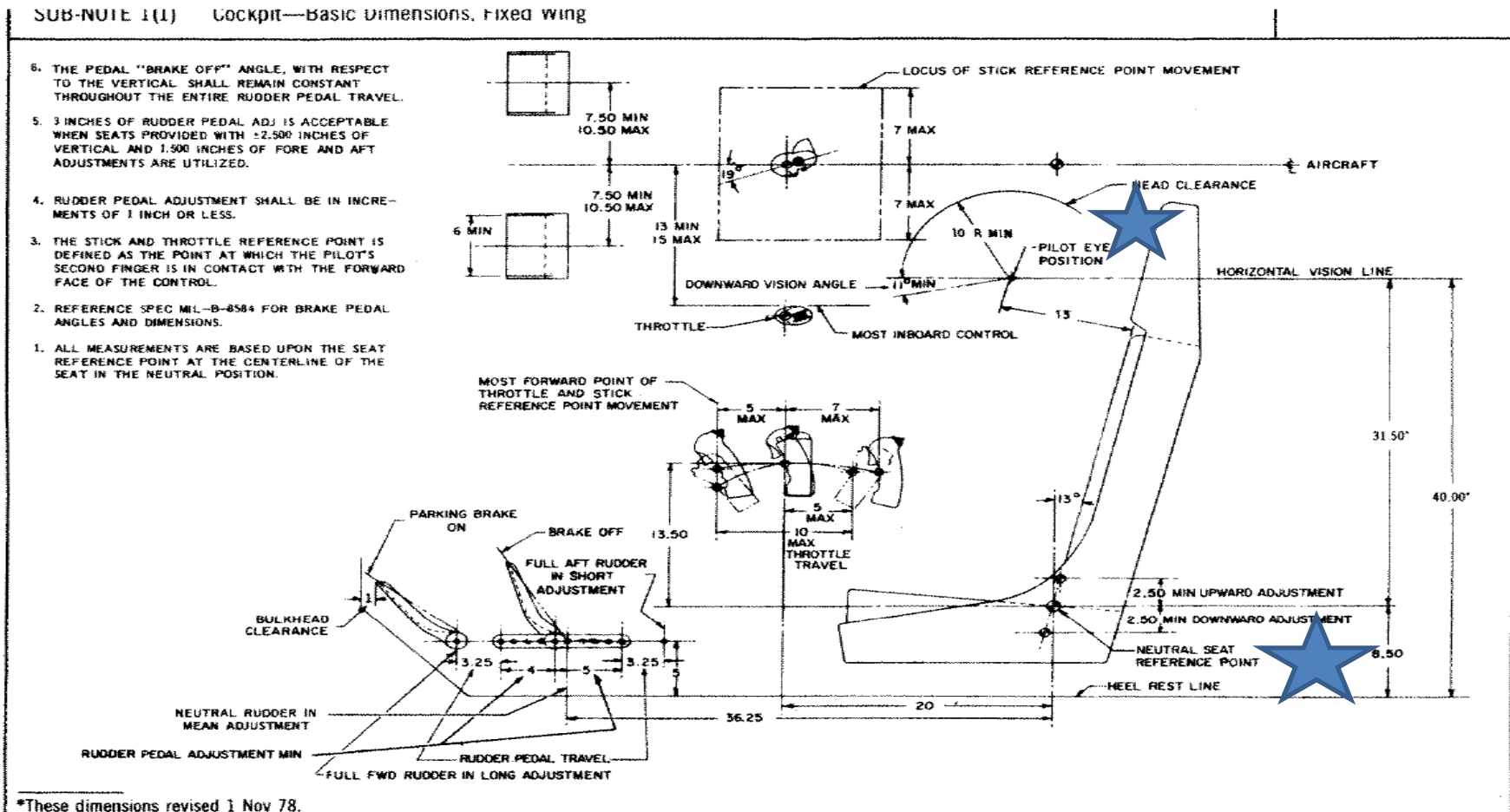
80-cm diameter
(top window)



