

Pre-mission preparation

Training, Equipment, Practice, Experience, Well-being

Lesson #1: Training is important, and more is better.

How much training is enough?

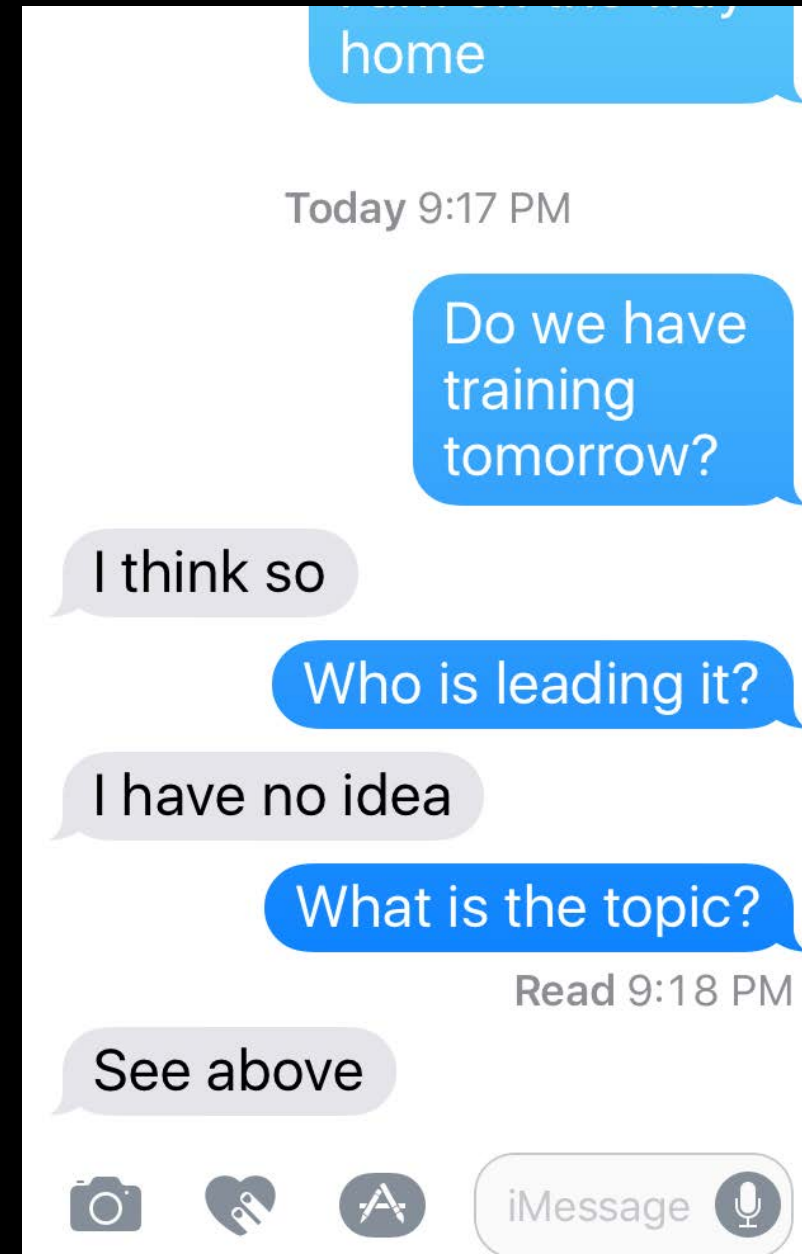






Lesson #2: Don't forget the basics.

