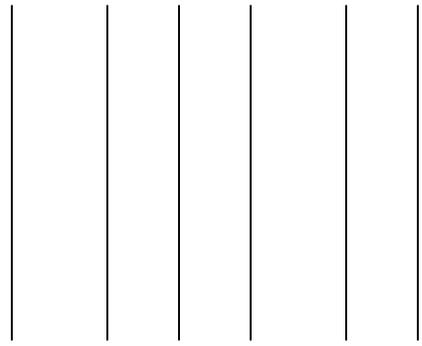


Lesson Topic 3.1 Approaches & Carries



FRONT SURFACE APPROACH

Approach survivor

- Utilizing modified crawl or breast stroke
- Head out of the water eyes on the survivor

Execute quick reverse

- Arms length away from survivor

Attempt to establish communication

Hand placement

- Right hand grasping right wrist or left hand on left wrist
- Begin flutter kicking and plane survivor out
- Pull and twist survivor's wrist and successfully turn survivor

Attain and maintain a cross-chest carry

REAR SURFACE APPROACH

Approach survivor

- Utilizing modified crawl or breast stroke
- Head out of the water eyes on the survivor

Execute quick reverse

- 6 to 8 feet distance separating survivor and swimmer

Attempt to establish communication

- Instruct survivor to turn around with back facing swimmer

*Grasp center of survivors back

- Begin flutter kicking and plane survivor out
- Place and maintain cross-chest carry with free arm

UNDERWATER APPROACH

Approach survivor

- Utilizing modified crawl or breast stroke
- Head out of the water eyes on the survivor
- Attempt communication
- Try and calm survivor

