TREADMILL WITH VIBRATION ISOLATION AND STABILIZATION (TVIS)

1
00:00:08,549 --> 00:00:06,070
good morning and welcome to mission

2
00:00:10,390 --> 00:00:08,559
control houston and space station live

3
00:00:11,749 --> 00:00:10,400
the three members of the expedition 36

4
00:00:14,390 --> 00:00:11,759
crew are now more than halfway through

5
00:00:16,790 --> 00:00:14,400
their day having started at 1am central

6
00:00:18,390 --> 00:00:16,800
time they are nasa flight engineer chris

7
00:00:20,710 --> 00:00:18,400
cassidy and russian flight engineer

8
00:00:22,950 --> 00:00:20,720
alexander berserkin and expedition 36

9
00:00:24,790 --> 00:00:22,960
commander pablo vinogradov

10
00:00:26,230 --> 00:00:24,800
the crew is currently simulating with

11
00:00:27,750 --> 00:00:26,240
the team here on the ground an emergency

12
00:00:29,269 --> 00:00:27,760
on board the station so that they can

13
00:00:30,390 --> 00:00:29,279

practice running through their emergency

14
00:00:32,069 --> 00:00:30,400
procedures

15
00:00:33,910 --> 00:00:32,079
the crew performs these sorts of drills

16
00:00:35,430 --> 00:00:33,920
periodically to keep their training

17
00:00:37,510 --> 00:00:35,440
fresh so that they'll be prepared in the

18
00:00:39,910 --> 00:00:37,520
case of a real emergency today the

19
00:00:41,830 --> 00:00:39,920
emergency being simulated is pneumonia

20
00:00:44,310 --> 00:00:41,840
leak inside the space station

21
00:00:45,990 --> 00:00:44,320
during the exercise they do physically

22
00:00:48,229 --> 00:00:46,000
move through the space station and

23
00:00:50,229 --> 00:00:48,239
actually take shelter in their soyuz

24
00:00:53,189 --> 00:00:50,239
which would act as their escape vehicle

25
00:00:55,029 --> 00:00:53,199
in the event of emergency and they also

26
00:00:56,150 --> 00:00:55,039
actually closed the hatch on the soyuz

27
00:00:57,590 --> 00:00:56,160
to ensure that there would be no

28
00:00:59,029 --> 00:00:57,600
hang-ups in the event that they actually

29
00:01:01,110 --> 00:00:59,039
needed to do so

30
00:01:03,110 --> 00:01:01,120
the drill also puts both sides of the

31
00:01:05,270 --> 00:01:03,120
equation ground and the crew through the

32
00:01:06,550 --> 00:01:05,280
paces on their decision-making abilities

33
00:01:08,630 --> 00:01:06,560
and allows them to practice the

34
00:01:10,630 --> 00:01:08,640
communication and coordination needed

35
00:01:12,789 --> 00:01:10,640
between the ground teams in houston

36
00:01:13,990 --> 00:01:12,799
moscow which would be required in a real

37
00:01:15,830 --> 00:01:14,000
emergency

38
00:01:17,429 --> 00:01:15,840

besides this test the crew has had a

39
00:01:19,030 --> 00:01:17,439
full day of activity so far on the

40
00:01:20,789 --> 00:01:19,040
russian side of the station commander

41
00:01:22,789 --> 00:01:20,799
pavel vinogradov and flight engineer

42
00:01:24,789 --> 00:01:22,799
alexander misurkin have spent their

43
00:01:26,789 --> 00:01:24,799
morning working with exercise equipment

44
00:01:28,469 --> 00:01:26,799
on the russian side of the space station

45
00:01:31,190 --> 00:01:28,479
yesterday they removed and assembled

46
00:01:33,030 --> 00:01:31,200
disassembled an old treadmill called the

47
00:01:35,429 --> 00:01:33,040
tvis or treadmill with vibration

48
00:01:37,590 --> 00:01:35,439
isolation and stabilization and today

49
00:01:39,510 --> 00:01:37,600
they're replacing it with a new t2

50
00:01:41,350 --> 00:01:39,520
treadmill designed to work without power

51
00:01:42,789 --> 00:01:41,360
and be more reliable than its

52
00:01:44,389 --> 00:01:42,799
predecessor

53
00:01:46,550 --> 00:01:44,399
on the us side of the station flight

54
00:01:48,870 --> 00:01:46,560
engineer chris cassidy started the day

55
00:01:50,710 --> 00:01:48,880
by opening the window shutters on the

56
00:01:52,950 --> 00:01:50,720
destiny laboratory for the iserv

57
00:01:55,190 --> 00:01:52,960
experiment or the iss server

58
00:01:57,190 --> 00:01:55,200
environmental research and visualization

59
00:01:58,709 --> 00:01:57,200
system that's an automated system that

60
00:02:01,190 --> 00:01:58,719
will help engineers on the ground gain

61
00:02:03,270 --> 00:02:01,200
experience and expertise in automated

62
00:02:05,510 --> 00:02:03,280
data acquisition from the space station

63
00:02:07,429 --> 00:02:05,520

while also providing useful images of

64
00:02:09,190 --> 00:02:07,439
the earth below

65
00:02:12,229 --> 00:02:09,200
he performed routine maintenance on the

66
00:02:14,150 --> 00:02:12,239
station's potable water dispenser and

67
00:02:16,550 --> 00:02:14,160
advanced resistive exercise device

68
00:02:18,550 --> 00:02:16,560
that's the zero gravity equivalent of a

69
00:02:20,309 --> 00:02:18,560
weightlifting machine and once this

70
00:02:22,070 --> 00:02:20,319
emergency drill is over he scheduled to

71
00:02:24,309 --> 00:02:22,080
start work on the capillary flow

72
00:02:27,030 --> 00:02:24,319
experiment to investigate how fluids