Rod Jones
Payloads Office



Military Aircraft Use of Design Eye Position & Seat Reference Point

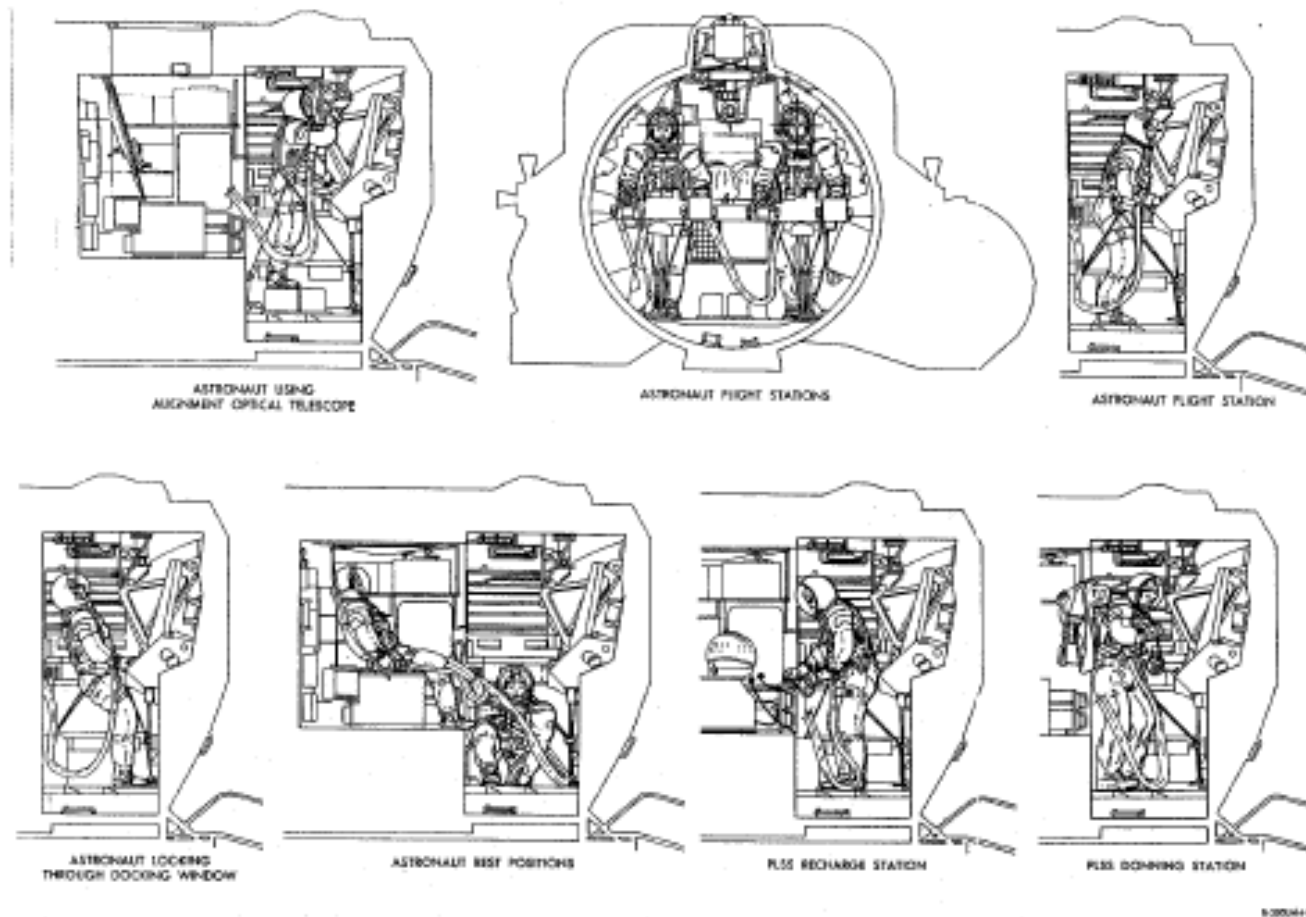


From: Air Force, ASFC Design Handbook (DH) 2-2 Crew Stations and Passenger Accommodations, January, 1988

Crew Positions & Restraints

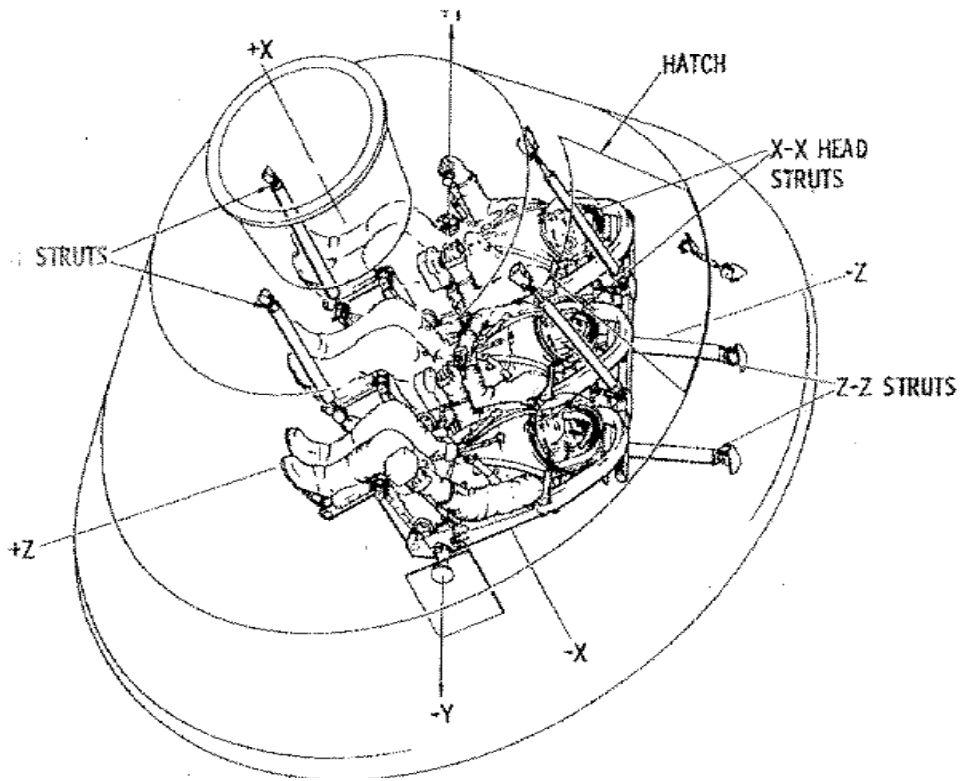
Lunar Module Restraints & Crew Positions

