

- Comment from the Editor
- Dates for the Diary

- 1 Managing Traumatic Incidents
- 2 Comms Again

June 2002

*The Newsletter of
Kendal Mountain
Search & Rescue
Team*

Mintcake

Incorporating Ecake, the electronic Newsletter for Kendal Mountain Search & Rescue Team.

Acting Editor's Comments

I regret to have to announce that Phil has resigned his membership of the Team and, therefore, as editor of this Newsletter.

I'm sure we all wish him, and his family, well for the future and I'm equally sure that, on your behalf, I can pass on the thanks of the Team for all the work he has done both on routine callouts and as editor of this newsletter. No mean feat! I would also like to express my own personal thanks to Phil for his help with communications when it got tough and for his unflinching good humour when the fan was struggling to spin. All the best Phil,
Rob Brookes

Exercise Notes

At the exercise run by Ray Green, some weeks ago, it was decided that notes from the ex should be written up and published in the Newsletter. This has been done and submitted by our erstwhile Chairman.

Ed.

Practical skills and Team protocols for managing Traumatic incidents (Do's and Don'ts)

Cas-site Management.

Team members must at all times be aware of the presence of relatives and close friends.

In a fatal accident which involves survivors, it is the survivors who have priority over the deceased.

Designate a "one to one carer" as soon as possible.

1. Information to the survivor

Only a doctor can certify death at the scene. However rescuers should be honest. Introduce yourself, offer **REPEATED** reassurance, check out anxieties, use clear honest terminology, avoid euphemisms.

"no signs of life" is an acceptable phrase.

2. Treatment of the survivor

a.. Try to create a reassuring environment

b.. Give space by separating the team and the survivors from the victim (kissu)

c.. Use first names
d.. Maintain as much eye contact as the griever can tolerate

e.. Be conscious of the impression your facial expression may portray

f.. Don't grimace or raise your eyebrows

g.. Show respect in handling the body

h.. Treat body with the same care you would a live casualty but cover the face

i.. Be aware of their physical needs – offer drink / sweets etc

j.. Try to explain procedures – how the evacuation will be done; what happens when we reach the vehicle

k.. No need for "talk" all the time; accept periods of silence

l.. Avoid the desire to "do" something

m.. Listen but don't judge

n.. Are you too distressed yourself to listen?

o.. Know your limitations and if need be don't be afraid to pass the job onto someone else.

Managing an efficient and therapeutically supportive and sensitive evacuation of the victim and relatives, friends and Team members

Enlist 2 volunteer "carers" to support a survivor during the evacuation in order to share the burden.____

A survivor may want to assist – allow them to carry a small item?

Before moving the body, ascertain whether anyone would like to say a symbolic few words, religious or non-religious. (pre-prepared card?)

Discuss whether relatives should accompany the survivor / victim off the hill. Generally you would want to separate a victim from the relatives / close friends. The decision should be based on balancing a number of factors:- weather, level of grief, difficulty of terrain, their level of fitness.

REMEMBER

Not everyone will be feeling as you do.

You may need to laugh and use 'black humour', but others may handle their grief differently.

If you are powerfully affected by the situation, look after yourself by 'stepping out' of the action; tell someone that you need to do this. It is useful to name what you are feeling/experiencing and for colleagues to support and respect you in this. (this can help diminish the affect of the feelings). And respect others who need to do this.

Basic 'active listening skills: You need to 'be there' for colleagues and relatives/friends: be aware of distractions to good listening:

other team members to maintain discreet level of necessary dialogue; face to face with all faces lit but not in person's eyes
Griever stages: telling the event; feeling the event through re-telling. This may happen many times.

During the evacuation organise practical details:-

Transport of relatives / friends and victim (keep separate)

Organise car keys

Contact of next of kin

Skills for Traumatic Incidents

Theory of grieving

'Grieving' is the person's emotional response to any loss. The 'grief response' to a traumatic incident, (death and very serious injuries leading to death) will not be confined to the victim's relatives and friends, but will impact on you. The depth of the impact on all involved in all cases will be determined by several factors.

