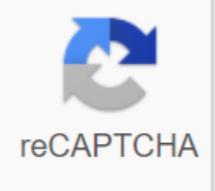


Rope rescue training manual



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This e-book is the official course book for Rope Rescue Technique Certification and Wilderness Technical Rescue and High Corner Rescue Course, offered at Colorado Mountain College in Breckenridge, Co. This book is designed for educational resources for beginner guides, outdoor educators, Wilderness First Responders (WFR), EMT's Wilderness (WEMT) and members of the search and rescue team. This book is intended to complement field courses that teach the skills and concepts presented in this book. This book should be used as a reference text for students taking wilderness technical rescue and a high angle rescue course and will never replace the knowledge gained through rigorous on-site training. The concepts and protocols listed in this book are only used for educational programs. ALL SAR Techs, Wilderness First Responders, Wilderness EMT and other health care professionals/rescuers need to know the laws and regulations of the state in which they can provide medical care. Providing medical care outside of typical first aid skills can lead to legal action (providing medical care without a license). The author, Brian Taylor, of Colorado Mountain College, and Wild Guide make no guarantees to, and not take responsibility for, correctness, sufficiency, error, omission or completeness of information in this book. Medical care and rescue methods are changing rapidly, and some of the methods in this book may become obsolete. The author checked with several sources deemed reliable at the time of publication and had a peer review book for accuracy. Readers are encouraged and expected to check the accuracy information with other reliable medical and rescue guides. It is expected that health care providers work according to their agency protocols, and that if you do not work for an agency or under medical supervision you will follow your States Good Samaritan laws in accordance with the fact that first aid can be put in place at the crash site. Accidents hurt. Safety is not. Safety in rescue operations is of paramount importance and should always be our top priority. The golden rule of not creating more patients in a rescue operation is paramount! Remember that it is our responsibility to make sure that no one is injured in the rescue efforts. Dangers exist in the mountains regardless of our actions. Risks are the direct results of our actions or choices. Acute Bad Judgment Syndrome To confuse bad judgment syndrome when parties don't really understand the consequences of a decision and tend to be more of them ability. As a wildlife guide or lifeguard we must constantly practice the state of high situational awareness. Most accidents happen when we have a combination of factors working against us. Take, for example, the large number of accidents happen when teams go down to the top. Most likely, climbers are tired and less attentive than at the top of the approach. Then think about the longer we stay in the field, the more likely we are to experience mental fatigue, strong wind, rain, snow and/or lightning. This is when poor decision-making can lead to the use of the wrong method or technique. Recipe for an accident. When we combine problems with human environment, equipment and equipment, the higher the chance of an accident. Decision-making in the mountains there are 3 basic decision-making processes that people consciously or unconsciously use when making decisions. As a guide or lifeguard, it is very important that you understand how you make decisions, so that you are familiar with common traps or traps with your particular style. There is no substitute for experience and high situational awareness. Heuristics/Heuristics are simply the rules of the thumb or mental shortcuts. This is the most common method used for outdoor leaders. We use gutinstinct when traveling on avalanche-ski terrain one by one, avoid the traps of the terrain, avoid obvious avalanche tracks, etc. We use gutinstinct in situations of survival - embrace the tree, do not panic... Ian McCommon has identified many pitfalls in gutinstinct (FACTETS), which we should all know. Meet-I've done it before and was fine... Acceptance: This is really what the group wants to do... Consistency/commitment: Let's stay in line with previous decisions. Summer fever and powder hours. Expert Halo: If you are an expert in one thing you are an expert in all things. Tracks/Lack- No one has skied the slope yet! Fresh tracks! Social Proof: Other people have done it. Analytical Solutions MakingSurprisingly we don't use analytical solutions much like wild travelers. We tend to rely on our intuition and heuristics much more. Analytical decision-making is actually about breaking down a larger problem into a less manageable one. This can often take a very long time and it is often very difficult to have all the right data. If you are new to a particular domain, you can't rely on heuristics or expertise, so analyzing a problem, coming up with alternatives and conducting risk/benefit analysis may be your best option. Especially if you have enough time to weigh all the alternatives. Analytical decision-making tends to work best when research can support your decision. For example, when figuring out a travel plan you know your group has been traveling 2 mph on the trail. A common pitfall in making analytical decisions is that there are often Variables. We also tend to subconsciously make decisions with a certain mindset or bias that opposes an analytical decision. Although people are able to make decisions carefully and methodically, it seems that most of the time Non-Ian McCammondExpertise (intuition) Many guides, lifeguards and medics will draw on their previous experience for decision making, but you should have a lot of experience! If a group relies on someone's expertise to make