



July/August '04 SnoJob



The summer is going full swing and our most important fundraiser is just around the corner. The "John Keyes search and rescue golf benefit". After months of detailed preparation and organizing work by our Golf Committee, now it's time for your participation. Be sure and take a moment to alert those who are golf enthusiasts in your neighborhood or workplace about this big event. It's a great tournament and the proceeds go to a great cause! Contact Mark Larson (larsonm@trimet.org) or Jerry Knowlton (jerry@jhkinc.com) for a sign up brochure, or to help out on golf day, Sept 12th.

Thank you to all those who are getting their day's in at the mountain and keeping the Areas staffed. As you know, the summer activities on Mt. Hood are becoming a busy time of the year and the resorts rely on us to be there. Also, Thank you to those who are helping out with the various committees this summer in preparation for the coming season.

Take care and be sure to enjoy your summer.

Bill Boyd

Message from the President

Bill Boyd

whoch@earthlink.net

Calendar

August 11
Mt Nelson
Self—evac
(Dave Nelson)

August 17
Council Meeting
(Bill Boyd)

August 25
CPR Instructor Recert
(Carol Gleason)

August 27—28
Mt Hood Hoodlums do the
Portland-to-Coast Racewalk
GO TEAM!!!

September 12th
Golf Tournament
(Mark Larson)

September 15th
OEC Instructor Refresher
(Paul Podett)

Golf Tournament

8th Annual John Keyes Memorial Golf Tournament

DETAILS

DATE: September 12, 2004
LOCATION: Reserve Vineyards & Golf
Aloha, OR
TIME: Registration at 6:30 AM
Golf at 7:30 AM
FORMAT: Scramble

BENEFITS TO MT. HOOD SKI PATROL

- Over \$130,000 raised for Patrol!
- Continuing tribute to a Mt. Hood Ski Patroller and his family.
- Good profile of MHSP to the community

WE STILL NEED

- Corporate Sponsors
- Help at course
- Raffle and auction items

CONTACT

Mark Larson (503) 661-8106 LarsonMa@TriMet.org
Jerry Knowlton (503) 624-2348 Jerry@JHKInc.com
Pat Stevens (503) 293-6896 Pat@SDELtd.com

We need your help!

Training News

We have several training dates to put in your schedule for the Fall:

- ✓ August 11, Mt Nelson Self-Evacuation practice
- ✓ September 19, Chair evacuation practice, Timberline Ski Area.
- ✓ October 16, Chair evacuation practice, Summit Ski Area

Participation in at least one of the two chair evacuation practices is mandatory for all patrol-ers. Both chair evacs begin with registration beginning at 7:30. Training begins promptly at 8:00. Don't forget the barbeque immediately following both training dates. Mt. Nelson is required for all patrollers wishing to self-evacuate at the chair evacuation training. See the next page for more details.

Message from the Training Director

Matt Rea

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Self-Evacuation

Chairlift self-evacuation training at Mt. Nelson is scheduled for August 11, 5:00 to 8:00 PM at Dave Nelson's, 726 NW Skyline Crest, Portland. Parking is limited so try to carpool.

Participation in the Mt. Nelson practice is mandatory for everyone who plans to self-evacuate at either of the two chairlift evacuation practices scheduled for Sunday, September 19 at Timberline (confirmed), and Saturday, October 16 (tentative) at Summit.

Mt. Nelson is especially recommended for any of last year's apprentices since this will be your first opportunity to self evacuate. Note for this year's apprentices: you are welcome to attend the Mt. Nelson training but will not be allowed to self-evacuate until next year.

For those of you needing self-evacuation equipment, the following is suggested:

- 120-150 ft. of 6mm kermantle rope
- 15 ft. of 1" tubular webbing (for a diaper harness)
- 10 ft of 4 mm (for a prussic)
- 1 locking carabiner,
- 1 figure 8
- 1 pr. leather gloves

Self Evacuation Refresher Notes

1. Consider Marking the Center point on your rope. Know how long it is.
2. Use a water knot to tie the ends of the webbing together for your harness.
3. Use a locking carabiner between the harness and the Figure 8.
4. A flat, square shouldered 8 fits in the fanny pack well, and tends to have fewer problems with the rope sliding up.
5. You must wait for the signal from the area that the lift is locked down, and self evac can start, before putting your rope over the haul line.
6. Be sure both ends of your rope are on the ground before you start to evac.
7. Tie the ends together so you can't rappel off of the end.
8. Double check your diaper seat (harness) so you are sure it is together correctly, won't come untied, and you can't fall out of it. (I prefer the Double loop seat, but either will work ok.)
9. You can test the system by taking all of the slack out of the evac rope, and putting a load on before you commit to leaving the chair.
10. Be careful with the Figure 8. Don't let the rope loop slide up over the shoulders of the figure 8 (forming a chinch hitch and leaving you stuck). The best way to prevent this is to run the bitter end (the loose end you are using to brake with) down under your leg and around to the outside to your brake hand. That way the pull on the bitter end is down, and there is less chance of having the loop slide up.
11. Be careful not to get your clothing caught in your evac rope. It will jamb the figure 8.
12. Carry your prussic in your pocket, so that you can reach it and install it if you get stuck. If you put the prussic loop through a 6" length of plastic tubing you will be able to get your foot in it easier, if the need arises.
13. Practice setting up the system until you are confident that you know how to do it even if you are borderline hypothermic. Be sure you now how to put it together, and what it looks like when it is correct.
14. If you have evac on a span that is higher than your doubled rope, the safest way is to tie two evac ropes together, **With the knot on top of the Haul line**, and use the standard double line technique. You can always pull a second rope up from the ground, if your seat partner doesn't have evac gear.
15. Be careful pulling your evac line down (pull slowly) after you complete your self evac. It can become tangled over the haul line.