Phases of adult mourning, (grieving) and related feelings

Note: The phases are not sequential but overlap.

Grieving Phases, predominant feelings

- 1.. Numbness, Shock, Disbelief.
- 2.. Yearning, reminiscence, searching, hallucination, anger, guilt.
- 3.. Disorganisation and despair, anxiety, loneliness, ambivalence
- 4.. Reorganisation, acceptance, relief.

External Determinants of Grief:

Nature of Death :

These factors will be affecting both the victims relatives and you. If death is

untimely or sudden death, or if sudden death is traumatic or horrendous then it is even more difficult to grieve. It will be hard to accept that the death has actually taken place. The impact of the Mountain environment and weather and darkness will form part of this trauma, producing other feelings of fear, helplessness, or horror, especially if there is a threat of harm to self.

Internal Determinants of Grief:

1. Intimacy level: spouse, child, lover, sibling, parent, cousin, friend, colleague, walking-group member.

2 Social networks: how much support has griever got; e.g., friends, family, community
Note There is a powerful interrelatedness between these internal and external factors

Your own background and life experiences will affect how the death impacts on you: E.G. A Team member with a family *may be* impacted more by the death of a young person than a member with no children. A Team member with a partner may be impacted more by the death of one partner.

There is no 'right or wrong way' for anyone in the Team, or a victim's relative to react to death. People are affected in different ways. Be aware of the possibility that these internal and external factors may be affecting a colleague very powerfully, and respect this.

Dates For The Diary

Friday 28th June at 19:45

Base and Vehicles meeting at Base. If you want to go along, and express your views on the progress in getting a replacement for Mobile two, I'm sure you will be made welcome.

Saturday 29th June

Bucket rattling day at Killington Services. Contact Liz if you're available to help.

Saturday 6th July

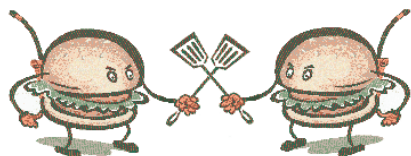
I've been asked to repeat the 'Help the Aged to celebrate their combined birthday', announcement.

Hil, Sue & Dagmar invite all Team members plus partners to a party at Grayrigg Village Hall starting at 19:30 with cold buffet from 20:00 Please phone one of the girls to let them know if you're coming.

Wednesday July 3rd at 19:30

Main Committee meeting at Base.

Friday 5th July at 18:00



Kendal v Langdale & Ambleside Cricket match at Ambleside cricket club. If you're able to play (and even if you can't, few can), please contact Simon Thorn and volunteer your services. Barbeque by Kendal MRT Catering Section. Bring your partner and a bottle of wine or something, and make a good evening of it.

Sunday 14th July at 17:30

Team Barbeque to be held at Punchbowl House, Grayrigg. Again bring your partner along and we'll have yet another good evening.

Wednesday 17th July at 19:00

Team training. Not sure exactly what you'll be in for as dates have been switched about. Treat it as a mystery tour and come along anyway. Mentors please bring your charges along and introduce them to the team.

Saturday 20th July

Join Simon Thorn, in celebration of his impending marriage, somewhere up a mountain. Certainly booze, maybe a bivvy. Watch the sun go down then wait for it come up. Contact Simon for details. Should be a good night.

Saturday 27th July

Fund-raising collection at Killington Services. Contact Liz Parkes if you're able to give a hand.

Saturday 27th July to Sunday 28th

Team training, over-night exercise. Start time to be announced.

Wednesday 7th August at 19:30

Operations and Membership meeting at the Base.

Sunday 18th August at 09:00

Team training in the Howgills.

Wednesday 21st August at 19:00

Team Training

Sunday 25th August at 10:00 until 16:00

Base Open Day. Contact Liz if you can help all or part of the day.

Saturday 31st August

Bucket rattling day at Westmoreland Shopping Centre. Again, speak to Liz if you're able to help.

Radio Officer

Team Radios

I will need all Kendal MR radios, both vehicle and PF85 handsets currently out with team members to be returned complete with all ancillary equipment, chargers, aerials etc, as soon as possible.

