

RACE S Notes for 09/10/2008

News and Announcements

1) Upcoming Events:

- 9/12-14 – Southwest Convention, Mesa
- 9/20-21- SAR Training: Overnight at E. Stronghold—All Specialties
- 9/27 – Operation 3C Support, a 3-County Exercise
- 10/11 – Cochise Perimeter Bicycling Classic

2) Search & Rescue Overnight – We will deploy the County MCU to support this training. We will depart Green Acres at 0700 and travel to the training area in the East Cochise Stronghold. You may travel in convoy or by yourself. You may stay for a few hours, for the day, or even overnight if you wish. The MCU will return at the end of the day training session. If you are planning to stay for supper and or breakfast I need to turn in a headcount to the SAR Coordinators. You are on your own for lunch but Supper and Breakfast are being "catered" by the SAR unit. For those not familiar with the area it is on the east side of the Dragoon Mountains and just west of the town of Sunsites/Pearce. Directions for those wishing to drive their own POV and not attend the entire training period follow: From Sierra Vista, take Charleston Rd to Tombstone. Turn south on Hwy 80 to Davis Rd, go east on Davis Rd to Central Highway. Turn left (north) on Central Highway until it joins Highway 191 in Elfrida. Continue north on Hwy 191 to Sunsites and watch for Ironwood Rd. It is just on the northern edge of Sunsites. Turn left (west) toward the Dragoon Mountains and follow the road until you see the blue SAR signs. It will bend around to the south as you wind your way back into the area. If you get to the Stronghold campground, you have gone too far. I definitely need a head count so we can arrange appropriate transportation from Green Acres. Coordinates for the training area using WGS 84 datum are Latitude: 31 56.710N Longitude 109 57.447W or UTM coordinates using datum NAD 27: 12 05 98 596E 35 34 637N

3) Operation 3C Support, a Three County Exercise - I mentioned on earlier nets that we have received a warning order from Mike Evans, the county Emergency Services Coordinator, that we will be tasked to support an exercise on 27 September. Our primary assignment will be to act as a relay for exercise controller communications at a deployed site here in Cochise County. Similar sites from other counties will provide input to the play and we will receive and provide it to the controllers and evaluators. I would like to use the event as an excuse to conduct a test of all the Blue Eagle assignments. We need to check those out annually anyway and this is as good an opportunity as there is. So at this point, please put the date on your calendar as a date we will be assisting in a major event. If you have a Blue Eagle assignment, I would like you to go to your assignment and conduct a communications test at 10:00 that morning. The MCU will be on the air and monitoring 147.02. It may be beneficial to contact the key person at your Blue Eagle location in advance to ensure easy access on the date of the test. I will also be attending a planning/training session in Tucson just before the exercise. We will review the Blue Eagle assignments on our next net. I will also be needing volunteers to assist at the MCU during the

deployment. Please let me know of your availability for that Saturday morning when we go down the list for comments.

Training – During our recent deployment to Paradise the spouse of one of our members experienced a serious bout of heat exhaustion. I would like to praise the members who provided the correct treatment that helped the lady survive what could have resulted in a more serious outcome. I would like to review this medical condition tonight as part of our training.

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. Those most prone to heat exhaustion are elderly people, people with [high blood pressure](#), and people working or exercising in a hot environment. Since we frequently encounter individuals with these health issues plus our own team experiences the hot environment when working in the field I thought it would be a good idea to review both the symptoms and treatment. The information I am providing is based on a Center for Disease Control Prevention Guide for Emergencies and Disasters. Some of the **heat exhaustion symptoms** include:

- heavy sweating
- paleness
- [muscle cramps](#)
- tiredness
- weakness
- [dizziness](#)
- [headache](#)
- [nausea or vomiting](#)
- [fainting](#)

The skin may be cool and moist. The victim's pulse rate will be fast and weak, and breathing will be fast and shallow. If heat exhaustion is untreated, it may progress to [heat stroke](#), which is a more severe medical emergency. Individuals should seek medical attention and call 911 immediately if symptoms are severe, or the victim has heart problems or [high blood pressure](#). Otherwise, help the victim to cool off, and seek medical attention only if symptoms worsen or last longer than 1 hour.

Heat exhaustion treatment

Cooling measures that may be effective include:

- cool, non-alcoholic beverages, as directed by your physician
- shade
- rest
- cool shower, bath, or sponge bath
- an air-conditioned environment
- Lightweight clothing

As noted above, regular hydration is key to maintaining appropriate body fluid levels during periods of high physical activity and hot weather. I recommend the

buddy method of checking your coworkers and team members to ensure adequate hydration during our deployments. We need to stay healthy so that we are part of the solution and do not become part of the problem. If you can't spit, you are already dehydrated and need to get some fluid in you, slow and easy, cool if available. You may remember me mentioning a few nets ago about the cooling technique used by the British Navy of cooling your extremities (arms, legs) by immersion in cool water.

Again, I want to say good job for those who were working directly with the patient and those who were working on getting the ambulance to support her evacuation. It was a good team effort. If you have not heard, she has made a recovery and was able to attend the CARA meeting with her husband on Monday night.

We will now go down the roster for comments. Please indicate if you are planning to participate on the 20th and or the 27th.

Bob

Robert L Hollister

Thought for the day:

"If we would build on a sure foundation in friendship, we must love friends for their sake rather than for our own."

Charlotte Bronte