Figure 1-3 LM CREWMEN FLIGHT POSITIONS



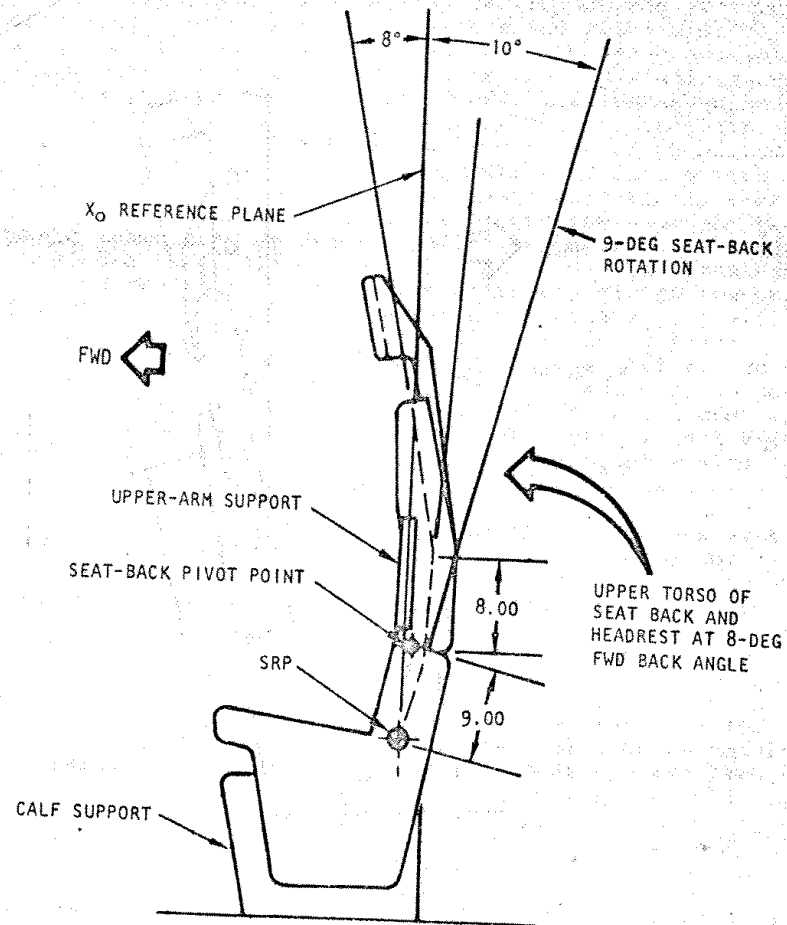
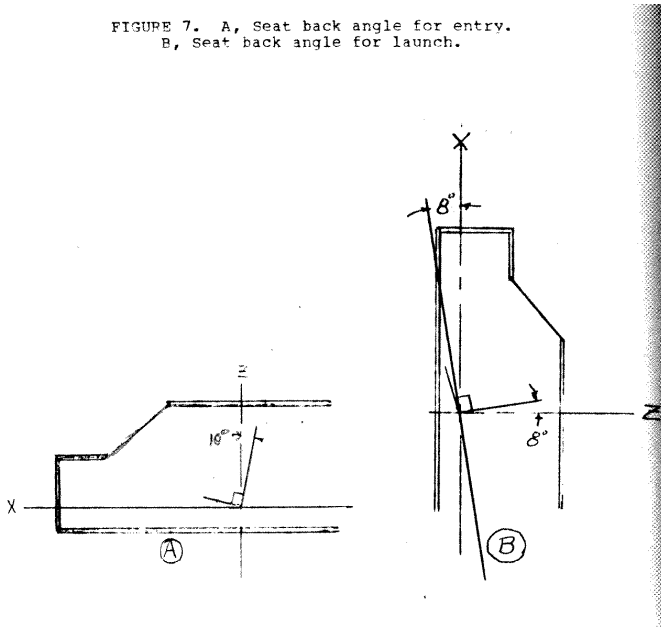
Source: Apollo Operations Handbook, Lunar Module, Vol. I: Spacecraft Description. Apollo Document LNA 790-3-LM, (Bethpage, N. Y.: Grumman Aerospace Corporation, NASA Contract NAS 9-1100, March 15, 1969), p. 1-17.

