Safety Plan

LOS ANGELES COUNTY SHERIFF'S DEPARTMENT

SAFETY POLICY – GENERAL GUIDELINES

It shall be the policy of the Los Angeles County Sheriff's Department to conduct all training in such a manner as to promote an attitude of safety among instructors and students alike. The efforts of all personnel involved in training shall be directed toward ensuring a safe atmosphere within which maximum training benefit can be realized.

I. STAFF/ADMINISTRATIVE RESPONSIBILITIES

A. Training staff shall provide advance notice to prospective trainees (and their agencies where applicable) regarding anticipated physical demands and/or physical performance expectations.

B. Training staff shall ensure that students are issued or are notified of their responsibility to bring proper training/safety equipment to class.

C. Instructors shall be provided with a copy of the specific safety guidelines pertaining to their course of instruction prior to the commencement of their class.

D. Training staff shall ensure that emergency communications (phone, radio or other means) are accessible at all training sites.

E. Training staff shall identify which medical facilities, and emergency services are available or subject to call in the event of an emergency or student injury.

I. INSTRUCTIONAL STAFF-TO-STUDENT RATIOS

A. Instructional staff-to-student ratios for each psychomotor skill area have been established. Factors considered in establishing these ratios included, but were not limited to:

- The intensity or pace of the training experience
- Student familiarity with the material
- Characteristics of the training site
- Injury potential
- Active versus passive participation

B. The specific ratios are identified in the individual course specific safety policies.

C. Reassessment of the staff-to-student ratio will be initiated when curriculum changes are proposed or when course structure is otherwise modified.

I. INSTRUCTOR RESPONSIBILITIES

A. The Lead Instructor or designee shall be responsible for conducting safety inspections of students, facilities and any equipment used for training.

B. Instructors should be aware of environmental factors such as weather, snow pack stability, air quality, and adjust the instruction as necessary.

I. The Lead Instructor or designee shall verbally review specific safety rules with students.

I. Specific safety rules shall be incorporated into lesson plans. Copies of safety rules shall be distributed to students as part of the course handouts.

E. Instructors shall advise students of their responsibility to report and/or stop unsafe actions during training.

A. Instructors shall display an attitude of safety and a professional demeanor at all times.

I. STUDENT RESPONSIBILITIES

A. Student shall immediately notify the training staff of any known pre-existing medical condition which is likely to be aggravated by, or effect performance during training.

A. Students shall be excluded from training when doubt exists as to the student's medical fitness unless evidence of medical or physical fitness is provided. The lead instructor has the final approval on whether the student is fit to participate in the training.

A. Students shall bring and/or utilize proper training/safety equipment, if applicable.

D. Students shall immediately notify a member of the training staff of any injury sustained during training.

A. Students are responsible for adhering to all safety requirements of individual courses.

I. RESPONSE TO INJURIES

A. In the event of an injury, the following actions shall be taken as necessary:

- Render first aid
  - Obtain appropriate medical assistance. In all cases where a student loses consciousness, an evaluation shall be sought from a competent medical authority before the student is allowed to return to training.
  - Initiate student emergency notification information and agency notification requirements.
  - Investigate and complete an employee injury report using Department approved reporting procedures.
  - Students who sustain an injury which requires treatment by a physician must obtain a medical release before they will be allowed to resume training.

I. COURSE-SPECIFIC SAFETY RULES

A. Specific safety rules and procedures for individual subject areas are attached. Specific rules vary due to difference in subject matter, tasks to be performed and the particular training environment or site.

LOS ANGELES COUNTY SHERIFF'S DEPARTMENT

SEARCH AND RESCUE TECHNIQUES COURSE

SAFETY POLICY – SPECIFIC GUIDELINES

I. Application

All Los Angeles Sheriff's Department General Safety guidelines apply to the Search and Rescue Techniques Course. The intent of these specific guidelines are to promote student and staff safety awareness in areas involving mountaineering and rescue training and to reduce the potential risk for injuries. Each training presenter/coordinator will be furnished with a copy of these guidelines.

