The following pages represent optional reference material that may be added at the back of a stack of forms in the ASRC Patient Record notebook. These pages could be printed on more durable waterproof plastic paper, rather than Rite-in-the-Rain paper. Unfortunately, plastic paper 2-part sets are not available.

**SAMPLE**

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Allergies</th>
<th>Meds</th>
<th>Pertinent history</th>
<th>Last ate/drank</th>
<th>Events prior</th>
</tr>
</thead>
</table>

**BCLS**

<table>
<thead>
<tr>
<th>Circulation</th>
<th>Airway</th>
<th>Breathing</th>
</tr>
</thead>
</table>

**3 Hs**

<table>
<thead>
<tr>
<th>Hypothermic</th>
<th>Hungry</th>
<th>deHydrated</th>
</tr>
</thead>
</table>

**AVPU Mental Status**

<table>
<thead>
<tr>
<th>Alert</th>
<th>Verbal response</th>
<th>Pain response</th>
<th>Unresponsive</th>
</tr>
</thead>
</table>

**Military MARCH 1° Survey**

<table>
<thead>
<tr>
<th>Massive hemorrhage</th>
<th>Airway</th>
<th>Respiration</th>
<th>Circulation</th>
<th>Head trauma/Hypothermia</th>
</tr>
</thead>
</table>

**Signs of Trauma**

<table>
<thead>
<tr>
<th>Deformities</th>
<th>Contusions</th>
<th>Abrasions</th>
<th>Punctures/Penetrations</th>
<th>Burns</th>
<th>Tenderness</th>
<th>Lacerations</th>
<th>Swelling</th>
</tr>
</thead>
</table>

**Peds ABC Triangle**

<table>
<thead>
<tr>
<th>Airway &amp; Appearance (Open/Clear – Muscle Tone /Body Position)</th>
<th>Work of Breathing (Visible movement/Respiratory Effort)</th>
<th>Circulation to Skin (Color/Obvious Bleeding)</th>
</tr>
</thead>
</table>

**Swiss Hypothermia Grading, and Treatment Guidelines**

**HT I:** Conscious, shivering
- Typical core temp: 35-32°C (95-90°F)
- Warm environment and clothing, warm sweet drinks, active movement.
- May be treated in field and released per medical command or per Group protocols.

**HT II:** Impaired consciousness, not shivering
- Typical core temp: 32-28°C (90-82°F)
- Avoid movement or head-up position, insulate, aggressive rewarming (hot packs, charcoal vest), warm IV fluids, warm humidified air or O₂ and cardiac monitoring.
- If SBP <90 mm Hg, or ventricular arrhythmias, or core temp <28°C (82°F), try for air transport to tertiary care hospital with cardiac bypass/ECMO (extracorporeal membrane oxygenation) capabilities.

**HT III:** Unconscious, not shivering, vital signs present
- Typical core temperature 28-24°C (82-75°F)
- Manage as per HT II, above, plus: if needed, invasive airway.
- If possible, air transport to tertiary care hospital with cardiac bypass/ECMO (extracorporeal membrane oxygenation) capabilities.

**HT IV:** No vital signs (check for 60 seconds for pulse)
- Typical core temp: <24°C (<75°F)
- Do not attempt/cease resuscitation (consult medical command if possible) if:
  - obvious signs of irreversible death
  - CPR not possible during evacuation, or unsafe for team
  - valid DNR order
  - avalanche burial ≥ 35 minutes, airway packed with snow, and asystole on monitor
- Manage as per HT II and III, initiate standard CPR
- May interrupt and resume CPR if needed during evacuation, as may survive despite pauses in CPR; might survive hours of basic CPR.
- IV or IO access, up to 3 doses of 1 mg of epinephrine IV or IO, and defibrillate up to 3 times.

Nontechnical and Semi-Tech Evac Calls

CLEAR! A call by The Belayer during semi-tech evacuations, uphill or downhill: the rope is clear of the tree or belay device and ready to switch over to the next tree or belay device.

DOWN FAST! Lower the litter down somewhat faster. Usually a call from The Litter Captain to The Belayer. The Belayer echoes.

DOWN SLOW! Lower the litter down slowly. Usually a call from The Litter Captain to The Belayer. The Belayer echoes. Whistle equivalent: 2 Short Whistles (NCRC standard: “Down,” ASTM rope rescue standard: “Down”)

Falling! I am falling, or the litter is falling.

Forwards! From The Litter Captain to the litter team: start carrying the litter forwards.

Haul! Pull on the haul line. Call from the member who has just reset the haul Prusik to the haul team. Whistle equivalent: 2 Short Whistles (NCRC standard, ASTM rope rescue standard: “Up”)

Ladder! In the context of toenailing a litter up a short steep bit, or across an obstacle, from the new Litter Captain to the litter team: keep your feet planted, and lift the litter a short distance up the hill or across or around the obstacle to where the two new litter bearers can grasp the litter rail.