Surface dive

- Keep eyes on survivor
- No premature contact with survivor

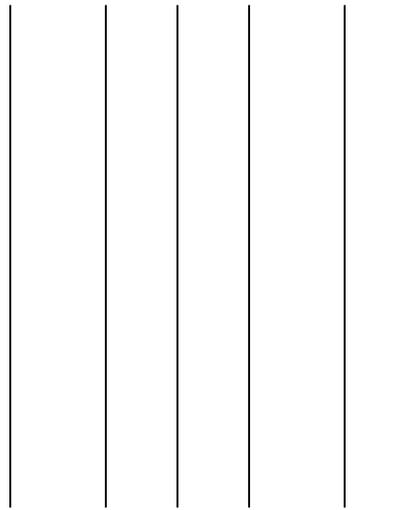
*Surface behind survivor

- Close enough to immediately achieve a cross-chest carry

*Place survivor in a controlled cross-chest carry

- Plane survivor out
- Maintain control of survivor

Lesson Topic 3.2 Releases & Escapes



FRONT HEAD HOLD ESCAPE

*Suck, tuck and duck

Inhaled a breath of air

Turned chin down to shoulder

Go far enough underwater that survivor is submerged

Hand placement

Hands on survivors hips

Thumbs grasping survivor's hips

Perform escape

Thrust forcefully away with arms

Hunch shoulders and drop head

Surface far enough away that survivor can't grab hold of swimmer

FRONT HEAD HOLD RELEASE

*Suck, tuck and duck

Inhaled a breath of air

Turned chin down to shoulder

Go far enough underwater that survivor is submerged

Hand placement

Correct hands on survivors face and elbow

Utilizing proper pressure points

* Perform release

Free head from grasp

Turn survivor around

* Place and maintain survivor in a controlled cross-chest carry

REAR HEAD HOLD ESCAPE

*Suck, tuck and duck

Inhaled a breath of air

Turned chin down to shoulder

Go far enough underwater that survivor is submerged

Hand placement

Hands on survivors elbows

Thumbs grasping survivors pressure points

Perform escape

Thrust away with arms in the direction swimmer is looking

Free head from grasp

Surface far enough away that survivor cannot grab hold of swimmer

Lesson Topic 3.2 Releases & Escapes

REAR HEAD HOLD RELEASE

*Suck, tuck and duck

Inhaled a breath of air

Turned chin down to shoulder

Go far enough underwater that survivor is submerged

Hand placement

Both swimmer's hands on one of survivor's wrists

Thumbs grasping survivors pressure points

Perform release

Break survivors grip

Swimmer spins hand on survivor's wrist

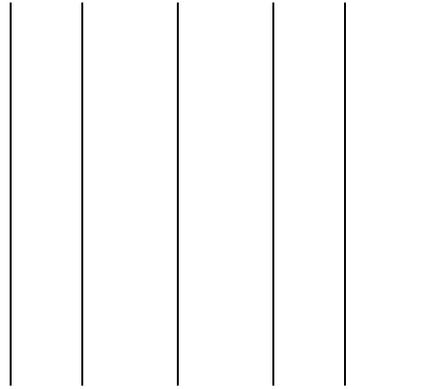
Swimmer slides hand up to elbow pressure point

Swimmer gains position behind survivors

Release elbow vice wrist

Place and maintain survivor in a controlled cross-chest carry

Lesson Topic 3.4 Disentanglement FF / Helo



Assess the situation	_____	_____	_____	_____	_____	_____
Deployment	_____	_____	_____	_____	_____	_____
Look left, right and center						
Signal, "I'm all right"						
Approach survivor (using correct approach)	_____	_____	_____	_____	_____	_____
Establish communication						
In close in control						
Check breathing						
Give two rescue breaths if necessary						
Clear head, neck and chest	_____	_____	_____	_____	_____	_____
Remove any debris						
Remove raft lanyard						
Ensure that it is safe to inflate flotation						
Inflate and or check flotation	_____	_____	_____	_____	_____	_____
Disentanglement head to toe	_____	_____	_____	_____	_____	_____
Sweep arms / cross arms cross chest						
Spinal highway/side control						
Sweep legs using appropriate method						
Raft (if applicable)	_____	_____	_____	_____	_____	_____
Proper raft procedure						
Discarded raft completely						
Final check (if applicable)	_____	_____	_____	_____	_____	_____
Sweep head to toe for any debris						
Signal helicopter for the appropriate lifting device	_____	_____	_____	_____	_____	_____
Properly use lifting devices						
Perform safety check for lifting device						
Signal up hoist						

Lesson Topic 3.6 Torso

Assess the situation						
Deployment						
Look left, right and center						
Signal, "I'm all right"						
Approach survivor (using correct approach)						
Establish communication						
In close in control						
Remove O2 mask						
Check breathing						
Give two rescue breaths if necessary						
Clear head, neck and chest						
Remove any debris						
Remove raft lanyard						
Ensure that it is safe to inflate flotation						
Inflate and or check flotation						
Disentanglement head to toe						
Remove KOCH fittings						
Sweep arms / cross arms cross chest						
Side control						
Release oxygen hose on SKU						
Release SKU						
Sweep legs						
Raft (if applicable)						
Proper raft procedure						
Discarded raft completely						
Final check						
Signal helicopter for the appropriate lifting device						
Properly use lifting devices						
Perform safety check for lifting device						
Signal up hoist						

INFORMATION SHEET 4.2-1
RESCUE SWIMMERS EQUIPMENT

Demonstrate procedures for donning mask fins and snorkel

Demonstrate one of the following procedures for clearing the mask

Method A

Press the top of the mask against the forehead with
and exhale slowly through nose.

Method B

Place hands on side of mask, lift bottom of mask
slightly away from face and exhale slowly through
nose.

Demonstrate one of the following procedures for clearing snorkel

Exhalation method

Expansion method

Perform crawl stroke while wearing mask, fins, and snorkel

Perform sidestroke while wearing mask, fins, and snorkel

INFLORMATION SHEET LT 4.9-1 SAR TACTICS

ASSESS THE SITUATION FROM THE HELO PLATFORM

RULE NO. # 1- NEVER pass a survivor by.

