

# LANCASTER FIRE DEPARTMENT

## TRAINING OBJECTIVES



### **TRAINING: ICE RESCUE**

**LESSON:** After taking all the necessary safety measures, cut two holes in the ice. One hole for practicing self-rescue techniques that would be necessary if a rescuer fell through the ice while en route to provide aid. The second hole would be used to practice ways to help a victim who fell through the ice. EMS will practice Identifying signs and symptoms of hypothermia and frost bite. They would practice appropriately assessing, treating and packaging for transport the Pt after removal from the ice.

### **EQUIPMENT:**

- Mustang ice rescue suites
- Life jackets
- Rescue alive sled
- Ropes
- Rescue slings
- EMS jump kits w/ O2
- Blankets

### **OVERVIEW:**

#### Ice Rescue

- Demonstrate knowledge of scene operations
- Demonstrate knowledge of different ice conditions
- Demonstrate knowledge of Reach, throw, row and go
- Demonstrate knowledge of donning and doffing of ice rescue equipment
- Demonstrate proper use of Rescue alive sled
- Demonstrate proper use of rescue sling
- Demonstrate knowledge of signs and symptoms of hypothermia and frost bite
- Demonstrate proper assessment, treatment and packaging of an cold water emersion Pt.

## **DESCRIPTION:**

### Ice Rescue:

1. An Overview of the scene on arrival tells us some of the things we should anticipate
  - a. If it is dark or it will be soon lights should be set up.
  - b. A rehab area and separate Pt treatment areas need to be set up with EMS at both.
  - c. Consider what specialized equipment will be needed from your department and what mutual-aid will be needed and call early.
  - d. Interview witnesses to find out as much as you can about the circumstances of the situation you are facing. Be sure to separate the witnesses as soon as possible.
2. Cover reach, throw, row and go:
  - a. Extend items for the victim to grab, such as a pike pole.
  - b. Throw a rope or other buoyant item to the victim if you are far away and are not ready to get closer
  - c. Use watercraft that can be rowed or any other specialty equipment.
  - d. Go in after the victim(s).
3. Member enters the hole and then tries to remove himself from the hole:
  - a. If the victim has fallen through the ice, the firefighter must be prepared to do the same.
  - b. Picks are used to pull the firefighter out.
  - c. Firefighter is removed by the rope to which he is tied.
  - d. The picks are kept handy, attached to the rescue suit.
4. In the second hole firefighters try to rescue a simulated victim:
  - a. A firefighter in a rescue suit is placed in the hole and instructed in the actions they should take.
  - b. Identify if victim can assist when given direction.
  - c. Have victim become frightened and fight the firefighter.
  - d. Have victim act unconscious and helpless.
5. EMS
  - a. Have EMS monitor for signs and symptoms for hypothermia and frostbite in rescuers, witnesses and victims.
  - b. EMS to be staged at the edge of the ice w/ cot, blankets and jump kit.
  - c. Appropriately assess, treat and package the victim for transport to hospital.
6. Critique
  - a. The instructors should conduct a review of the practical activities, discuss any problems observed, solicit student comments, and summarize the activities.

## **SUMMARY:**

### Ice Rescue

- Demonstrate knowledge of scene operations
- Demonstrate knowledge of different ice conditions

- Demonstrate knowledge of Reach, throw, row and go
- Demonstrate knowledge of donning and doffing of ice rescue equipment
- Demonstrate proper use of Rescue alive sled
- Demonstrate proper use of rescue sling
- Demonstrate knowledge of signs and symptoms of hypothermia and frost bite
- Demonstrate proper assessment, treatment and packaging of an cold water emersion Pt.

Review

**EVALUATION:**

All students are expected to perform all the practical skills to the satisfaction of the evaluators. Assistance should be provided when required.