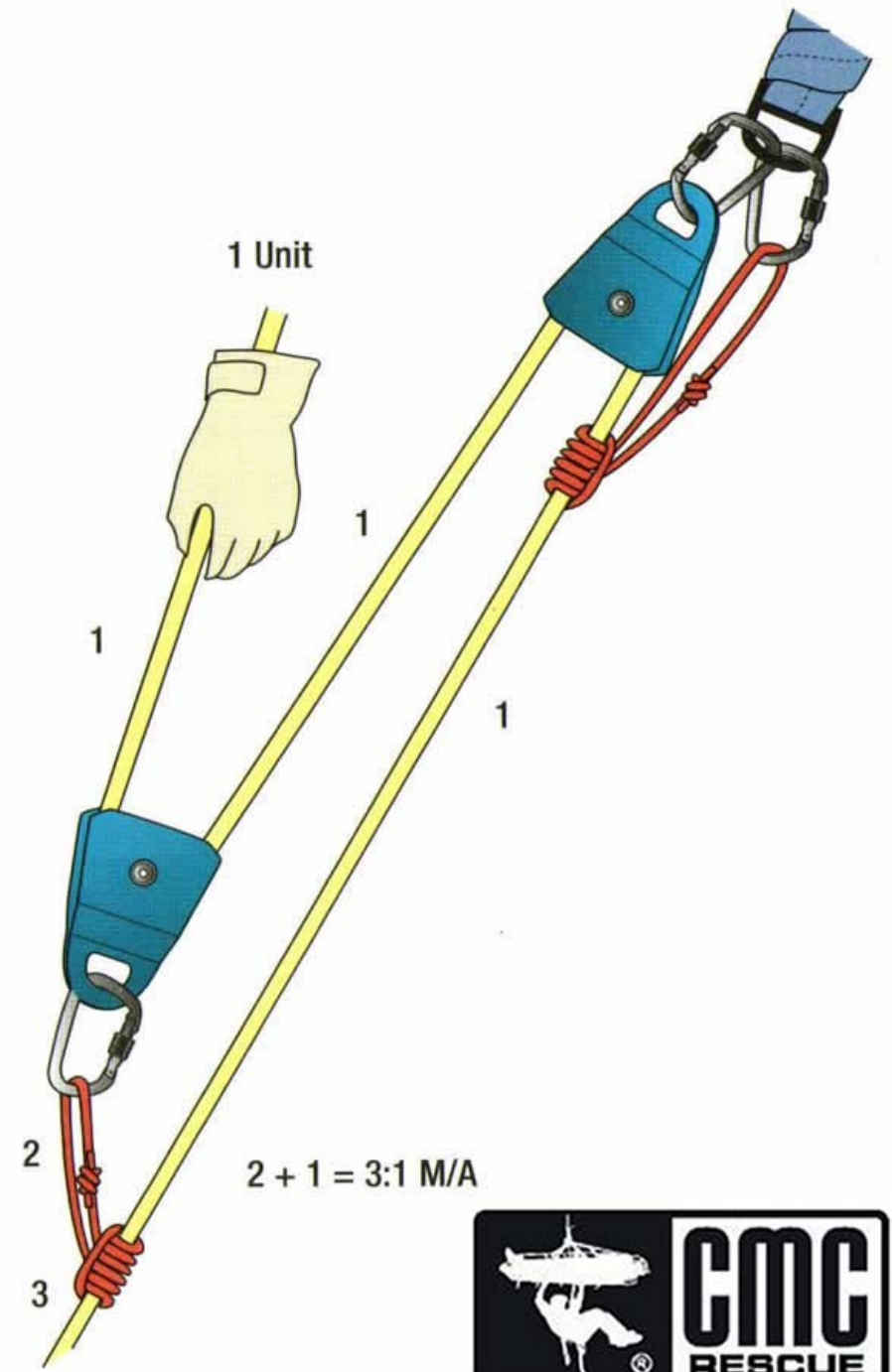
- Quality of training
- Train on basics, add in complexity
- Train mindfully











Lesson #3: Choose tools mindfully.

- Equipment should be lighter, stronger, safer, simpler.
- Lightweight, compact is often offset by cost, durability.
- Multifunction tools sometimes compromise function.
- Can you get by without it? Improvise?

ORIGINAL RESEARCH

Femoral Traction Splints in Mountain Rescue Prehospital Care: To Use or Not to Use? That Is the Question

Harriet Runcie, MB ChB; Mike Greene, FRCS, FCEM

From the North Cumbria University Hospitals NHS Trust, Emergency Department (Dr Runcie), and Emergency Medicine (Mr Greene), West Cumberland Hospital, Whitehaven, UK.

Objectives.—To determine the incidence of femur fractures in mountain rescue in England and Wales. To investigate the attitudes of rescuers toward the use of femoral traction splints. To review the literature for evidence on the use of traction splints in prehospital medicine and test the hypothesis that femoral traction splints reduce morbidity and mortality in patients with a fractured femur.

