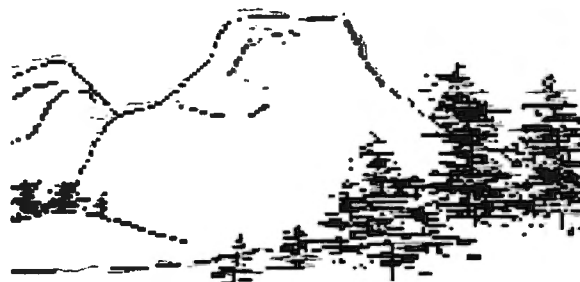


SARNEWS

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MAY 1996

TUCSON, ARIZONA

VOL.21 NO.5

FROM THE EDITORS:

We need articles. Anyone wishing to submit articles for publication in the newsletter is encouraged to submit them to the editors. Articles of interest to the SAR community are appropriate.

SARA member Barry Fraser has been hospitalized for complications of a long term illness. Our prayers go out to Barry and his family.

SEARCH AND RESCUE COUNCIL

"SECOND CALL" PAGES

People who don't respond at the start of a callout, and may become available, are expected to check the AUDIX message for updated information. We are less likely to put out a "second call" page, because the response has been minimal. BaseCamp people HAVE been encouraged to see that the message is kept more up-to-date. (That doesn't mean that it will be updated frequently --- if the message is still appropriate, it may be left unchanged.)

TRAIL RESTRICTIONS

Pusch Ridge Wilderness restrictions that apply year-round prohibit dogs, and specify a maximum day-group-size of fifteen individuals, and a maximum overnight-group-size of six individuals. Restrictions to official trails are not effective between May 1 and December 31.

DIGITAL PAGERS

All digital pagers that receive the SARCI Group Call should have been exchanged by now. There are still a few pagers that have not been swapped, and no longer receive callout pages. Please swap them at Airtouch Paging immediately, or get them to Mykle.

This project is intended to stop garbage tone-only pages that have been plaguing us at all times of day and night. These have been the result of overlapping, incompatible coverage from other paging areas.

TUCSON COMPOSITE SQUADRON, C.A.P.

by *111 Darell New, 290-9501*

No report submitted.

PIMA CO. SEARCH AND RECOVERY DIVERS

by *Nate Shechter, 887-3714*

DIVERS CALENDAR

Practice: Patagonia Lake 08:00, Sun, May 19

Meet at Kunz house. 1329 E. Marc

This will be our first lake dive of the year. It will be shallow with varying terrain.

Practice: TBA

Sun, June 9

SOUTHWEST RESCUE DOGS, INC.

by *Jenny Tuttle, 622-8105*

SRDI CALENDAR

Training Committee 18:30-20:00 Wed, May 1

Sheriff Substation 106

Board Meeting 20:00-21:00 Wed, May 1

Sheriff Substation 106

Monthly Training: Tracking 08:00- Sat, May 5

Meet at Houghton/1-10 (SW quad) for tracking at Rosemont Junction (Highway 83 south towards Sonoita. look for sign and orange cone).

General Meeting 18:00-19:00 Thur, May 9

Sheriff Substation 106

Water Training 10:00-All Day Sun, May 19

Meet at Patagonia Lake (maps will be provided for participants)

PIMA CO. SHERIFF'S MOUNTED POSSE

by *Boh Siegel, 722-1358*

POSSE CALENDAR

Posse Meeting 19:00 Thur, April 25

Sheriff Substation 106, Tanque Verde & Cat. Hwy.

No report submitted

SOUTHERN ARIZONA RESCUE ASSOCIATION

SARA CALENDAR

SARA General Meeting	19:30	Fri, May 3
St. Marks Presbyterian Church		
SARA Orientation	19:00	Wed, May 15
U of A Farms (mobile classroom, south of bleachers)		
SARA Board Meeting	19:30	Thur, May 30
U of A Farms (mobile classroom, south of bleachers)		
SARA Field Skills Recertification		Sat. July 27

1996-1997 SARA Board Members

Officers		Members
Dale Mann	President	Scott Clemans
Jim Gilbreath	Vice President	Bill Kelleman
Bill Graff	Secretary	Andy Lamb
Cathy Wasmann	Treasury	Nate Shechter
		Rich White

SARA awards, presented at the Annual SARA Meeting:

25 Year SARA Lapel Pin	Richard Kunz
20 Year SARA Service Plaque	Tom Faulkner
10 Year SARA Service Plaque	Bill Brown Cathy Wasmann
	Jeff Mayhew Danny Wallace
5 Year SARA Award - MRA Belt Buckle	
	Roland Browne Tracy Brown Rick Collins
	Irene De Leon Barry Fraser Judy Fraser
Trainees Of The Year - \$10 Gift Certificate to The Summit Hut	
	Jeff Brucker LeRoy Kehl

SARA NOTES

The annual SARA Dues have been increased to \$15.00 per year. The Board will drop unpaid Members at the July Board Meeting.