Establish communication to determine whether or not survivor is passive, active, conscious or unconscious. Execute approach, obtain positive “ICIC”, perform head neck & chest and inflate survivors’ flotation or surrender yours if they do not have any or it is damaged beyond use.

If the first survivor you come upon is passive and /or cooperative, be assertive and verbalize instructions such as boarding a raft, taking off flight equipment. (this is referred to as “staging” or “safeing” your survivor and will satisfy the requirement for providing flotation). Acknowledging their presence and assisting them is the objective.

Warning

A survivor that is staged in a raft and has something blocking their airway such as an O2 mask or parachute is not considered safe.

Utilize the exact order of disentanglement procedures if you succeed in getting the survivor to remove his/her gear using verbal communication.

Conversely, if you come upon your first survivor and he/she is in a panicky “freaked out” state, execute the underwater approach (if there is no parachute in the immediate vicinity), and gain control with a controlled cross-chest carry. Remember to do head neck & chest and inflate their flotation. (This action alone may be enough to calm survivor.).

RULE NO. # 2- Survey all survivors on the scene.

Swim to next closest survivor and provide assistance if needed. A basic rule of thumb is to make sure that the survivor has adequate flotation before you move on to your next survivor. *(“Staging” or “safeing” your survivor).

Once again, establishing verbal communication between your survivors is essential in determining who needs your immediate assistance and others that are in no obvious danger.

DO NOT “ping pong” back and forth between survivors. This is a term used by instructors that simply means swimming back and forth between survivors without really making progress towards the ultimate objective of getting survivors in the helo.

RULE NO. # 3- WORST RIDES UP FIRST!

After all survivors are staged or safed, identify the most injured survivor and perform complete disentanglement procedures from start to finish, including a final check and get them to the helo. **If you remove any gear or shroud lines from a survivor you must do a final check no matter which type of survivor it is.**

Continue on in this order and you cannot go wrong.

INFLORMATION SHEET LT 4.9-1
SAR TACTICS

***NOTE**

Safeing is accomplished by one of the following procedures.

Non –aviator /freefloater consists of head, neck & chest, inflate flotation or buddy tow them to a raft and have them board it or hold on to its' side.

Quick fit harness/ Backpack consists of a head, neck & chest, release chest quick-ejector, check flotation, sweep shoulder straps off.

PCU Torso harness consists of removing O2 mask, head, neck & chest, check flotation and releasing shoulder koch fittings.

INFORMATION SHEET UNIT 5.0-1
PRACTICE FIRST AID/MOULAGE

* Scene Safety

* Takes or verbalizes gloves on

Determine responsiveness

INITIAL ASSESSMENT

Check airway

Properly opens airway

Check breathing

No breathing-give two breaths

Check circulation

Check for severe bleeding

* No pulse-begin CPR procedures

PRIMARY SURVEY

Cervical Collar

Maintain in-line stabilization

Sweep back of neck

Correct size and placement

Life threatening injuries

Order of severity

Proper dressing(s) applied correctly

Check breathing

Skin to skin

Equal rise and fall – front and back

Check circulation

Check pulse quality

Check capillary refill

Check skin temperature

Perform blood sweep

Reassess ABC's (overland sar)

Perform CPR as required

INFORMATION SHEET UNIT 5.0-1
PRACTICE FIRST AID/MOULAGE

SECONDARY SURVEY

VERBALIZE WHILE PERFORMING THE FOLLOWING:

