

**INJURED CLIMBER ON 3
FINGERS MOUNTAIN
DEM # 08-3083**

The Unit was contacted at 9:30 a.m. on Sunday 21 Sep. Teams were needed to rescue a climber, who was injured while climbing on Three Fingers Mountain (6,870-foot) about 11 miles east of Granite Falls in Snohomish County. His legs were injured in the fall when he fell about 100 feet onto boulders Sunday morning at about 8:50 a.m.

Jeff Sharp, Linsey Warren, Tyler Severy, Josh Hall and Russ Gintz responded. At noon, they started climbing to the subject, located at approximately 6500 feet. They reached him at around 5:00 p.m and performed a medical assessment and determined that the subject had fractured or sprained his left leg. The subject was non-ambulatory and had already spent 1 night out in cold conditions before his injury.

The first TMR team was going to have to spend a cold, wet night bivied close to the subject and carry him out the next morning. With having to perform the carry-out over wet, and soon to be snowy rocks, more rescuers were called. At midnight, heavy rain fell which turned to snow around 3:00 a.m. (Monday). The snow accumulation was about 2 inches..

At 9:00 p.m. (Sunday), Fran Sharp and Ken Capron responded to a second callout. At 12:30 a.m. (Monday), they left the trailhead with 3 members from other MR teams, pushing the large wheel and rickshaw up towards Goat Flats (4600 feet). 2 members bivied lower and TMR and 1 member from Skagit MR, continued to the subject. This second TMR team continued to climb throughout the night and encountered heavy rain, snow, wind and temps in the 20s.

Meanwhile the first TMR team had packaged the subject in the litter for the long carry-out. At 7:30 a.m. the second TMR team arrived on scene just as the first technical raise of the subject was beginning. Members from Skagit MR, Everett MR , Seattle MR and TMR worked very well together while performing 1 long raise, multiple lowers and a caterpillar carry over steep snow slopes and slippery boulders.

Upon arriving at Tin Can Gap, the clouds cleared a bit but not enough for a helicopter rescue. Members from Snohomish County ESAR and Snohomish County SAR assisted with the difficult carryout to Goat Flats. The going was very slow due to the technical terrain and really took a toll on the rescuers. The plan was to leave the subject with fresh MR personnel who had just arrived on scene (therefore not as tired) overnight and continue the carry-out the next day. It was estimated that it would take over 14 difficult hours to complete the last 5.5 miles.

However, at Goat Flats, the weather cleared just enough to have SnoHawk (Snohomish County Sheriffs Dept Helo) land and load the subject. Again, all 4 MR teams worked together and made this happen very quickly. The teams hiked the last 5.5 miles out to SAR base, the TMR teams were off the trail by 6:30P.M. After a stop for some much needed food the teams returned to the Cache Monday night.

**HELPING THE SUBJECT SURVIVE
EMOTIONALLY**

Since we have no board minutes this month I am reprinting an article from the 1994 Rucksack to fill some space and also give some hints on helping the subject on a long and cold carry-out. Editor

Most of us have joined mountain rescue because we have a desire to help our fellow mountaineers when they are in trouble. Some of the new members may have the fantasy of coming over the hill like the cavalry to the rescue to the undying thanks of the subject we are rescuing. As some of the older members will tell you that is not always the case. You have to remember that the subject is under a great deal of stress where minutes seem like hours. And of course anyone involved in an accident is going to have some sort of emotional response.

After the accident occurs about one fourth of the victims react effectively. The rest react in different ways; most are stunned or bewildered and usually are inactive and indecisive. They may show no emotion or behave in a robotlike manner. Other signs could be profuse: sweating, palpitations, tunnel vision, or dry mouth, crying, weakness, loss of appetite or nausea, or extreme anger. In the case of anger the victim could lash out in all directions, maybe even at you the rescuer. About one eighth could have extreme reactions such as hysteria or paralyzing anxiety. Attention to this response is sometimes as important as treating their obvious injuries.

Other reactions could be protest or denial, they may either deny the problem exists or not admit the seriousness of the situation. Or they may acknowledge the problem, but see it as overwhelming. At this point the outward signs mentioned above could start to manifest themselves.

You, the rescuers, will have to cope with these reactions at the scene of the accident or during the carry-out. Team leaders and team members must provide as much help as possible with constructive and understanding listening. The victims need to

be reassured that their reactions are normal to the situation. Please remember they are in a state of emotional shock. Team leaders should also remember that a person's self-esteem is based on how he responds to the situation and should involve him as much as possible in his own rescue.

Some of the things you as a rescuer can do to help are:

1. Create acceptance of the victim's feelings as normal to the situation.
2. Reduce feelings of guilt.
3. Try to restore feeling of well-being.
4. Give honest answers.
5. Reduce panic and rage.
6. Provide physical guidance or restraint when necessary.
7. Be aware of special needs due to the victim's sex.
8. Maintain awareness that supposedly unconscious victims can often hear some of what is said around them.

Avoid the following attitudes or actions:

1. Callousness or flippancy.
2. Lying to provide unrealistic reassurance.
3. Talking around the victim without talking to him.
4. Authoritarian style - not listening to the victim.
5. Expecting too much or too little of the victim.

BOARD MEETING MINUTES

There was no September board meeting due to a lack of a quorum of board members.

ELECTION OF OFFICERS

The election of Officers for the Tacoma Mountain Rescue Unit occurs every October at the general membership meeting. According to our bylaws there are four elected positions: President, Vice President,

Secretary and Treasurer. The President and Vice President are elected in even years and the Secretary and Treasurer are elected in odd years. This means each is a 2 year term. The nomination committee has nominated

Tyler Severy for President

Berndt Bittlingmaier for Vice President.

Floor nominations can be made at the October membership meeting.

KIT PARTY

There was no Kit Party last month or again this month due to a large inventory of Kits.

OCTOBER TRAINING

Octobers training is listed as TBD in the training schedule. It has been decided that it will be Rigging 1. This is the first of 5 classes. Rigging 1 is knots, anchors, raises, lowers, belays, rescuer harnessing and pig rigs.