CONGRATULATIONS to the new field-qualified SARA trainees who completed the SARA Basic Training the last weekend of April.

Scott Clemans was nominated for National Points of Light Award through US Congressman Jon Kyle's office. The award is given to volunteers who serve their communities.

A GREAT BIG thanks to Pam Phillips for organizing the Pima County Fair for the SAR folks and spending all the time she did at the fair. It was a great PR event for all of SARCI. Individual thanks should be given to all those who spent time out there also, even if you did have fun playing on the ropes.

SARA members are responsible for ensuring that current copies of medical certification and/or license and Field Skills Card are included in the SARA field qualification records. If SARA's records don't show that you are field qualified, then you aren't.

Andy Lamb has the field qualification records. Give him a call if you have any questions.

BASIC ROCK AND RAPPEL

Presenter: LeRoy Kehl, 885-6362
Where: Windy Point Area
When: 08:00, Saturday, May 18
Meet: Sheriff Substation 106, Tanque Verde and Cat. Hwy

Due to parking restrictions, we will need to carpool to the practice site. This is an introductory session for people wanting to become familiar with basic techniques and equipment for moving around on rock. This is also a preliminary class for the June and July practices.

HELICOPTER TRAINING

When: Sun May 5, Sat June 1, Sat June 22

DPS now conducts and coordinates Helicopter Training. The current class covers helicopter operations, up through short-hauls. Each class includes several sessions, each is expected to run most of the day, and students are expected to attend all sessions for the class. Space in each class may be provided for SAR people.

We have been offered space for seven people in the next class. Call Richard, 886-2216 or Nate, 887-3714 if you are interested AND AVAILABLE for this class. People will be selected from a variety of experience and activity levels.

STRANDED CLIMBER PICKOFFS

Presenter: Nate Shechter, 887-3714
Where: Windy Point Area
When: 08:00, Saturday, June 15
Meet: Sheriff Substation 106, Tanque Verde and Cat. Hwy

This class will orient people how to take a stranded climber off a face and return them safely to the bottom. It builds on the previous months practice and will help with the upcoming advanced practice.

VERTICAL STOKES WORK

Presenter: Nate Shechter, 887-3714
Where: Windy Point Area
When: 08:00, Saturday, June 29
Meet: Sheriff Substation 106, Tanque Verde and Cat. Hwy

Come and hone your skills at the many different jobs associated with taking an injured person off a vertical face.



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BLS Course: CPR for the Professional Rescuer

Adult, infant and child. CPR, one man and two man rescuer, use of pocket resuscitation mask and bag valve mask. Red Cross certificate upon successful completion of course. Cost \$20.00. (does not include pocket mask). A pocket rescue mask is required. Mask will be available (\$10.00) at class. Time and place to be arranged. Call Frances Walker, 790-9399

MRA INFORMATION

by Andy Lamb, 743-7175

Thanks to the SARA members who took the time to attend the Search Workshop held in Phoenix. Some knowledge was gained and this was a good opportunity to meet other SAR groups from the region. At least six members needed to attend, for SARA to keep its MRA accreditation. The next required re-accreditation is the Snow and Ice Workshop to be held in February in the White Mountains, sponsored by SARA.

Annual MRA Meeting and Hard Snow Workshop

June 14-16, 1996 Glacier National Park, Montana

Lodging at The Outlaw Inn, Kalispell, MT, 1-800-237-7445. The Registration fee is \$65.00 per person which includes the Hospitality Suite, Dinner Saturday night, Workshop, and a meeting packet. Contact: Andy Lamb for a registration form.



With the school nurse out of the building, Todd's broken arm was cared for by the third period health class.

CALLOUT REVIEWS

by Mary and Andy Lamb, 743-7175

Summary of Data

Reporting Period:	31 Mar - 26 Apr 96	Callouts:	3
SARCI People:	36	Total Hours:	90
		Hrs/Person:	2.3

SUN 14 APR: CALL 96.030 Rescue of 65 year old male hiker with cardiac problems, two miles up Pontatoc Canyon Trail. The victim, a German visitor, was hiking up the trail with his wife and a friend when he started feeling chest pains. His friend hiked out and drove to the fire station (Swan/Sunrise) to report the problem (the new emergency phone at the trailhead is not marked). The friend and the first team hiked to the scene, just before the stream crossing ½ mile above the trail junction. Dr. Iserson arrived a few minutes later with the second team. Just after the stokes team arrived, the victim suffered a cardiac arrest. CPR revived the victim in several minutes.