From the FAC

Greetings from summer camp
Welcome, to the class of 2005, and thirty one, determined individuals who are looking forward to SPIF' n with the rest of us. Thanks again to all the MHSP instructors who helped out for the spring Class
And, thanks to Jodie Jeffers, who arranged life flight to land at Mt. Hood Medical Center during the OEC class for an in-service.

Message from the First Aid Chief

Paul Podett
ppodett@verizon.net

The up coming season is going to be filled with some positive changes in the way the first aid division provides updates to you.

Changes, Oh No. Two days of fun filled OEC refresher instead of three. Sept 25 and Oct 10th. Brought to you by the world famous MHSP, OEC instructor staff. With special guest stars, Nunnally Johnson. The world famous Don Anstine and his associate Diane Kindall. Sponsored by Kathy Lee and some guy named Larry. And, all those other familiar faces that you just love to see once a year at the refreshers.

Once?

No --twice a year.

Mid season, winter refresher - coming to a ski area near you.

Special thanks to Reba Sharp for securing our new OEC refresher site at Emanuel Hospital. We will be in the Lorenzo Center located south of the main entrance at Emanuel Hospital.

You must pre dispatch on the web or write in your dispatch before September 15th. If you can't make or trade your day, you will need to complete an update with another ski area.

Don't call me; **nsp.org** will have a schedule posted for other area patrol, OEC refreshers.

If you are unable to attend or complete a refresher, you cannot patrol.

Why is it that we keep having new locations for our OEC refreshers?

After they get to know us, they don't want us back--and that's the truth. We are an extremely large group that has a great impact to the local neighborhood, with parking issues and facility maintenance. It only takes one inappropriately parked car, spilled drink or attitude that creates a negative impression towards MHSP.

So that we are all prepared for the upcoming refresher please.

Pre dispatch on the web -space is limited.

Be on time. Registration 7:30-8:00 A M.

Bring your registration \$\$

Bring your Fanny Pack.

Bring lunch, or plan on eat at the hospital cafeteria.

If it looks like it needs to be picked up- it need's to be cleaned and picked up.

Instructor review Sept 15 Emanuel Hospital Lorenzo Ctr. 7 PM

Also this month, The FAC's Skills Brief is on femur traction. We are phasing out the Hare splints.

The only area where the Hare, is still used is Ski Bowl—Ask Eric.

See you soon

Paul Podett

ppodett@verizon.net (new)

THE FAC'S

*******Skills Brief**

Femur Traction

BSI/Glove up

Provide Femur Traction to a Patient with:

Suspected Mid Shaft Femur Fracture. (Fx)
Including open Fx (EMS Protocol).

If you have an open Fx apply enough traction to stabilize and prevent further contracture. Apply sterile dressing and advise EMS.

Size it up:

Adjust length of the splint to the uninjured leg.

6 – 12 in. beyond the foot.(Hare)

Wheel towards the heel 1-2 in beyond the foot (Sager)

Secure:

the groin strap first.

Position Velcro straps;

above and below the knee.

You can apply a strap over Fx site to help tamponade

Apply ankle strap. See page 600. OEC 4th Ed
for alternative ankle straps.

Once traction is applied via traction splint, secure the velcro straps.

Remember:

Boot off.

Once you start traction -don't let go.

Traction right away? As soon as possible.

Traction = 10 % of body weight (Sager)

You will need a backboard.

You will need to apply a C- collar and stabilize the head if indicated.

Think by Objective,

Function- what are you doing and will it accomplish your goal?

Think Safety:

Are you lifting correctly-body mechanics and ergonomics?

Move the Patient as a unit- vertical moves on board

"Anyone not ready?"

Continue to recheck CMS, patient strapping and keep up with BSI.

Remember one of your best friends -the cravat, if you run across a problem like the strap is broken or you need to secure another anchor, the ancient cravat can help you get the job done.

Traction Splint Bag

Traction splint

Boot Strap

AMERICAN HEART ASSOCIATION CPR CARDS

Anyone requiring an American Heart Association Certificate for CPR should contact Carol Gleason or Diane Kindall prior to the OEC Refresher.

Greetings all! I hope everyone is having a terrific summer and looking forward to the coming season. I am pleased to have the opportunity to serve a second year as your Associate Director. Once again I would like to support our continued efforts to build teamwork among all patrollers, and enhance our organization's sustainability. For the Associate program I want to increase the number of associate patrollers, update the associate supervisor's manual, and continue improvements in apprentice training. Please feel free to contact me if you have any comments or suggestions regarding these or other topics. I look forward to serving the public with you during the coming year.

Eric Einspruch
AS461

Message from the Associate Director

Eric Einspruch
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PATROL CALENDAR

This issue contains the proposed calendar for the 2004—2005 season. Please note that some dates have changed since the original calendar was posted on the website. We do our best to provide this information but dates do change for a variety of reasons. Please keep this calendar. Updates will be provided via the SnoJob, website, and list-serve communications.

Message from the Secretary

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