decisions, it is wise to discuss that decision. How many times have they been in a situation like this? Is it just a comparison? What happens if they're wrong? There is no ideal decision-making model. Advance your judgment skills by reflecting on your past decisions (experience) and then applying new knowledge the next time a similar situation arises. Safety should be a high-profile theme of mountain rescue operations. The train is difficult, so you can save easily. Use redundant systems or systems with belay lines, especially when learning. Use checklists to check security. Do not rush through tampering, do it right and make it perfect. Our main goal is to return safely home to our family and friends after helping others if necessary. For others to live. This is the ratio between the strength of the equipment and the maximum force that can be placed on the equipment. Different agencies use different SSFs according to their specific agency protocols. The Mountain Rescue Service does not have a national standard, while the fire service is based on the standards of the National Fire Protection Agency (NFPA). Some agencies prefer not to use the NFPA standard, stating that it is redundant. OSHA has recently been engaged in vertical security for employees. Each team needs to know what their SSF is and what equipment is needed to arrive at their particular SSF. Currently, many SAR teams use 10:1 SSF (although there is no oversight body to regulate SAR wildlife). The White Board whiteboard analysis is a critical study of the components of rescue exercises. All participants of the exercises meet for a briefing on how the exercises will be conducted. This allows rescuers to look at the components of the system before entering the field. Participants can determine the positions of the teams, what equipment and best practices for the exercises. Contingency plans and expected problems should also be considered. The critical point of the Test Every component of the system is considered to find any critical points. What would happen to the system if this critical point could not? If there is nothing to support it and the whole system fails, then this is a critical moment. Rescuers should be familiar with identifying these critical moments in any rescue system. Should redundancy be added? Whistle The test looks at what would happen during the operation if all the rescuers had to let go of the system. What will happen to the rescuers and the patient? This exercise mimics the imitations of happen if the team was struck by lightning or if some lifeguard failed to do their job properly. Is your main line and belay line automatic lock? Conduct whistle tests and discuss what if during exercises, so when you perform a real rescue, you will know that the backup security devices of your system really work. If you work for a local guide or SAR company, you should plan ahead, or analyze the white board of more likely areas where you may have to perform a rescue. This provides a good idea of the resources and personnel that may be required to successfully manage the rescue operation. Drop Tests - Fall FactorsUIAA standards will say that the maximum impact force on a dynamic rope cannot exceed 12kN. To calculate the force of impact on a dynamic rope (drop factor) to use the following equation: The length of the fall/length of the rope dropped by the drop factor 2 is the highest impact that can be obtained by anchors and climbers. 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Precious time can be wasted if you do not know how to quickly and safely perform a rescue operation. Alone or reinforced by the SAR team, the general principles of rescue are the same. Implementation of the planPoses all agreed to a solid safe plan, get the ER done. Use L.A.S.T. response tactics as operational guidance. SEARCH - RESCUE RESPONSE TACTICS: L A S T.LAST: Search and Rescue Teams (SAR) will initiate the Incident Management System (ICS) to manage the rescue. This requirement of ICS staff requires only the need to fill key positions and perform work. Often at SAR it can be on a much smaller scale than the typical urban fire/ambulance unified command system (especially disasters seen on TV like wildfires, building collapses, train crashes, etc.). Often, one or two rescuers fill command and operations/logistics positions, as field operations may require many ATs personnel to respond to them. Find the UTM or Lat/Long position for coordinates is ideal for finding items, although this is not always feasible. Careful interviewing of witnesses and any parties with relevant information can help confirm a probable search area or last-seen area (LSA) for your original search area. Field teams must always confirm that the backup security devices of your system really work. If you work for a local guide or SAR company, you should plan ahead, or analyze the white board of more likely areas where you may have to perform a rescue. This provides a good idea of the resources and personnel that may be required to successfully manage the rescue operation. Drop Tests - Fall FactorsUIAA standards will say that the maximum impact force on a dynamic rope cannot exceed 12kN. To calculate the force of impact on a dynamic rope (drop factor) to use the following equation: The length of the fall/length of the rope dropped by the drop factor 2 is the highest impact that can be obtained by anchors and climbers. Note: Falling by 1 meter static cord (such as a daisy chain) can generate 15kN strength and can hurt you! Never climb above the static line where you can fall and shock to load it! Every battle is won before it even starts... Sun TzuWell completed rescues require planning, teamwork and communication. Pre-planning prevents Poor performance! Only inexperienced RUSH newcomers on stage. Demonstrate excellent situational awareness as you approach the stage.

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