All training instructors and instructional staff will be responsible for adhering to all applicable safety guidelines, policies and approved course outlines and lesson plans.

II. Safety Guidelines and Guidelines for Student to Instructor/Staff Ratio

- Students shall be briefed on any and all hazards particular to the site prior to the training.

- A daily inspection of the training facility shall be conducted to detect and correct safety hazards prior to any training commencing on site.

- Observe all safety precautions. Bring any unsafe condition to the attention of the Instructor in charge.

- No high angle techniques shall commence until an instructor is on scene and a brief is completed.

- All knots, systems, and anchors will always be "double checked" by a second instructor prior to any person depending on the setup to support them.

- All operations will terminate in case of an accident.

- All students shall be cognizant of on-going operations and any operation that may impact the safety of all students and instructors.

- The training site shall have a medical evacuation plan and paramedics on site

prior to any operation or training commencing.

- Instructors shall be constantly aware of the possibility of physical fatigue factors which affect the ability of the student to perform safety.

- Any student may stop the training at any moment if a safety issue is at hand.

- The course coordinator shall insure appropriate communications are available at the training site. These communications shall include as a minimum: (1) cell phone and (2) radios capable of base hospital, ambulance, fire and Sheriff's station communication.

- The student to instructor ratio shall be no more than 6 to 1 in classroom settings. In the field the student to instructor ratio will be 1 to 3.

- Prior to any airborne operations training a qualified member of the aircrew shall conduct a comprehensive site survey and give all students and instructors a thorough safety briefing prior to all training. Aircraft used in airborne operations should be adequately equipped and certified in accordance with federal aviation regulations. Two way communications shall be established and maintained between ground instructors and the flight crew during airborne training. Any participant, including the instructors, aircrew members or students, shall be encouraged to initiate a stop action if a hazard is observed or perceived. Students shall be instructed not to approach a helicopter whose blades are turning. A member of the aircrew shall give a positive hand signal or radio command to commence boarding operations.

C. Medical Evacuation Plan.

In the event of a student or instructor injury, the on-scene Los Angeles Sheriff's Department paramedics will provide treatment to the injured person. (Each instructor is a paramedic and will be on scene at all training.) If the injury warrants hospital care the Los Angeles Sheriff's Department paramedics will consult their base hospital via radio or cell phone and determine the appropriate hospital destination. They will then call in ground or air ambulance support as needed and accompany the injured party to the designated hospital.

I. Specific Courses of action in an Emergency

The below phone numbers and radio frequencies are to be used at the listed training sites. Additional assets will be listed should there be additional manpower needs.

Week 1- SEB/Classroom

In the event of any injury or illness, one of the two on-duty Paramedics/Course instructors will call on the radio or on the telephone and make the appropriate notification or request for additional help. This will be in conjunction the medical treatment that the two instructors/paramedics do for the

student/patient. (Note: Both Course instructor/paramedics have their Advanced Life Support Equipment with them at all times they are on duty. They are able and qualified to treat any patient the same as any other CA. licensed paramedic.)

Should the student/patient need transportation to a local hospital, the paramedics will contact either their Base Hospital radio room or MAC center for hospital availability and/or treatment questions they may have. Additionally, the instructors/Paramedics will call the below ambulance company or have Fire Dispatch make the call for them for a locally assigned ambulance to come pick up the Paramedics and the patient.

MAC (Medic Alert Center) 323-869-0578
Pre-programmed into our duty radio

LAC- USC Base Hospital- 323-441-7222

Los Angeles County Fire Department Dispatch Center (323) 881-2455
Pre-programmed into our duty radio

Ambulance Service from Care Ambulance (714) 828 7750
Will be contacted as a matter of normal course when contacting LACo FD

Week 1-Individual Rope Skills- City of Alhambra Fire Tower
City of Alhambra Fire Department (911) or (626) 570-5190

In the event of any injury or illness, one of the two on-duty Paramedics/Course instructors will call on the radio or on the telephone and make the appropriate notification or request for additional help. This will be in conjunction the medical treatment that the two instructors/paramedics do for the student/patient. (Note: Both Course instructor/paramedics have their Advanced Life Support Equipment with them at all times they are on duty. They are able and qualified to treat any patient the same as any other CA. licensed paramedic.)