During trail construction many years ago, a rock wall was built and backfilled to make a level area for a tent camp. Those of us who have hiked the trail have noticed that Ranger 38 could land here, and they did. The victim was carried 100 yards by stokes, and flown to UMC. The victim was alert and conscious when he arrived, and had a triple bypass, and when visited a week later was doing fine. 22 people, 61 hours, R38

MON 15 APR: CALL 96.031 Rescue of an exhausted hiker reported between Pine Creek Crossing and Hutch's Pool. The victim suffered a stroke several years ago and walks with a limp. The first team met the victim and companion on the Sabino Canyon Trail near the dam site. The victim was given water and rest, and a ride out courtesy of Jasper (and Nick). 14 people, 29 hours

SAT 20 APR: CALL 96.032 Rescue of three victims in a car which went over the side at milepost 5 on the Catalina Highway. The car became airborne when it left the roadway and came to rest at the bottom of the canyon. By the time teams made it to the scene two of the victims had been extricated and taken by ground ambulance to the hospital. The third victim was being removed from the car as teams arrived. The teams assisted RMFD who already had rope systems set up to bring the victim up to the road. The victim was flown to the hospital by Ranger 38. ?? people, ?? hours, RMFD R38

HEATSTROKE AND OTHER HEAT ILLNESS SYNDROMES

by Walt Kaniefski, M.D.

HEATSTROKE is a true medical emergency characterized by hyperthermia (greater than 105 F or 40.5 C) and neurologic or mental status changes under conditions of heat stress. *These neurologic or mental status symptoms are the key feature of the diagnosis.* They can be quite varied and include confusion, speech or coordination difficulty, agitation, paralysis, seizures, or coma. Classic Heatstroke (CHS) usually occurs in debilitated individuals (especially the elderly and mentally ill) exposed to sustained high ambient temperatures. Exertional Heatstroke (EHS) usually occurs in healthy individuals whose cooling mechanisms are overwhelmed by exertional heat production from strenuous activity in high ambient temperatures (i.e. athletes and military recruits). Contrary to popular belief, the skin is not always hot and dry. The victim may be sweating profusely, especially in EHS. Oral, axillary (armpit), and tympanic (eardrum) temperatures may be misleading. *Since heatstroke is life-threatening, begin treatment as soon as the diagnosis is suspected.*

Treatment always begins with the ABC's (Airway, Breathing, Circulation) of first aid. *Specific treatment consists primarily of cooling measures.* The victim must be removed from the heat stress (into a cool building, or at least into the shade) and disrobed. Evaporative cooling is probably the most effective pre-hospital cooling method. One can spray the patient with cool water or cover him with a cool wet sheet, and blow air over him with whatever means are available. Icepacks to the neck, armpits, and groin may be used as adjunctive measures. Cooling measures are also the initial treatment for hypotension in heatstroke, because high output failure is more common than hypovolemia. Overly aggressive fluid resuscitation may predispose the victim to pulmonary edema or ARDS. Other complications such as seizures are treated with standard measures. *Anti-pyretics such as aspirin and acetaminophen (Tylenol) are not effective. The victim should receive definitive medical care as soon as possible.*

HEAT EXHAUSTION is a syndrome of water and/or salt depletion from heat stress. The victim usually has vague, nonspecific complaints such as fatigue, malaise, muscle aches, dizziness, headache, and nausea/vomiting. The victim may also have a rapid pulse, rapid breathing, and low blood pressure; but should have little or no temperature elevation. This is a diagnosis of exclusion and *the victim must have no neurologic or mental status abnormalities.* Treatment for this condition consists of removal from heat stress, rest, and fluid and/or salt replacement. Mild cases may need only oral rehydration, but medical attention is recommended for further evaluation and possible IV therapy.

HEAT SYNCOPE is a transient loss of consciousness associated with dehydration, venous blood pooling in the lower extremities from prolonged standing, and heat exposure in an unacclimated person. This condition is self-limited and benign. Treatment consists of oral rehydration and avoidance of precipitating situations; but patients should be evaluated for other causes of syncope, and possible injuries incurred as a result of the syncopal episode.

HEAT CRAMPS are painful spasms of large, heavily exercised muscles after strenuous activity. They may be delayed for several hours. The condition is thought to be related to salt deficiency due to salt losses from profuse sweating and fluid replacement with salt-poor fluids. Treatment with oral salt replacement (1/4 to 1/2 tsp. salt in a quart of water) and rest is usually sufficient, but IV replacement may be indicated in severe cases.

HEAT TETANY is characterized by spasms of the hands or feet, or numbness/tingling around the mouth or of the extremities. The condition is benign, and thought to be related to respiratory alkalosis from hyperventilation due to heat stress. Treatment consists merely of removal from heat stress.