Assess the Head

Inspect and palpate scalp

Inspect ears

Inspect eyes

Inspect nose

Inspect mouth

Palpate facial area

Assess the neck

Inspect for bleeding

Inspect for deviated trachea

Assess the chest

Inspect and palpate shoulders

Inspect and palpate chest

Assess the abdomen

Inspect for injuries

Palpate if no injuries present

Assess the pelvis

Inspect and Palpate

Assess the arms

Inspect and palpate

Check pulses and sensory motor

Splint as necessary

Assess the Legs

Inspect and palpate

Check pulses and sensory motor

Splint as necessary

Assess Posterior

Management of secondary injuries

Proper shock position

HAC report

Verbalize reassessment of ABC's

INFORMATION SHEET UNIT 5.0-1
PRACTICE FIRST AID/MOULAGE

CRITICAL CRITERIA

- _____ Did not verbalize scene safety prior to entering scene
- _____ Did not take or verbalize gloves on
- _____ Improperly performed CPR procedures
- _____ Did not complete all initial assessment and procedures
- _____ Did not identify and/or treat all injuries
- _____ Caused further harm to survivor
- _____ Did not complete the evolution within 20 minutes

INFORMATION SHEET UNIT 5.0-1
PRACTICE FIRST AID/MOULAGE

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Final Multi Scenario “A”

First survivor

Assess the situation _____

Deployment _____

Look left, right and center
Signal, “I’m all right”

Approach survivor (using correct approach) _____

Establish communication
Utilize ballooned canopy procedures
In close in control
Remove O2 mask
Check breathing
Give two rescue breaths if necessary

Clear head, neck and chest _____

Remove any debris
Remove raft lanyard
Ensure that it is safe to inflate flotation

Inflate and or check flotation _____

Disentanglement head to toe _____

Remove KOCH fittings
Safe survivor (if necessary)
(when and if swimmer returns)
Sweep arms / cross arms cross chest
Side control
Release oxygen hose on SKU
Release SKU
Sweep Legs

Raft (if applicable) _____

Proper raft procedure
Discarded raft completely

Final check _____

Signal helicopter for the appropriate lifting device _____

(If litter signaled go to litter procedures)
Properly use lifting devices
Perform safety check for lifting device
Signal up hoist

Second Survivor

Assess the situation _____

Approach survivor (using correct approach) _____

Establish communication
In close in control
Remove O2 mask
Check breathing
Give two rescue breaths if necessary

Final Multi Scenario “A”

Clear head, neck and chest _____
 Remove any debris
 Remove raft lanyard
 Ensure that it is safe to inflate flotation

Inflate and or check flotation _____

Disentanglement head to toe _____
 Remove KOCH fittings
 Safe survivor (if necessary)
 (when and if swimmer returns)
 Sweep arms / cross arms cross chest
 Side control
 Release oxygen hose on SKU
 Release SKU
 Sweep legs

Raft (if applicable) _____
 Proper raft procedure
 Discarded raft completely

Final check _____

Signal helicopter for the appropriate lifting device _____
 (If litter signaled go to litter procedures)
 Properly use lifting devices
 Perform safety check for lifting device
 Signal up hoist

BALLOONED CANOPY

Approach Ballooned canopy _____
 Establish communications
 Look under parachute to locate survivor
 Swim to edge of parachute closest to survivor opposite apex

Grasp edge of parachute and locate shroud line _____
 Swim clear of parachute pulling shroud line hand over hand

When survivor is within reach grasp survivor in center of back _____
 Lift parachute over survivor's head

Continue with appropriate disentanglement procedures _____

LITTER

Signaled helicopter _____
 Maintained control of survivor
 Signal was clear and correct

Approached trail line while maintaining control of survivor _____
 Attained control of trail line
 Donned gloves

Signaled down hoist _____
 Litter pulled to swimmer

Disconnect litter from double rescue hook _____
 Put survivor into litter
 Stage lifting sling to not get fouled in restraint straps
 Attach chest strap over chest and under arms
 Disconnect from survivor if necessary

Attach waist strap _____

Final Multi Scenario “A”

Attach upper leg strap _____

Attach lower leg strap _____

Perform safety checks _____

Carabiners red to head / white to the feet

Survivor tight and secure within four restraint straps

Signal Helicopter to move in for pickup _____

Swim litter to double rescue hook _____

Connect two lifting rings to double rescue hook _____

Perform safety checks _____

Two lifting rings attached to large end of double rescue hook

Cables clear and taught

HEADWORK

Established and maintained effective communication during rescue _____

Safed and/or Staged all survivors _____

Recovered survivors in logical order, worst first / least last _____

Exercised sound SAR tactics _____

Never jeopardize the well being of any survivor _____

Adapt to a changing scenario _____

Use available resources to facilitate the rescue _____

Final Multi Scenario “B”