Methods.—The Mountain Rescue England and Wales database was searched for cases of suspected fractured femur occurring between 2002 and 2012, a questionnaire was sent to all mountain rescue teams in England and Wales, and a literature review was performed. Relevant articles were critically reviewed to identify the evidence base for the use of femoral traction splints.

Results.—Femur fractures are uncommon in mountain rescue, with an incidence of suspected femur fractures on scene at 9.3 a year. Traction splints are used infrequently; 13% of the suspected femur fractures were treated with traction. However, rescuers have a positive attitude toward traction splints and perceive few disadvantages to their use. No trials demonstrate that traction splints reduce morbidity or mortality, but a number describe complications resulting from their use.

Conclusions.—Femur fractures are rare within mountain rescue. Traction splints may be no more effective than other methods of splinting in prehospital care. We failed to identify evidence that supports the hypothesis that traction splints reduce morbidity or mortality. We advocate the use of a femoral traction splints but recognize that other splints may also be appropriate in this environment.











CASE REPORT

First Report of Using Portable Unmanned Aircraft Systems (Drones) for Search and Rescue

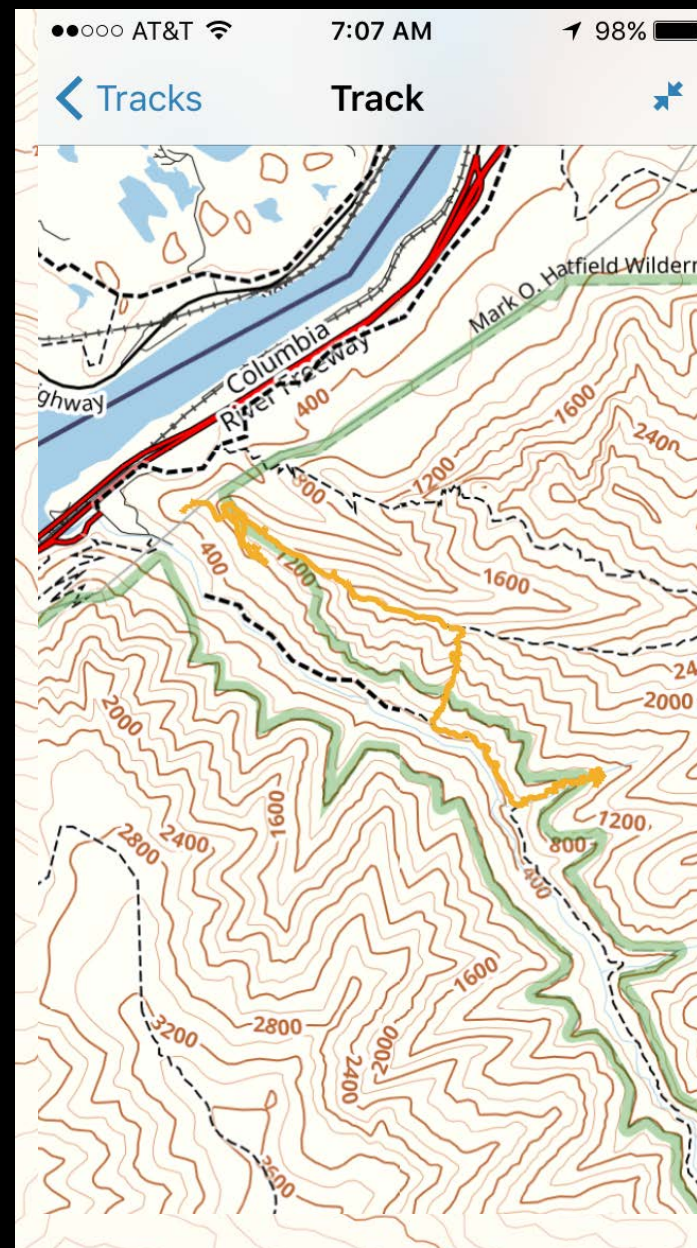
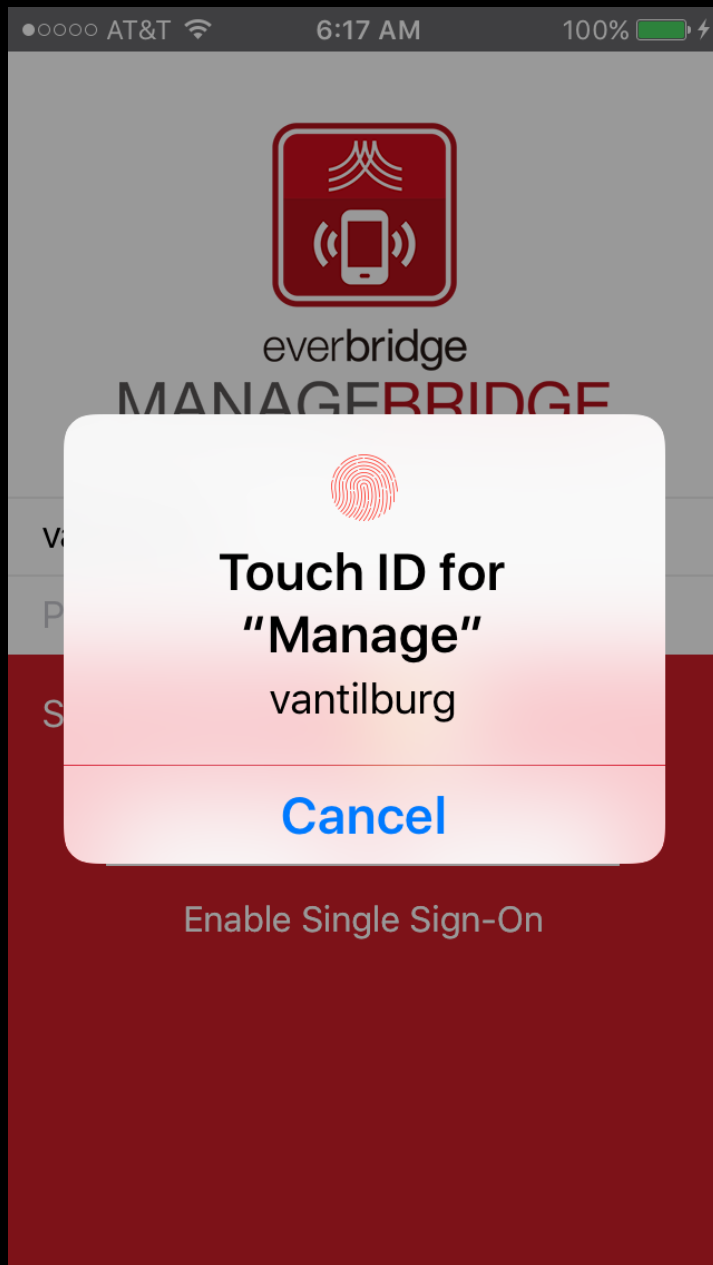


Christopher Van Tilburg, MD

From the Crag Rats Mountain Rescue, Hood River, OR; the Providence Hood River Memorial Hospital, Hood River, OR; and the Mountain Rescue Association, San Diego, CA.

Unmanned aircraft systems (UAS), colloquially called drones, are used commonly for military, government, and civilian purposes, including both commercial and consumer applications. During a search and rescue mission in Oregon, a UAS was used to confirm a fatality in a slot canyon; this eliminated the need for a dangerous rappel at night by rescue personnel. A second search mission in Oregon used several UAS to clear terrain. This allowed search of areas that were not accessible or were difficult to clear by ground personnel. UAS with cameras may be useful for searching, observing, and documenting missions. It is possible that UAS might be useful for delivering equipment in difficult areas and in communication.

Keywords: search and rescue, drone, unmanned aviation systems, SAR, UAS, UAV



Go Bag

- Vehicle w full tank of gas
- Shovel, jack, spare tire, saw, tow strap
- Water and food, 2-3 days
- Sleeping bag
- Spare clothing in backpack
- Sturdy shoes/boots
- Phone incl GPS + batteries
- Laptop including backup batteries
- VHF/UHF radio
- Survival kit (water purifier, stove, headlamp, first aid, meds)