HEAT RASH (prickly heat) is a secondary staph infection related to blocked sweat glands from macerated skin. It is most commonly seen in individuals wearing tight clothes in hot, humid environments. These areas do not sweat, and, if extensive, can contribute to heatstroke. Treatment is with topically applied chlorhexidine and loose-fitting clothing.


HEAT EDEMA is a benign condition of mild swelling of the hands and feet seen in non-acclimated individuals. It is probably related to cutaneous vasodilation, blood pooling, and fluid retention from increased aldosterone production. Treatment is not necessary if other causes of swelling are ruled out.


PREVENTION of heat illness can be promoted through education. Severe heat stress should be avoided, especially in those predisposed to heat illness. The three keys to prevention are acclimation, hydration, and proper clothing. Acclimation to heat requires 7 - 14 days of mild to moderate exertion under heat stress. Acclimated individuals sweat more readily and more profusely in response to rising body temperature, and have a lower concentration of salt in their sweat. Contrary to popular belief, acclimated individuals do not require less water, but may actually require more. A slight increase in dietary sodium may help hasten acclimation, but salt tablets are not recommended. Hydration is essential in the prevention of heat illness. Even mild dehydration may impair performance and the ability to dissipate heat. Although pre-hydration does not allow one to store water *per se*, it can at least ensure that any existing deficits are corrected. Plain water is adequate in almost all cases, and salt requirements can be readily be met with dietary sources. Sports-type drinks with increased salt content are unnecessary in most cases, but probably do no harm. Clothing in hot weather should be lightweight, loose, and breathable; and light colors help reflect sunlight.

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- Rennie, CJ. "Heat Illness." Unpublished.
- Rosen, P. *Emergency Medicine: Concepts and Clinical Practice*. 3rd ed., 1992.
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SARCI CALENDAR 1996

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	May	1	2	3 • SARA Gen. mtg.	4	
5 • CAP	6	7	8	9 • SRDI mtg.	10	11
12 • CAP • Divers <i>Mom's Day</i>	13	14	15 • SARA orientation	16	17	18 • SARA Trng. Rock/Rappel
19 • CAP	20 Don't forget! Newsletter Deadline 	21	22	23 • Posse mtg.	24	25
26 • CAP	27	28	29	30 • SARA Board	31	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	June					1
2 • CAP	3	4	5	6	7 • SARA Gen. mtg.	8
9 • CAP • Divers	10 National Dog Bite Prevention Week	11	12	13 • SRDI mtg.	14	15 • SARA Trng. Pick-offs
16 • CAP <i>Dad's Day</i>	17	18	19	20 Don't forget! Newsletter Deadline 	21 First Day of Summer	22
23 • CAP 30	24	25	26	27 • Posse mtg. • SARA Board	28	29 • SARA Adv. Vertical stokes

Additions or corrections to the calendars please call Janice Przybyl 743-8754 (home), 297-1107 (work).

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SEARCH AND RESCUE COUNCIL, INC.

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Meet 3rd Wed 19:30 (Jan, Apr, Jul, Oct), details inside.

PIMA COUNTY SHERIFF'S MOUNTED POSSE

8987-309 E. Tanque Verde, Box 232, Tucson AZ 85749

Meet 4th Thu 19:00,

Sheriff's Substation #106, 8999 E. Tanque Verde Rd.

SOUTHERN ARIZONA RESCUE ASSOCIATION

P.O.Box 12892, Tucson AZ 85732-2892

Meet 1st Fri 19:30, St. Mark's Church, 3809 E. 3rd St.

PIMA COUNTY SEARCH AND RECOVERY DIVERS

P.O.Box 13961, Tucson AZ 85732

Meet 2nd Sun 09:00, details inside.

TUCSON COMPOSITE SQUADRON 109, C.A.P.

P.O.Box 92593, Davis-Monthan AFB, AZ 85707-2593

Meet each Sun 18:00, Building 3220, DMAFB

SOUTHWEST RESCUE DOGS

P.O.Box 64120, Tucson AZ 85728-4120

Meet 2nd Thur 19:00,

Sheriff's Substation #106, 8999 E. Tanque Verde Rd.

SARNEWS is published monthly by Search and Rescue Council, Inc., a volunteer, non-profit organization. It is distributed free to members of SARCI affiliated groups and other qualified search and rescue organizations.

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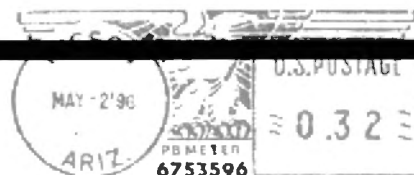
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Search and Rescue

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