Command Module Launch Configuration



Shuttle-Orbiter Launch & Landing Crew Positions

FIGURE 7. A, Seat back angle for entry.
B, Seat back angle for launch.

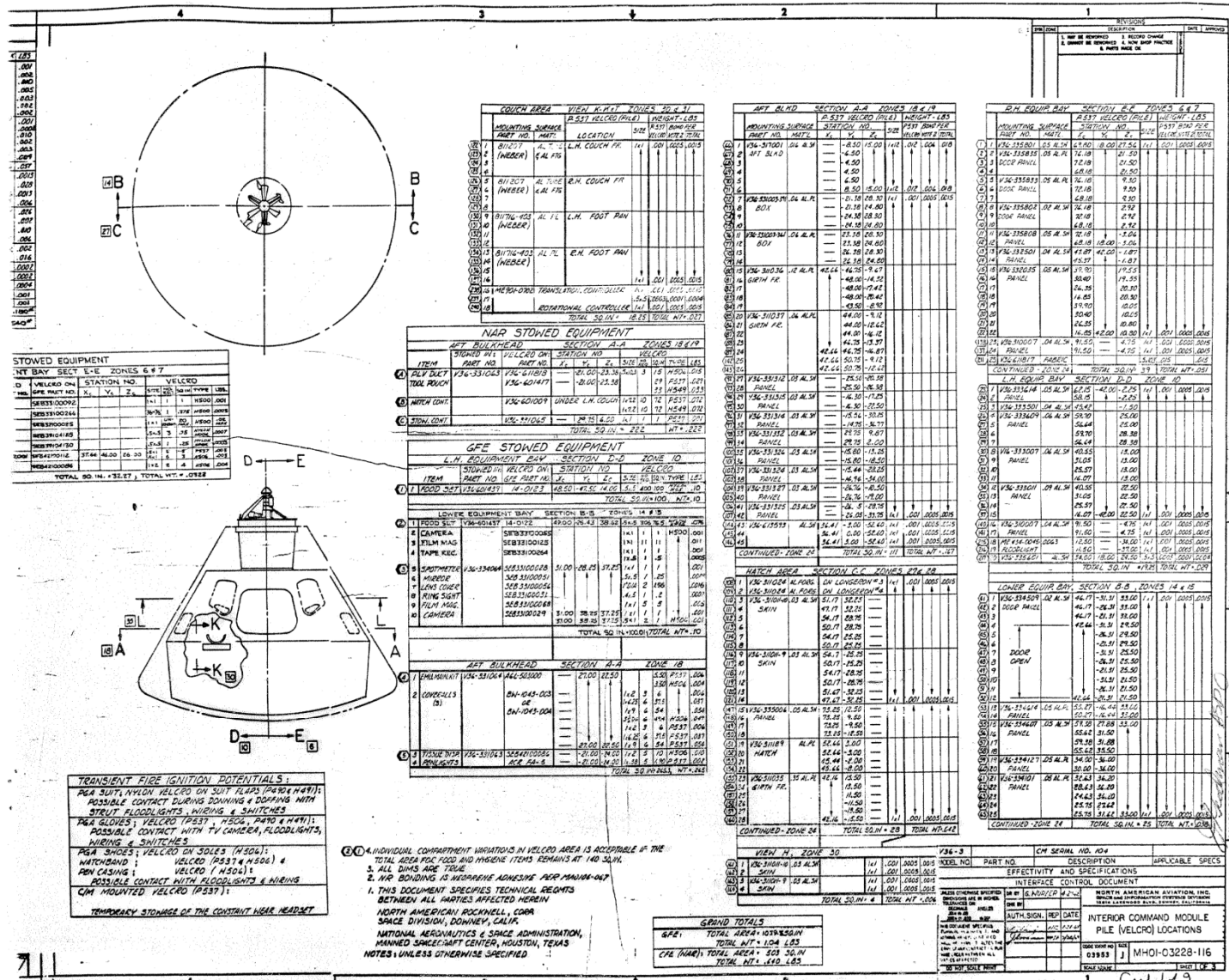


Another example of mission driven design requirement for seat

FIGURE 5.2.2.2.1 (b)