First Survivor

Assess the situation _____

Deployment _____

Look left, right and center
Signal, “I’m all right”

Approach survivor (using correct approach) _____

Establish communication
In close in control
Check breathing
Give two rescue breaths if necessary

Clear head, neck and chest _____

Remove any debris
Remove raft lanyard
Ensure that it is safe to inflate flotation

Inflate and or check flotation _____

Safe Survivor (If applicable) _____

Disentanglement head to toe _____

Sweep arms / cross arms cross chest
Spinal highway/side control (insure survivor has no back injuries)
Sweep legs using appropriate method

Raft (if applicable) _____

Proper raft procedure
Discarded raft completely

Final check (if applicable) _____

Signal helicopter for the appropriate lifting device
(If litter signaled go to litter job sheet)

Properly use lifting devices
Perform safety check for lifting device
Signal up hoist

Second survivor

Assess the situation _____

Approach survivor (using correct approach) _____

Establish communication
In close in control
Check breathing
Give two rescue breaths if necessary

Clear head, neck and chest _____

Remove any debris
Remove raft lanyard
Ensure that it is safe to inflate flotation

Final Multi Scenario “B”

Inflate and or check flotation _____

Safe Survivor _____

Disentanglement head to toe _____
Sweep arms / cross arms cross chest
Spinal highway/side control (insure survivor has no back injuries)
Sweep legs using appropriate method

Raft (if applicable) _____
Discarded raft completely

Final check (if applicable) _____

Signal helicopter for the appropriate lifting device _____
(If litter signaled go to litter job sheet)
Properly use lifting devices
Perform safety check for lifting device
Signal up hoist

Third survivor

Assess the situation _____

Approach survivor (using correct approach) _____
Establish communication
In close in control
Check breathing
Give two rescue breaths if necessary

Clear head, neck and chest _____
Remove any debris
Remove raft lanyard
Ensure that it is safe to inflate flotation

Inflate and or check flotation _____

Safe Survivor _____

Disentanglement head to toe _____
Sweep arms / cross arms cross chest
Spinal highway/side control (insure survivor has no back injuries)
Sweep legs using appropriate method

Raft (if applicable) _____
Proper raft procedure
Discarded raft completely

Final check (if applicable) _____

Signal helicopter for the appropriate lifting device _____
(If litter signaled go to litter job sheet)
Properly use lifting devices
Perform safety check for lifting device
Signal up hoist

LITTER

Signaled helicopter _____
Maintained control of survivor
Signal was clear and correct

Final Multi Scenario “B”

Approached trail line while maintaining control of survivor _____
Attained control of trail line
Donned gloves

Signaled down hoist _____
Litter pulled to swimmer

Disconnect litter from double rescue hook _____
Put survivor into litter
Stage lifting sling to not get fouled in restraint straps
Attach chest strap over chest and under arms
Disconnect from survivor if necessary

Attach waist strap _____

Attach upper leg strap _____

Attach lower leg strap _____

Perform safety checks _____
Carabineers red to head / white to the feet
Survivor tight and secure within four restraint straps

Signal Helicopter to move in for pickup _____

Swim litter to double rescue hook _____

Connect two lifting rings to double rescue hook _____

Perform safety checks _____
Two lifting rings attached to large end of double rescue hook
Cables clear and taught

HEADWORK

Established and maintained effective communication throughout rescue _____

Safed and/or Staged all survivors _____

Recovered survivors in logical order, worst first / least last _____

Exercised sound SAR tactics _____

Never jeopardize the well being of any survivor _____

Able to adapt to a changing scenario _____

Used available resources to facilitate the rescue _____

Final Multi Scenario "C"

