

Brighton Ski Patrol - Annual Refresher – October 11 & 12 2008

This year's annual refresher will focus on "Cycle "A" of the OEC. The refresher will begin at 7:50 am October 11th –

Christ United Methodist Church
3300 South 2375 East - Salt Lake City
Please enter the building from the North doors

The refresher will consist of 5 stations. The patrol will be divided into 8 groups. Three stations will be 95 minutes in length – 2 stations will be 45 minutes in length. The following information will be a general outline of the weekend's events. Please review the events for each day!

Saturday – October 11th

- Available in the Morning
 - Juice, Coffee, Hot water for Tea and Hot Choc Muffins and Bagels (various spreads)
- Registration Area – Gym
- Note: There will be guests from other patrollers and Rescue agencies, Please extend them a warm welcome

• Outline of the Saturday's Events:

7:00 - 7:45 am Registration – gym
7:50 - 8:05 am Welcome – Review of Rules for the Day
8:05 - 8:40 am Awards – Patrol meeting
8:40 - 9:20 am **Burns – Care of thermal burns – Lee Moss**
9:20 - 9:40 am Break
9:45 - 1:00 pm Stations
1:00 - 1:25 pm Lunch
1:30 - 4:45 pm Stations
4:45 - 5:00 pm Q&A – Review
5:00 - 5:30 pm General Clean up of Church by all members

Station "A" – 95 minutes

Lead instructors: Kari Taylor
Station instructors: Patrick Eibs, Eileen Barlage, Larry Barlage
Scott Cheney, Tim Bachman

Topics:

- **Neurological Injury Management,**
 - **Transportation & Extraction**
 - **Log roll - Long axis drag – toboggan loading**

Station focus:

- Neurological Injury management. – the need to place a patient on a backboard (standing & prone), Position, Pediatric backboard, Straps, C-collars, scoop, traction,
- Scenario #1 will be part of the station
- Pediatric & Adaptive population considerations for topics above

Station "B" – 45 minutes

Lead instructor: Kevin Larsen
Station instructors: Greg Brown, Robyn Brown, Mike Wardle

Topics:

- **Oxygen and Airway adjuncts, Suction**
- Pediatric & Adaptive population consideration for topics above

Patrollers to demonstrate how to properly set up an O2 bottle. Select the proper delivery device and explain why. Review nasal and oral airways
Demonstrate suction device. The trauma pack will also be reviewed.

Station "C" – 45 minutes

Lead instructor: Miles Miya

Station instructors: Lisa Woolever, Chip Thorpe, Herb Lloyd

Topics:

- **Shock management**
 - Review of circulatory system
 - Types of shock
 - Contribution factors
 - Signs – symptoms
- **Specific injuries:**
 - Bleeding – Methods to control external bleeding – soft tissue injuries
 - Bandaging – techniques for head, torso, extremities
- Pediatric & Adaptive population consideration for topics above

Station "D" – 95 minutes

Lead instructor: Sheila Leeds

Stations instructors: Julie Semans, Kevin Semans, Jeff Belnap,
Kristen Barlage, Open

Topics:

- **Medical emergencies include assessments / vital signs**
 - If I am the first responder to a patient how do I obtain a focused history and perform a physical exam to identify a:
 - Heart attack * Stroke * Diabetes * Seizures * substance abuse
- **Snow sports Emergencies**
- Scenario #3 will be part of the station
- Pediatric & Adaptive population consideration for topics above

Station "E" - 95 minutes

Lead instructor: George Felis

Stations instructors: Sarah Malin – Craft, Laura Hoar, Roger Rains,
David Koenig

Topics:

- **Orthopedic Trauma – with assessment / vitals signs**
 - Upper extremity injuries: demonstrate how to properly assess and immobilize injuries to the shoulder, upper arm, elbow, forearm, wrist and hand. Demonstrate how to manage an open fracture prior to and during immobilization. Demonstrate how to manage injuries at or near a joint
- **Common outdoor injury management – with assessment / vital signs**
 - Focus on how to recognize and manage the most common outdoor environmental injuries – knee injuries and fractures of the tibia and fibula – Jiffy splint signs and symptoms. Understanding the mechanism of injury will play into the decision process
- **Cold injury management**
 - How does the body produce heat
 - Signs and symptoms of hypothermia – frostbite
 - Management of patients
 - Prevention
- Scenario #2 will be part of the station
- Pediatric & Adaptive population consideration for topics above