Off Belay! From The Litter Captain, or a climber, or a rappeller, to The Belayer: I no longer need to be belayed. Paired with a call from The Belayer: Belay Off! (The Belayer always says the word Belay first.)

Off Rope! I am no longer attached to the rope. May be qualified, such as Off Rope Red! or Off Rope Line 3! May be used after a rappel, an ascent, or after being belayed.

On Belay! From The Litter Captain, or a climber, or a rappeller, to The Belayer: I am attached to the belay rope and ready to be belayed. Not a question. Paired with a call from The Belayer: Belay On! (The Belayer always says the word Belay first.)

On Rope! I am attached to the rope. May be qualified, such as On Rope Red! or On Rope Line 3! Used mostly for rappelling and ascending.

One-OH! In the context of a downhill semi-tech evac, from The Belayer to The Litter Captain and The Downhill Ropehandler: you’ve got about 10’ (3 m) of rope left.

Preload! In the context of a downhill semi-tech evac, from The Litter Captain to The Belayer; do not let any rope slip as we load the rope. The Belayer echoes.

Ready! [Pause] Down! Prepare to lower; sound off if not ready; pull out and squat to gently set the litter down.

Ready! [Pause] Lift! Prepare to lift; sound off if not ready; pull out to lift up the litter.

Ready to Ladder! In the context of toenailing a litter up a short steep bit, or across an obstacle, from The Litter Captain to the litter team: front four bearers, plant your feet, shift your hands back a bit, and the back two bearers peel off and move up the hill or across or around the obstacle to the head of the litter.

Ready to Rotate! During a nontechnical evacuation, from The Litter Captain to the next set of relief bearers: step back the tail and be ready to grab the back of the litter when we come through.

Reset! Drop the haul line and move the Z-haul Prusik back toward the load. Call from the member who checked that the ratchet Prusik has gripped the rope to the rest of the haul team.

Rock! Something is falling; something other than me (see Falling!). All echo.

Rope! I am casting a rope over a cliff or into a pit. Watch out, and also if you can, check to see if the rope made it all the way to the bottom.

Rotate! During a nontechnical evacuation, from the new back-left litter bearer to the litter bearers ahead: I and my partner have hold of the litter and it’s time to start shifting forwards on the litter.

Set! Gradually release tension on the Z-haul line until the ratchet Prusik is engaged. Call from the member best able to see that the team can make no more progress.

Slack! Let out some rope. May be quantified as, for example, Slack One Foot! The Belayer echoes. (Sometimes used instead of Reset! in cave rescue)

Stop! Meaning 1: In the context of a technical rescue or semi-tech evac, from anyone to everyone: major safety issue, everyone stop! Everyone echoes. Whistle equivalent: 1 Short Whistle (NCRC standard, ASTM rope rescue standard)

Stop, Stop, Why Stop?! Why has movement stopped? or, Why is progress delayed? Usually a question from The Litter Captain to The Belayer. Concern is that the lowering has stopped; the lowering rope has snagged, and a dangerous amount of slack may be developing in the upper portion of the lowering rope if The Belayer lets out more rope. Everyone echoes.

Tension! Take any slack out of the line but don’t lift or move the litter or climber. Usually a call from The Litter Captain or a climber to The Belayer. In technical rescue, may be Tension Main! or Tension Delay! The Belayer echoes.

Two-OH! In the context of a downhill semi-tech evac, from The Belayer to The Litter Captain and The Downhill Ropehandler; you’ve got about 20’ (6 m) of rope left.

Up Fast! Haul the rope/load up faster. Usually a call from The Litter Captain to the haul team. The response No <pant> Way! is not an accepted call. The leader of the haul team echoes.

Up Rope! From The Litter Captain or a climber: take in the belay rope; or, take in the belay rope faster if you can.

Up Slow! Haul the rope/load up slowly. Usually a call from The Litter Captain to the haul team. The leader of the haul team echoes.
STRUCTURE MARKING SYSTEM

Begin by using orange spray paint or lumber crayon to draw a 2-foot box. Then use the box to alert subsequent rescuers to building conditions or earlier findings.

☐ Damage is minor with little danger of further collapse. Structure is safe for search and rescue operations.
☐ Damage is significant. Shoring, bracing or removal of hazards is necessary.
☒ Structure is not safe for search and rescue operations. Remote search operations may proceed at significant risk. Safe havens and evacuation routes should be established.
← Direction to safely enter building.

HM Hazardous material is present. Type of hazard may also be noted.

☐ MARK WITH CHLORINE CATF-2 Write date, time, hazardous materials present and team identification on the right-hand side of the box. For example, this building was searched Sept. 1, 1995, at 8 a.m., chlorine was found, and the search was conducted by Los Angeles County CATF-2.

SEARCH MARKING SYSTEM

Search operations are currently in progress. (ORANGE)

☐ Personnel have exited the structure. (ORANGE)

Left quadrant – Team identifier.
Top quadrant – Time and date team left the structure.
Right quadrant – Hazards found.
Bottom Quadrant - Number of live and dead victims still inside the structure. Written in Black Marker or lumber crayon/chalk.