FLIGHT CREW OPERATIONAL SEAT
VERTICAL FLIGHT CONFIGURATION

Crew Translation Aids & Hardware Restraints

Restraints-Apollo Velcro Map



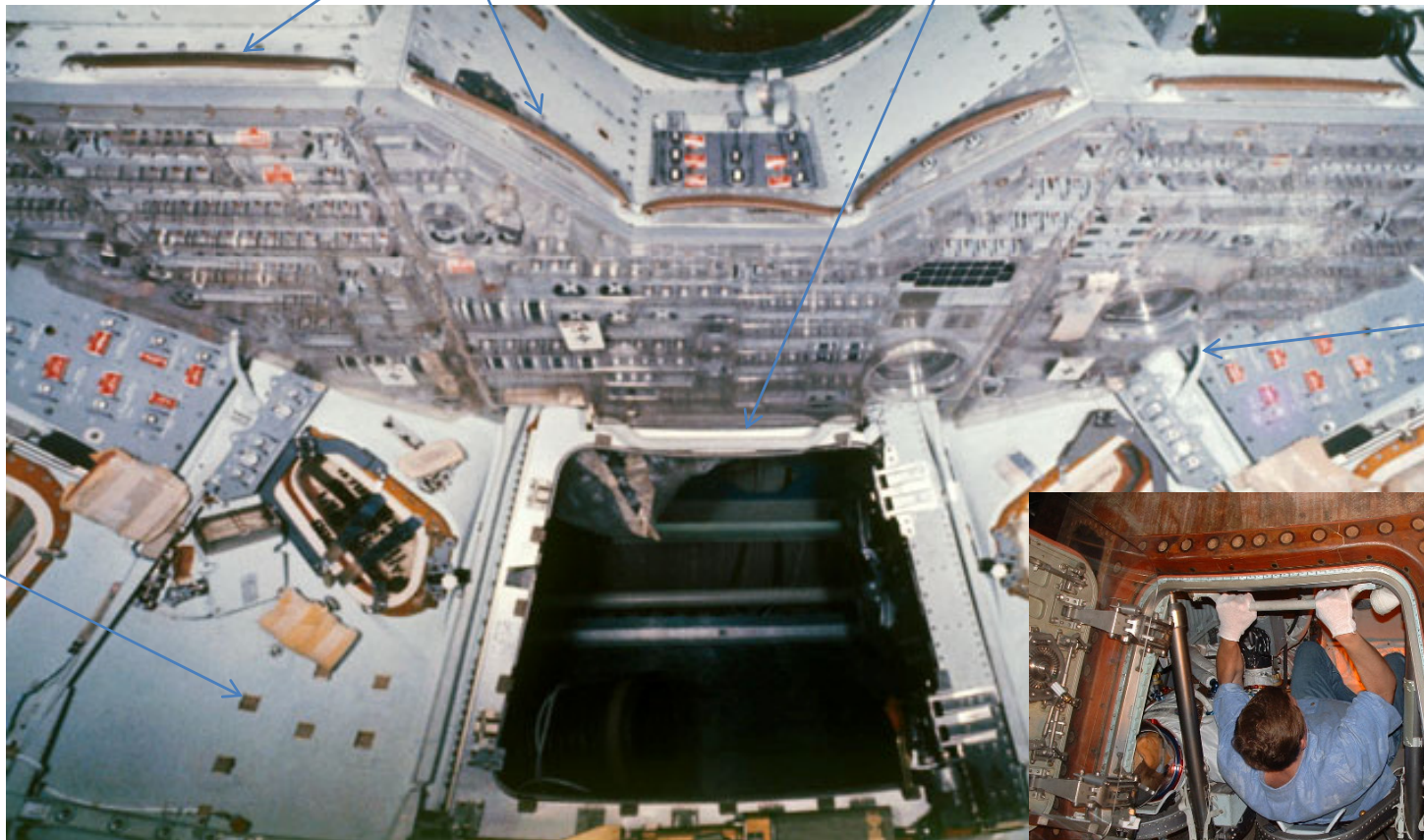
Apollo Command Module Restraints

Flexible Handholds

Handhold for ingress/egress through hatch

Handhold ,.typ.