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Ambulance Service from Care Ambulance (714) 828 7750
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Week 2-6 San Gabriel Mountains (Angeles National Forest)

In the event of any injury or illness, one of the two on duty Paramedics/Course instructors will call on the radio or on the telephone and make the appropriate notification or request for additional help. This will be in conjunction with the medical treatment that the two instructors/paramedics do for the student/patient. (Note: Both Course instructor/paramedics have their Advanced Life Support Equipment with them at all times they are on duty. They are able and qualified to treat any patient the same as any other CA. licensed paramedic.)

Should the student/patient need transportation to a local hospital, the paramedics will either drive the patient, hand off the patient to the local Basic Life Support Ambulance, or call in an Air Rescue helicopter(most probably Air Rescue 5 LASD). If Air Rescue 5 is busy, and Air Transport is needed, LACO FD would be able to assist in transporting the patient. Both Agencies have hoist capability.

MAC (Medic Alert Center) 323-869-0578
Pre-programmed into our duty radio

Los Angeles County Fire Department Dispatch Center (323) 881-2455
Pre-programmed into our duty radio

Air Support & Hoist Capability- Air Rescue 5 (Los Angeles County Sheriff Department) "Our" Emergency Services Detail dispatch working Frequency-SUD (pre-programmed in our radio)

Ambulance Service from Care Ambulance (714) 828-7750
Will be contacted as a matter of normal course when contacting LACo FD

Additional manpower available from Montrose Search and Rescue or/and San Dimas Search and Rescue Team

II. Safety Issues per Subject

Knots- Minimal potential for any rescue or potential problems.

Anchors- Minimal potential for any rescue or potential problems as related to the selection and tying up of any anchors or anchor systems. However, anytime the class will be using the state approved City of Alhambra fire tower, the students and instructors will be tied in (secured) to the tower if they are at any time in a potential fall area. While in the forest or any location with a steep hillside or cliff, the

students/instructors will be tied in to a safety point prior to approaching the edge area.

The students in the above scenario will be required to wear at a minimum a *sit* harness or most likely a full Body harness. This will be checked by an instructor prior to being allowed in/on the tower or next to a cliff.

The use of the Anchor or anchor system will be visually inspected first before any tension is applied to the anchor. This includes inspection of the harnesses, ropes/webbing, pulleys, and carabiners. Any high angle training will have a minimum of three instructors at all times.

Individual Rope skills- All rappel work (students and instructors) will be done with an approved mountaineering helmet. The rappel work will start off with students learning techniques on a fire tower. There will be an instructor standing next to the student on a separate rappel line and another instructor on the tower top providing instruction to talk the student through the technique. As listed in the Course Outline, the student will have an instructor doing a “fireman belay” from below (This is a safety that prevents any falls).

As the student progresses and moves to doing rappels off a cliff, the training areas that have been chosen were chosen as they are generally very solid and have little rockfall.
The students will be taught how to use a back-up prussick or runner to add to the safety factor.

Any rock-climbing skills will include having both the instructor and the student tied in at all times with an appropriate belay in effect when necessary or when it is deemed appropriate. This determination will be under the guidelines set forth by the American Mountain Guides Association.

Any rappel or climbing block of instruction will have a minimum of three instructors.

Litter rigging/patient packaging – Minimal danger potential. Any edge work on a cliff or a slope will use the same safety precautions as used with the above subject matters. Minimum of two instructors for any Litter rigging/patient packaging unless there is high angle work to been done, then there will be a minimum of three instructors.

