

RACE S Notes for 06/11/2008

News and Announcements

1) Upcoming Events:

7/4 – Bisbee Coaster Race
7/18 -19 - Williams Hamfest
8/30-31 9/1 - Paradise
9/12-14 – Southwest Convention, Mesa

2) Annual Pager Dues – Just reminder that we are getting close to the date when those of you who pay the annual pager subscription is due. I still have a couple pagers that are available for anyone who would like to be on-call for callouts. Thanks to those of you who have already paid. I appreciate it.

3) Bisbee Coaster Race – If you have not signed up with RB Rice for one of the slots at the annual 4th of July Bisbee Coaster Race. Please consider contacting him after the net tonight and sign up. We normally need about 15 volunteers to cover the course. It only takes 3-4 hours of your time on the Fourth and it is a lot of fun. Equipment wise all you need is a Handie Talkie with a decent battery.

4) MCU Update – The coffee pot now has a retaining strap to ensure it does not go flying off to the floor during bumpy rides. A can of "Deep Woods Off" has been placed in the left cabinet under the printer. A revised SAR Callsign Roster has been put on the wall next to the SAR radio.

Training: Two items tonight

A. Killer Bees: Reed Booth, the Killer Bee Guy from Bisbee, gave a very interesting and informative lecture during the Search and Rescue training held on 1 May. Everyone who attended learned something new. As a result of that training SAR is changing its summer uniform to be a tan colored long sleeve shirt. Killer bees do not like any dark or very bright colors. So their traditional orange shirt is now out. If you encounter some bees during a hike, such as a bee bumping in to you, it is strongly suggested that you better beat feet back as quickly as possible. Go back, or run back the same way you had come in. Don't try to find a different route. They will follow you for up to two miles. Also, jumping into a pool of water won't help much either. Since they will stay around, and every time you come up for air they will attack. As a result of this information, I am suggesting that we consider replacing our bright harvest gold T-shirts/hats. My recommendation is that as you need to replace worn out shirts/hats or purchase new, I think we should look at adopting the tan look as well. I will be talking to Charles, K4AFN, to see what new look we can come up with.

B. Hot Weather Operations: Emergency Response, Search and Rescue and even RACE S operations/activities during hot weather conditions can be very hazardous to personnel. We must continuously remember the dangers associated with the heat and adopt rehabilitation policies that are proactive and aggressive. Let me define "rehabilitation" for the purposes of this discussion. It is:

- An attempt to restore (a person) to normal physical functioning
- Efforts used to:
 - 4 Ensure adequate hydration
 - 4 Limit core temperature heating with "active cooling"
 - 4 Provide rest
 - 4 Sustain the responders energy

We should not wait until the responders decide to take a break, but watch your buddies to ensure they do not become overcome by the effects of the heat. Some steps we can take are to ensure the following:

- Have designated medical personnel available with a transport unit on site throughout the training or incident. Know where they are.
- Ensure Electrolyte sports drinks and bottled water are readily available. Create shaded areas with tents and/or the awning of the MCU.
- Designated Safety officers should continuously monitor the temperature and relative humidity.

There is a guideline in effect called [1584 Standard on the Rehabilitation Process for Members During Emergency Operations and Training Exercises](#) that provides some basic information to help the rehab process. Under the standard, the following nine processes are required:

- Relief from climatic conditions
- Rest and recovery
- Cooling or re-warming as needed
- Re-hydration
- Calorie and electrolyte replacement
- Medical monitoring
- EMS treatment in accordance with local protocol
- Member accountability
- Release from rehab

A technique I learned about recently for active cooling is called "Hand/Forearm Immersion". During the Falkland Islands War, the British Navy began studying how shipboard firefighters can deal with heat stress. This study, performed in the 1990s determined the importance of using forearm immersion to cool themselves. In this procedure the hand and forearm are immersed in a cooling solution such as cool water (60-70 degrees) and it was found to be more effective than misting, wet towels, or other techniques currently in use.

I also found a powder product that can be added to water to quickly create a good electrolyte replacement. It is called ElectroMIX. It is mixed one envelope to a liter or quart of water to replace potassium, calcium, chromium, magnesium and manganese. I carry 3-4 envelopes in my first aid kit. It makes 4 – 8 oz servings. I am sure there are others that are similarly effective. A web search will bring up several locations to purchase this product.

We will now go down the roster for comments.

Bob

Robert L Hollister

Thought for the day:

"You can tell whether a man is clever by his answers.

You can tell whether a man is wise by his questions." - Naguib Mahfouz