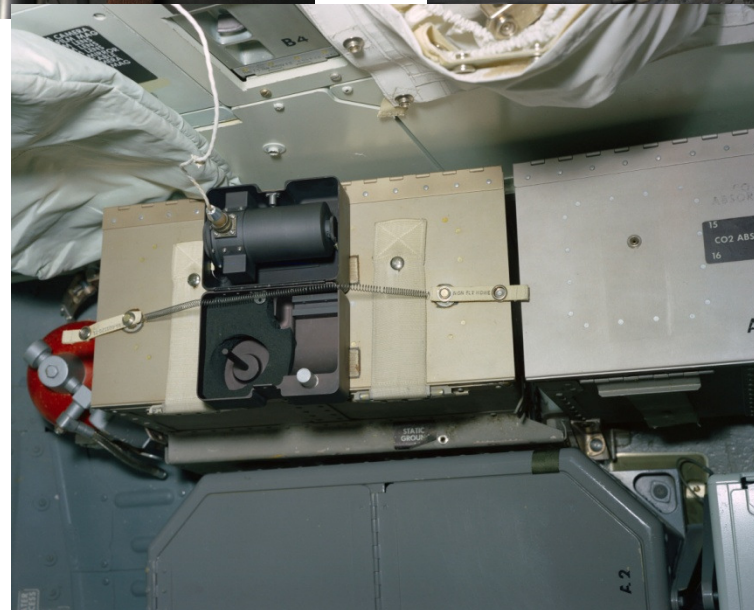
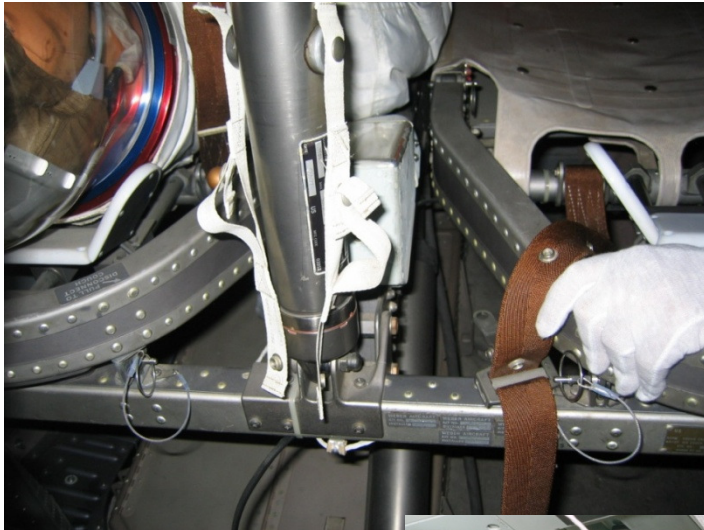
Velcro, typ.



Apollo Command Module Restraints



Apollo Command Module Restraints



Skylab Restraints

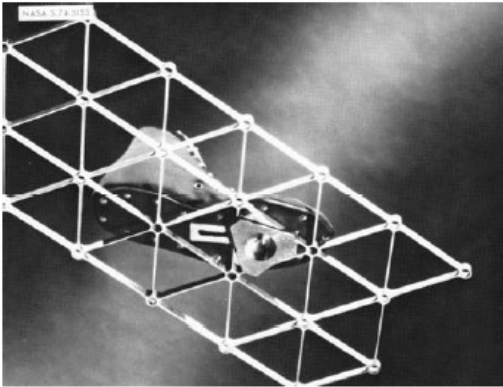
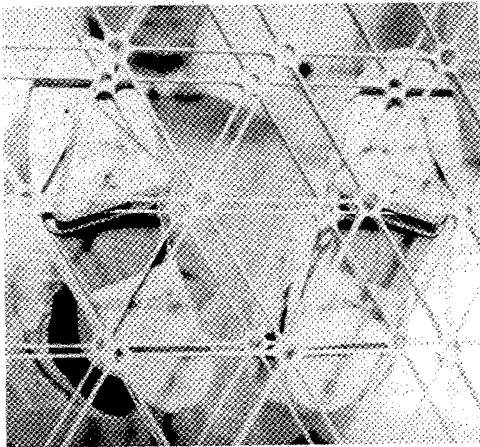


Figure 8.- Triangular cleats.

