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RESCUE ME

"That others may learn"

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Critical Incident Stress Awareness

For years members of the emergency services community have dealt with stress in many ways. Unfortunately most of them were wrong. We are fortunate to now have the techniques of critical incident stress management as well as some good peer support established in the area.

Peer support involved CISM trained emergency services workers helping other emergency services workers through stressful periods.

The CISM process is designed to facilitate "A normal recovery process in normal persons suffering normal effects after an encounter with an abnormal situation."

The teams all work for free and they do help. While we all want to be tough and say that we don't need to talk about it the fact is that even if we are tough it helps to talk about it. We're all up against situations that try us every day. CISM can give us the edge that keeps us capable of supplying the most professional service while minimizing wear and tear on our spirits.

Some symptoms to look out for include:

Emotional Responses - Fear, apprehension, frustration, anger, wanting to hide or escape the scene.

Cognitive Responses - Memories, dreams, flashbacks, ruminations, sudden recall, vivid associations.

Physical Responses - Sweating, dizziness, heart palpitations.

Behavioral Responses - Sleep disturbances such as not wanting to go to bed in fear of what tomorrow may bring, mood swings, poor concentration, agitation, failure to maintain good working habits, blaming others, avoiding certain activities and situations.

Here are some helpful tips that you can do to help yourself:

- Try to rest a bit more.
- Reoccurring thoughts, dreams or flashbacks are normal - don't try and fight them - they'll decrease over time and become less painful.
- Maintain as normal a schedule as possible.
- Reestablish a normal schedule as soon as possible.
- Eat well-balanced and regular meals (even when you don't feel like it).
- Try to keep a reasonable level of activity.
- Physical activity is often helpful. Some exercise the following day will help.
- Fight against boredom.
- Express your feelings as they arise.
- Talk to people who care for you.
- Contact friends.
- Have someone stay with you at least a few hours or periods of a day or so.
- Find a good counselor if the feelings become prolonged or too intense.

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Our Animal Partners

During the past year there have been equine and canine losses on our team as well as others.

We'd like to take this opportunity to give acknowledgement of the great job that our animal partners did. Their silent and selfless efforts to work so "that others may live" should not go unnoticed. Lets not forget the job that they did and work to honor their memories in all that we do in the future.

Uniform Changes

Expect to see a slightly different look in the field from GPSAR. Uniforms will be as follows:

HAT- black ball cap with yellow writing indicating team with specialty unit on back.

TOP - this will be a bright yellow / lime in the form of a safety vest or similar garment. This is to ensure a higher level of member safety and visibility during a field operation

PANTS - pants will be dark colored either BDU or regular depending upon task and member preference.

Keep in mind that there will be some variances amongst our various units. These variations are to ensure safety and comfort for our members while working on specific tasks. (i.e. Water team members wear coast guard approved vests and safety helmets during their activities)

Mounted Unit Update

At our last meeting the mounted unit's year end report was as follows:

The unit wants to be known as the mounted unit and not the equine unit.

The unit formerly consisted of two platoons but the two platoons will be merged as one starting in 2001.

The focus for the upcoming year will be on recruiting, training and expanding the unit.

In the upcoming year the unit wants to create a safety and education program so that members can be knowledgeable on how to work with the mounted unit.

It should be recognized that in the past year the mounted unit participated with and without their partners depending on need.

Meet the team



Jim Hosgood is a unique fixture in the SAR community. He has it down to a fine science through time and experience and it shows. You'll never be on a search with Jim where there won't be a line of people asking him about his dogs. He breeds and sells them from time to time with a waiting list all across the country.

In the field watching Jim you'd never guess his age and I won't say it here. Try keeping up with him in the field. He's run men half his age into the ground.

When Jim isn't doing SAR work he can be found hunting, enjoying the solace of his cabin on vacation or selling at his vegetable stand during the warm months.

If you see him in the field be sure to say hi...just don't get in his way.

Training & Details & Meetings

Officers Meeting - Every 3rd Sunday @ 11:00 am
Business Meeting - Every 3rd Sunday @ 12:30 pm
Training Workshop - Every 3rd Sunday @ 2:00 pm
(January is Ropes Ropes and Knots / February is PIO / March is Communications)
MSO - Spring 2001
Ice Rescue— January / February 2001
* Canine training on Tuesday nights and Saturday mornings. Contact canine@gpsar.org
* Equine certifications / training's by appointment. Contact equine@gpsar.org

For complete information contact training@gpsar.org

Boy, you gotta carry that weight.

Any of us who work in the field know the importance of a good pack. The pack that works for one person might not work for another. Recently a couple of members of our team got together to put all their packs together and try them out to see what works best. After swapping out contents, packs, etc. all we got was more confused. Like cars, TV's, computers and many other things we found that each was lacking a little in some area.



LA RESCUE

One of the best choices in bags is made by LA Rescue (www.buyemp.com). They make any bag or pack that you can ever want.

I have found that there are two great bags that work for me in SAR. Their USAR fanny pack is great because it actually holds the basics but is small enough for me to always have it around. The Cadillac is the whole speedgear line because you can configure the unit as you like. You can add more packs that you can use. The biggest is their giant field SAR pack. It is not as flexible as the speedgear ready equipment but holds a whole lot. Be careful about bags...after you fill them you still have to carry

them!

All of their products have a lifetime warranty that you will probably never have to take advantage of. The company is responsive to questions and their website gives a good deal of info.

OSTROM PACKS

Now this company makes great packs. There is no doubt that this man (Bill Ostrom) takes pride in things that he puts his name on. What I want to talk about is his SAR vest. At a recent meeting I passed it around and everyone tried on the same vest and loved it. One size did fit all.

This vest can be configured in dozens of configurations depending upon optional packs that you attach to it's extensive array of connection points.

It's safety and sensibility in one nice tight package.



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Cold Weather Common Sense

This is by no means meant to be a comprehensive covering of all details of cold weather common sense. That would be a book. This is to serve to refresh the memory of some and get new information to others.



Some simple rules:

- Watch for the "Umbles" - stumbles, mumbles, fumbles, and grumbles which show changes in motor coordination and levels of consciousness
- Dress to accommodate current and future weather.
- Regulate body heat through layers of clothing.
- Rewarm slowly
- Avoid alcohol and caffeine
- If a person is shivering, they have the ability to rewarm themselves at a rate of 2 degrees C per hour.
- Heat can be applied to transfer heat faster to major arteries - at the neck for the carotid, at the armpits for the brachial, at the groin for the femoral, at the palms of the hands for the arterial arch.
- Do not rub frozen areas - this can damage the effected tissue.

FRS Update

Recently we came across a company that makes some neat FRS units. These guys make a resistant FRS unit which most of us would find handy. They also make a FRS base station that is either battery or AC powered.



These units would greatly add to the power of FRS in the field.



Check either out at www.unwiredtechnology.com/unwired/. Take a look at the UFR-850 handhelds and the UFR-BS10 2-Way FRS Base Station. Both are good units that give good performance for the dollar.

Some unique features of the UFR-850 are:

- Six waterproof gaskets allow for total water immersion of the unit
- Talk confirmation tone notifies the other party that it is clear for them to respond
- Five memory locations for frequently used settings
- Field Strength indicator lets you know the reception condition
- Battery level indicator
- Operate with 4 AAA alkaline batteries, providing up to 26 hours of use
- Optional belt clip and wrist strap included