I've been asked to produce an inventory of our police radio equipment prior to the migration to the new channels. In the case of our own Team, this is complicated by our having received radios that were returned to the police when some older MRT's were disbanded or amalgamated. Although they don't appear on the list of sets originally supplied to Kendal MRT, they remain the property of Cumbria Constabulary.

Radios that belong to individual Team members are not included in this request and those held by the Team Leader and Deputies will be dealt with separately so as not to leave them without radios in the event of a call-out.

All other radios out with Team members must be returned to the base with a label saying who had it last. Where they are police sets, they will be exchanged for Team owned sets. There will be insufficient numbers available to swap all radios so those with sufficient justification to use a Team radio on a permanent basis need to speak to me soon. Check your call-out attendance figures before you do this though.

Flares used with helicopters.

I've recently been reminded by the RAF that they are not fond of 'dual-purpose' flares. Those having smoke at one end and a point-light flare at the other.

It is against regulations for a part-discharged pyrotechnic to be taken on board a military helicopter and so either both 'ends' must be discharged or they must be discarded before boarding the aircraft. As throwing away a part fired flare must contravene some by-law or another, this too, is probably a no-no. We currently have only smoke flares in the vehicles and Medi-Sacs as red-light flares are difficult to extinguish satisfactorily when being viewed by the pilot through NV equipment. Red is the brightest 'colour' that NVG can see even though it shows it as a shade of green, as does everything else, (including blue lights!!). The orange smoke issuing from a flare of the type we use, is very hot and clearly visible to a pilot using NVG.

Contrary to popular belief, they can be used in total darkness.

If the helicopter is showing only navigation lights. Odds on, he's using NVG. If he's lit up like a war-time searchlight, he's on white light and can see as well as you can. It's never a bad idea to ring Kinloss and get them to tell the pilot what flares or other lights you have. Along with the radio channel in use on the hill and the cas-site call-sign. When he's within range, he'll begin calling the call-sign he's been given and the whole job is much slicker. Kinloss can almost always speak to the helicopter at any time he's airborne, using HF radio. Once the police have

confirmed that a helicopter has been authorized, Kinloss will update him as and when we need them to. That way is much better than having to pass it all by radio when he's hovering above our heads.

One bit of news that's not comms. On the recent Raven Crag call-out we were surprised to learn that the 177 helicopters (RN) don't carry stretcher winching strops as they are not viewed as kit maintained and tested by the RN. Kendal MRT used to carry it's own strops until we were told that the helicopters couldn't use them because we couldn't certify them fit for use. This could be a bit of a worry as the RN were of the opinion that the RAF are adopting the same stance on strops. We could wind up with a winching wire and a stretcher but nothing to connect the two. A couple of tapes and a three way loaded krab is probably not the answer.

Nick Verrall, Team Leader of Langdale & Ambleside MRT, is following this one up with the RAF and will no doubt let us know what the answer is.

General News

At the recent LDSAMRA main committee meeting, it was brought to our notice that our insurers are having a big problem with providing cover for 'death in service'. That's you, not the casualty. Effectively, this cover has been withdrawn. Individual Team members remain covered for third party incidents. Push over a wall, helicopter runs over your foot, that sort of thing, but please try hard not to die, on a callout, of anything that could be construed as 'natural'. This

problem is being looked at and some hard work has been done by LDSAMRA to resolve this situation. Some of the options are radical but possibly more practical than the position we find ourselves in now. More on that when we know.

It has been agreed that the LDSAMRA 'Service to MR' award should be extended to cover people who 'Have never been and probably never will be, members of a MRT, but who have clearly demonstrated a considerable level of service to MR in other ways'. This was agreed unanimously by the meeting and several people are to be put forward for this award.

It was further reported at the LDSAMRA meeting that all Lakes MRT's have now agreed what constitutes their own boundaries with their neighbours. Looks like the days of the Clantons and McCoys are behind us!

For the information of our own Team members; our agreed boundaries are subject to the following modifications; Kirkby Stephen MRT keep Bretherdale / Baugh Fell (to Garsdale Rd junction at Sedbergh) / Cautley valley to the NE of the river. Carlingill is in our area, but callouts in this area will result in us calling KS MRT.