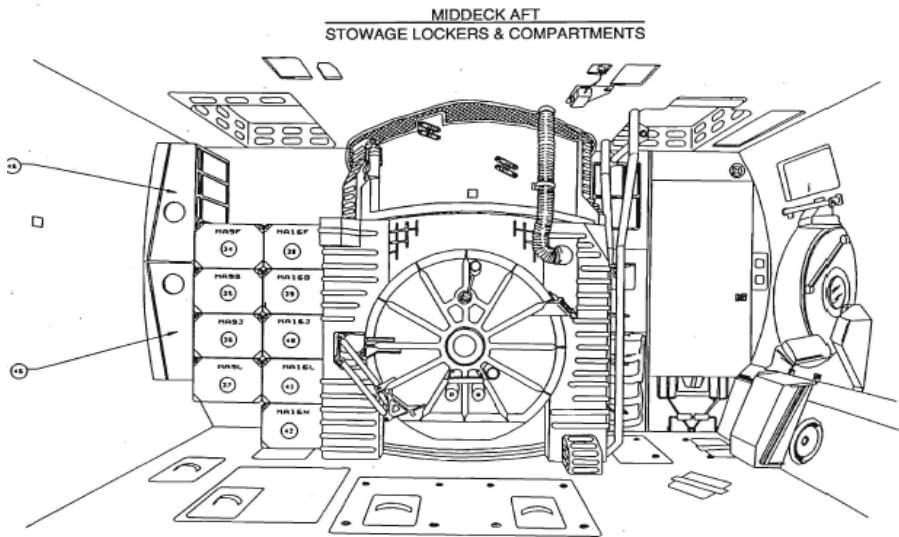
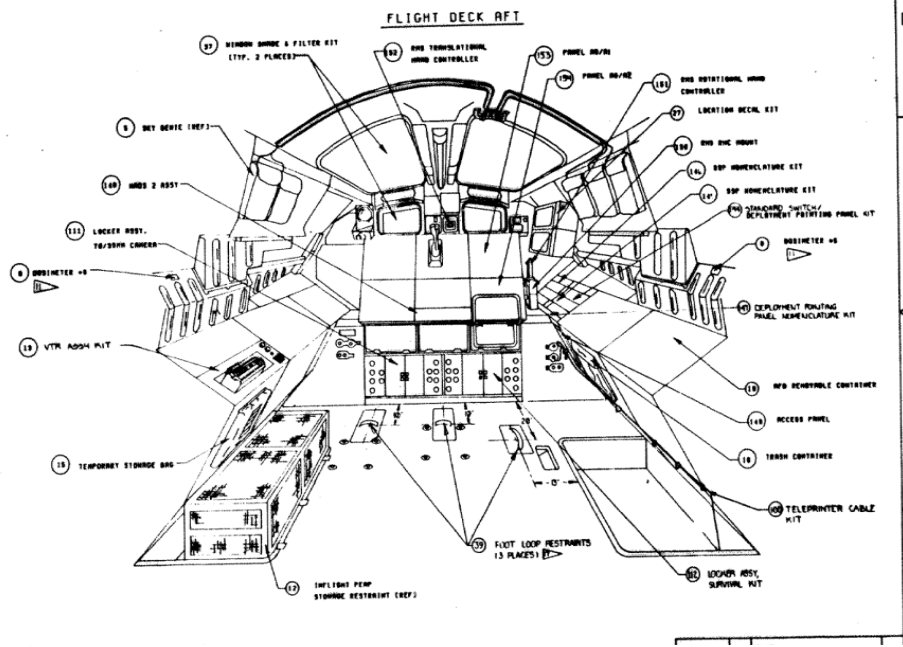


Skylab's floors were made up of triangular grids. Triangular shoe cleats fitted into the grid cavities. With a twist of his foot, a crewman could position himself wherever he chose. A number of other types of restraints were also provided.



When proper restraints were available, manual tasks were performed almost as well in zero g as in Earth gravity. Properly designed foot restraints provided sufficient restraint for tasks not requiring strenuous work with the arms. Many types of foot restraints were located in Skylab. The shoes with the triangular cleats that could be locked into the grid floor were a nuisance to put on and take off but they offered the best all around restraint (fig. 8). Flimsy instep straps such as those in front of the urinal were useless.