FIRST SURVIVOR

Assess the situation _____

Deployment _____

Look left, right and center
Signal, "I'm all right"

Approach survivor (using correct approach) _____

Establish communication

Utilize ballooned canopy procedures _____

In close in control

Remove O2 mask

Check breathing

Give two rescue breaths if necessary

Clear head, neck and chest _____

Remove any debris

Remove raft lanyard

Ensure that it is safe to inflate flotation

Inflate and or check flotation _____

Disentanglement head to toe _____

Remove KOCH fittings

Safe survivor (if necessary)

(when and if swimmer returns)

Sweep arms / cross arms cross chest

Side control

Release oxygen hose on SKU

Release SKU

Sweep legs

Raft (if applicable) _____

Proper raft procedure

Discarded raft completely

Final check _____

Signal helicopter for the appropriate lifting device _____

(If litter signaled go to litter job sheet)

Properly use lifting devices

Perform safety check for lifting device

Signal up hoist

SECOND SURVIVOR

Assess the situation _____

Approach survivor (using correct approach) _____

Establish communication

In close in control

Remove O2 mask _____

Check breathing

Give two rescue breaths if necessary

Clear head, neck and chest _____

Remove any debris

Final Multi Scenario “C”

Remove raft lanyard Ensure that it is safe to inflate flotation	
Inflate and or check flotation	_____
Disentanglement head to toe Remove KOCH fittings Safe survivor (if necessary) (when and if swimmer returns) Sweep arms / cross arms cross chest Side control Release oxygen hose on SKU Release SKU Sweep legs	_____
Raft (if applicable) Proper raft procedure Discarded raft completely	_____
Final check	_____
Signal helicopter for the appropriate lifting device (If litter signaled go to litter job sheet) Properly use lifting devices Perform safety check for lifting device Signal up hoist	_____
<u>THIRD SURVIVOR</u>	
Assess the situation	_____
Approach survivor (using correct approach) Establish communication In close in control	_____
Remove O2 mask Check for breathing Give two rescue breaths if necessary	_____
Clear head, neck and chest Remove any debris Remove raft lanyard Ensure that it is safe to inflate flotation	_____
Inflate and or check flotation	_____
Disentanglement head to toe Remove KOCH fittings Safe survivor (if necessary) (when and if swimmer returns) Sweep arms / cross arms cross chest Side control Release oxygen hose on SKU Release SKU Sweep legs	_____
Raft (if applicable) Proper raft procedure Discarded raft completely	_____
Final check	_____

Final Multi Scenario "C"

Signal helicopter for the appropriate lifting device _____
(If litter signaled go to litter job sheet)
Properly use lifting devices
Perform safety check for lifting device
Signal up hoist

LITTER

Signaled helicopter _____
Maintained control of survivor
Signal was clear and correct

Approached trail line while maintaining control of survivor _____
Attained control of trail line
Donned gloves

Signaled down hoist _____
Litter pulled to swimmer

Disconnect litter from double rescue hook _____
Put survivor into litter
Stage lifting sling to not get fouled in restraint straps
Attach chest strap over chest and under arms
Disconnect from survivor if necessary

Attach waist strap _____

Attach upper leg strap _____

Attach lower leg strap _____

Perform safety checks _____
Carabiners red to head / white to the feet
Survivor tight and secure within four restraint straps

Signal Helicopter to move in for pickup _____

Swim litter to double rescue hook _____

Connect two lifting rings to double rescue hook _____

Perform safety checks _____
Two lifting rings attached to large end of double rescue hook _____
Cables clear and taught

HEADWORK

Established and maintained effective communication throughout rescue _____

Safed and/or Staged all survivors _____

Recovered survivors in logical order, worst first / least last _____

Exercised sound SAR tactics _____

Never jeopardize the well being of any survivor _____

Able to adapt to a changing scenario _____

Used available resources to facilitate the rescue _____