Systems – The majority of this training will occur on a flat area where the students can set up various mechanical advantages using different combinations of pulleys and carabiners. Any actual practical application will include having a separate belay line which will be capable of holding the weight of the person(s) on the system. All locking carabiners will be locked and checked for security prior to putting a load on the system. Minimum of two instructors for any Systems training unless there is high angle work to been done, then there will be a minimum of three instructors.

Field Skills- Land Navigation will be conducted in an area that will have definite boundaries that are unmistakable (i.e. Large roadways, rivers etc...). This will prevent any possibilities of anyone ultimately getting lost. All students doing the land navigation course will be doing it in pairs of students. The students will have appropriate safety gear in their day pack (water, radios, etc.). Should any student suffer from any of the exposure type of maladies, appropriate medical treatment will be provided by the on-scene paramedics up to and including transportation to the appropriate medical facility.

The summer survival skills will consist of hiking through the forest with the instructor pointing out various

edible plants. Although there is value to personally tasting the various edible plants, it is not required and is totally voluntary. The same applies to the students learning how to obtain water in the wilderness.

Winter survival skills are covered in Alpine Skills.

Minimum of three instructors for any Field skills training.

Alpine Skills- The use of snow and ice equipment will be taught in conjunction with snow and ice travel techniques. Self belay and self arrest will be done with the student climbing up a moderate angle snow slope with sufficient run-out (flat area below). The intent is that of sliding downhill then catching their fall with the use of an ice ax. This is to be practiced to the point of instinct and from any bodily orientation the alpinist ends up in. Having sufficient run-out is a safety measure that provides the student a safe way to stop sliding if he is unable to self arrest.

Rope team techniques will be done with the students “roped- in” (tied on to a nylon rope at 20-30’ft intervals. As the team travels up and down steep terrain (snow or ice), the team of students will learn placement of snow pickets and ice screws. This will be a safe way to learn both fixed and running belays. Additionally as the team travels through snow country, Route selection and hazard recognition with regards to avalanches will be pointed out to them.

Winter survival will start with the instructor reviewing the student’s backpack and its contents. This is to confirm understanding of appropriate gear and attire that will go into the backcountry. Upon arriving at the predetermined campsite, the students will erect their personal tents and build a snow wall around the camp. Next task will consist of building an emergency snow cave which the student will ultimately use to spend the night in.

Avalanche victim searching will consist of the instructor hiding an avalanche beacon (on transmit mode) in the snow and the students using their beacons (on receive mode) to find the victim or in this case just the avalanche beacon. The students will then use their issued avalanche probes to poke through the snow to find a previously hidden backpack.

The snow and ice anchors class will be in conjunction with rope team travel portion of this block. On moderate slopes the students will make a snow or ice bollard to rappel from. For additional safety measures this will be done with an independent belay rope on the student in the off chance the snow or ice anchor fails. Minimum of three instructors for any snow and Ice training.

Helicopter Operations- With the use of Air Rescue 5 as it hovers at approx 50 ft, all students will do rappel training, hoist training, and one wheel deployments and recoveries. This will be under the direction of the on-duty crew chief. As a safety measure, the students will be belayed from below. Victim packaging and litter tending will be under the supervision of an instructor who will be on the ground watching the student rig the litter for the pick off and for other students who will be working the tag- line as the litter is guided into the helicopter. Minimum of one instructor in addition to the ESD aircrew.

Truck Operations- Any over- the- side Rescue Truck training will be conducted with the same precautions that are used as in the any of the above listed cliff training (edge tenders tied in, all locking carabiners checked locked, etc.). Additionally, the wheels to the rescue truck will be chocked for additional safety. Minimum of three instructors for any Truck Operations.

Field Training Exercise- This training will be done with a minimum of two instructors accompanying the students throughout the exercise. This portion of the training will be done to imitate real life situations and therefore will be done as the student feels is the most effective and safe manner to conduct the rescue. Naturally, the instructors will act as safety officers and call out and stop any potentially unsafe technique or practice.