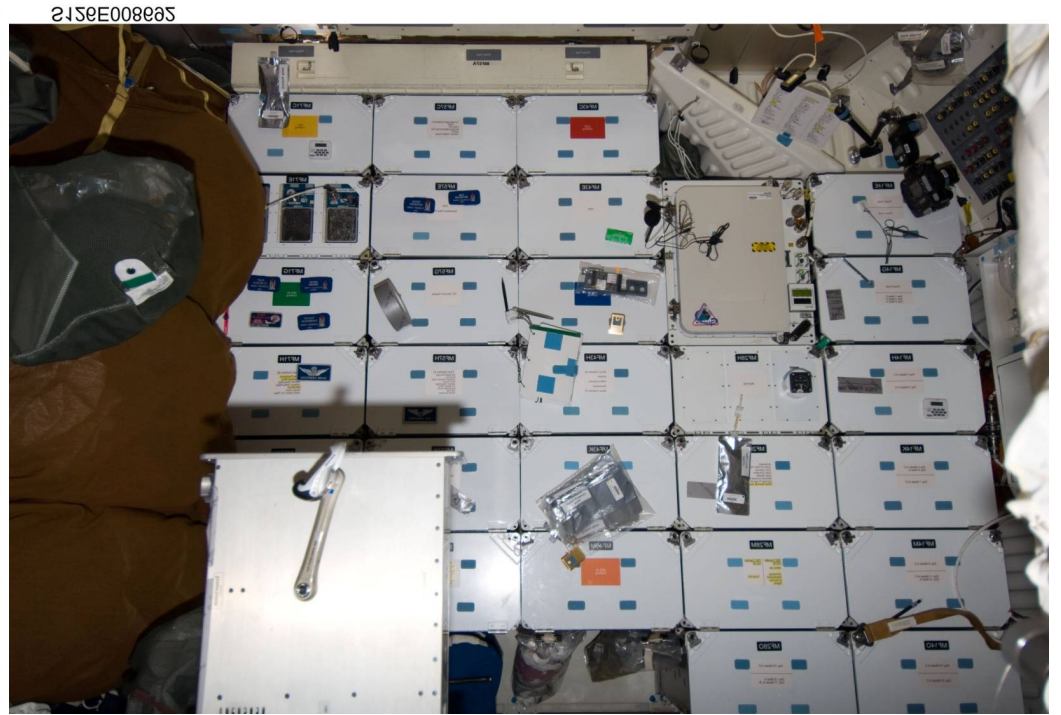
Shuttle-Orbiter Restraints



Later Orbiter Mid-Decks



S116E05350



2150E008005

ISS Restraints



ISS006F2083F



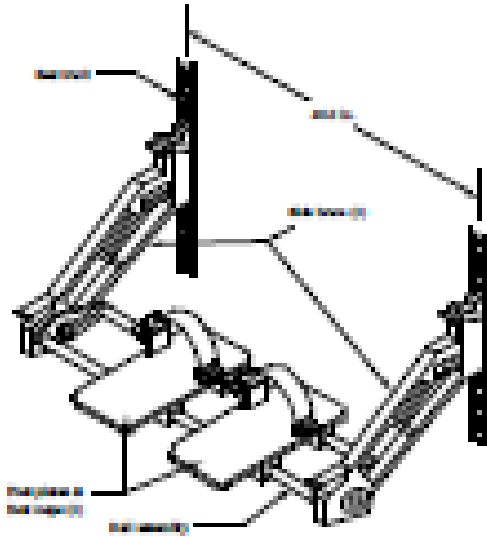
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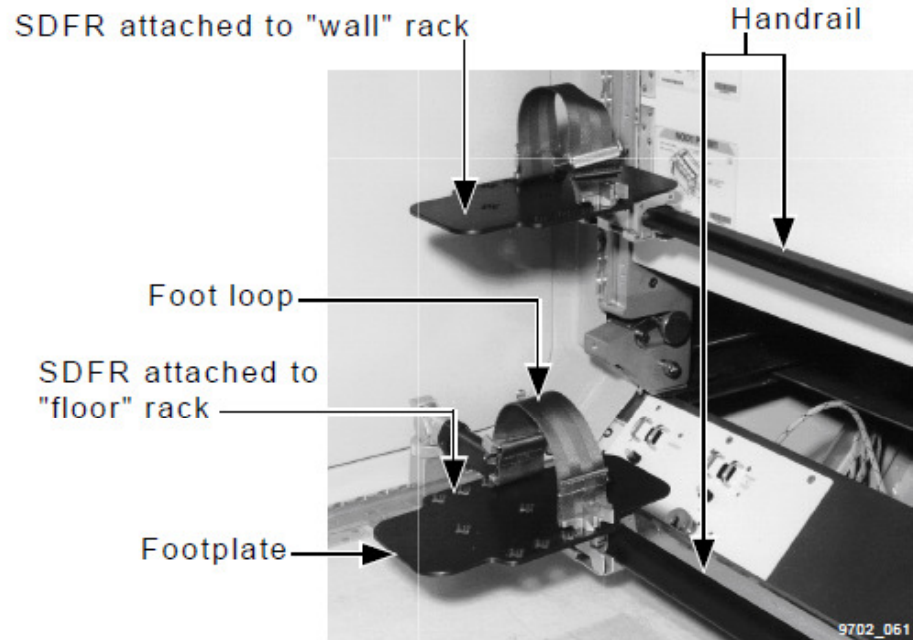
ISS005E17003

ISS Restraints

ISS Long Duration Foot Restraint



ISS Short Duration foot restraint



ISS Handrails



ISS Rack Handle Assembly



From Constellation Human System Integration Requirements (HSIR) on Mobility Aids & Restraints

3.4.3.2 IVA Mobility Aids

[HS5007] The system shall provide mobility aids for the crew to conduct IVA operations.

3.4.3.3 Workstation Restraints

[HS5008] The system shall provide restraints to allow crewmembers to perform two-handed operations at a workstation in 0 g.

.