Callouts to Cautley will result in either team calling the other to assist.

Our boundary with Furness/Millom is grid line 38. The bit where it says 'Here be dragons'.

A good one from Base & Vehicles, Apparently, S.L.D.C. have re-categorised us as a 'Non-domestic waste producer'. We now have to pay for special rubbish bags and inform the council when we want them carted away. The Team is not going to avail itself of this service and asks it's members to take rubbish home or to the tip. I would expect that one to produce a livelier discussion than the new vehicle is!

Steve Kelley reminds us all that no one routinely looks after the Team generator. If you need it, you also need to check it over, yourself and return it in a clean condition. Report any problems to Stevie.

100 Club

1st 50 Mr F. Hodson
2nd 38 Mr T. Niepokojezy
3rd 23 Mr G. Starrs

Our Membership secretary reports that he is still awaiting mug-shots from most Team members for the new membership cards. The usual passport type shot is fine.

A gentle reminder from Dave Winch that the Air-Ambulance still needs some help with it's funding. Any empty ink cartridges from your printer can be re-cycled and provide a significant level of income for baby budgie. Also of use are redundant mobile phones. Anything you have to offer, leave at Base for Winch, or speak to him yourself.

Call-Outs

30th May

An entertaining callout in the Crinkles where a line search was required in order that we could locate the stretcher party who had been forced to drop lower, in mist, to avoid bad ground. The Team's new clothing issue was used, for the first time by several Team

members, and performed faultlessly. Casualty was transported to WGH, with ankle injuries, by our mobile two.

6th June

Callout, to a fallen climber on Farleton Knott The departing helicopter pilot expressed his thanks for a 'slick operation'. We should also thank Jimmy Clethero, TL of RAF Leeming MRT, who had the misfortune to be in the area on holiday at the time, and copped for the helicopter comms. It never does any harm to watch professionals do the job and I know it taught me a few things. Casualty was reported as 'Not seriously injured' after examination at Preston RI which is more than can be said for the helicopter, which broke down on the helipad. A TV was provided by Dave Winch so that the crew could watch the football match.

8th June

Just to complete the set, the Raven Crag job saw us assisting the rest of Jimmy's team after a lady slipped off the crag and fell a considerable distance onto the scree below. We have no details on her injuries apart from 'Multiple fractures' from ICU at Carlisle. Again a helicopter evacuation, by the Royal Navy this time.

Also 8th June

Although we were called out to the coach crash on the Struggle, we were diverted to the Raven Crag incident.

Public Relations ?

Sue, Liz and Rob attended the annual barbeque for the kids at Stramongate School. We've done this several times now and it falls into the

category of 'PR' rather than fund-raising, especially as we forgot to take a box or bucket along with us. The fact that the monsoon broke just after we arrived, didn't phase us one bit and although there was a short period where we were the only living things visible in the play-ground, we quite enjoyed it really. Even when we were offered a merciful release by the organiser who waded across the play-ground, illuminated by the light of an out of control barbeque, to tell us 'We could go if we wanted to'. Did we quit? Nope!! We only had the stretcher and a cas-bag on display and there were enough of us there to lift the bag and empty out the water at the end. We didn't get asked too many hard questions but we did run out of balloons. I'm normally associated with "Not doing wet", I remember why now.

This edition of your Newsletter is a one-off. I'm sure there will be candidates for the position of editor amongst you. Meantime, if you have any articles or dates for publication in the next issue, (end of July), by all means send them to me and I'll pass them on to the next editor, just as soon as we know who it is.

Contact Email is

rob-brookes@supanet.com

or on 01539 728684

Failing that, I'll check the editor's pigeon hole until such time as a new editor is appointed.

The text "For Sale" is written in a large, bold, orange font with a blue drop shadow, giving it a 3D appearance. The letters are slightly slanted to the right.

A Black Metal Computer Table for Sale.

H 86 cm x W 79cm x D 56cm.

That's' 34" x 31" x 22" inches for us pre-metric people. **£20.00**

Contact Liz Parkes.