



Debrief

MARCH 2010



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The Monthly Newsletter of
Far North Search & Rescue
<http://www.fnsar.org.nz>

Next Training - **First Aid Full/Refresher** **March 27th 28th**

Where Tangihua Lodge, Whangarei. GR 1701986 6027583 (NZTM)

When Meet at Grants 0600Hrs Saturday 27th, There is another contingent heading down Friday Night.

What Refreshers returning Saturday evening, Full course attendees returning Sunday afternoon

Bring: Suitable footwear for outdoor use (no jandals), Indoor footwear, wet weather gear, Pens, Sun block and hat, Warm layers of clothing, Your SAR day pack; packed as if you were going out on a SAR callout, Your personal first aid kit, Personal medications, SAR Hi-Vis vest, sleeping bag, Toiletries etc etc. Course is catered (courtesy of NLSAR, thanks guys), Cutlery and crockery on site.

Those heading down Friday night will need to organise their own Friday evening meal.

Those doing full course need to complete the precourse workbook that has been emailed to you.

A reminder that this course is fully booked. If you're on the list, please make every effort to attend.

Next Meeting **7:30pm** **Wednesday 7th April** **Kerikeri**

At Proctor Library on Cobham Rd. Meeting room to left of main library doors.

Callouts:

Less than one.

Last Trainings

Team Tramp – Spirits Bay, Feb 20th, 21st.

Nine headed further north to Spirits Bay for a weekend at the beach!

Arrived at Waitiki Landing to meet the shuttle drivers, and have much amusement with the Far North version of Fawltly Towers involving egg for breakfast. Lots of egg. Everyone got egg, except the poor people behind us who had their egg taken from them...

Catch up with someone who was there for the full egg saga.

Many eggs and cups of tea later, we piled into the wagons and headed to the drop point. A great mornings walk, with only one hill ☺ and eagle rays in the shallows and fernbirds in the reeds to add interest.

Made camp at Pandora Bay, scattered amongst the reeds and manuka and various bods dispersed in search of kaimoana for dinner (I'll upgrade to 15kg fishing line next visit!). Glenn won the "Tarzan" award by merely walking out onto the rocks and picking up his fish!



CONTACTS *Pres:* Ian Ruddell 407 7932; *Sec:* Marilyn Buckley 407 4299; *Training:* Sue Field 407 8636
Many thanks to our supporters: **Kerikeri Outdoor Shop, Kerikeri & Stirling Sports, Waipapa**



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It subsequently ended up in an eclectic Thai curry that evening. Ghostly crayfish seen in pools vanished and the mossies were strangely absent.

Day two and an early start to beat the heat saw us make good time up onto the ridge which we were going to follow back to Waitiki. Some nice views of both coasts on the way, and the gorse wasn't too intrusive. Arrived back at Waitiki and downed cold beer and ice creams.



Thanks Glenn for organizing. The trip also served as a good reminder to keep those fitness levels up during the lulls in callouts.



MSC Training coming up

Abseil (Intermediate, 3 days) 17 April, 24 April, 1 May

Bushcraft (Intermediate) 1/2 May

Outdoor First Aid 15/16 May (Recommended for those who miss out on this months 1st Aid training)

Risk Management 22/23 May

FNSAR will cover costs for members to attend, but you will need to contact MSC in the first instance for bookings etc. Email Pauline at northland@mountainsafety.org.nz

Parting Shot

There is a DVD available for loan. 40minutes long, and covers the role of the Team Leader. Quite good, and ideal for new members to get an idea as well as budding TLs
Contact Pete if you're interested in viewing.

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**FIRST AID FOR NON-MEDICALLY MINDED PERSONS**

(Use these as answers on the First Aid course at your own risk....)

**Electrocution:** Is he/she still connected to the power supply? If so, SWITCH OFF THE POWER IMMEDIATELY. Electricity costs an absolute fortune, and it would be going to waste.

**Treating burns and scalds:** If the victim has spilt hot liquid over his/her clothes, then REMOVE CLOTHING IMMEDIATELY. You can never tell, the sight of you parading around naked may cheer them up and take their mind off their injury.

Remind the victim that worse things happen at sea. Cite drowning as an example.

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**Fractures and broken limbs:** Tie a splint to the victims leg and ask them to walk up and down for a few minutes. They will probably fall down unconscious, making the rest of your job easier. Do not move the broken or fractured limb as this may result in an abnormal position. However, if you're feeling daring, try pointing legs in the wrong direction, bending wrists through 180 degrees, etc. It really is amazing the number of fascinating contortions you can produce. Far better than Play-Doh.

**Choking On Food :** Try to dislodge the article blocking the victims windpipe by punching them hard in the stomach. Do remember to duck before the particles of food hit you in the eye, however. Call the waiter and ask for a 20 percent reduction on the bill. Make a mental note to order soup next time.

**Objects Stuck In The Eye:** Rinse the victims eye in lukewarm water. DO NOT USE SOAP AS WELL. Offer to pick the object out of the victims eye with your teeth. This usually results in the object mysteriously "going away" and not bothering the victim any more before you can get to it.

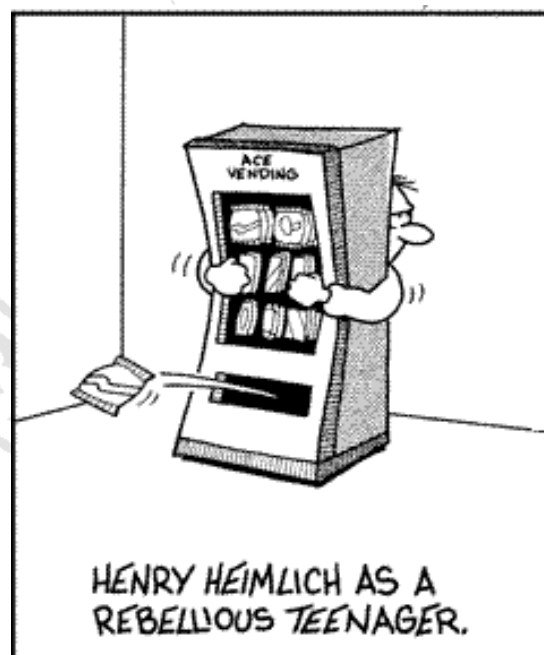
**Concussion:** Talk in Swahili to disorientate the victim a bit more. Yes, there's a whole bundle of laughs when it comes to concussion. Here's a good one: Before the victim comes round, switch off all the lights. When he/she regains consciousness, shout "Thank God! We thought you might be dead, or blinded or something!".

**Dog Bite:** Scold victim. Shoot dog.

**Nosebleed:** Apply tourniquet to patients neck

**Shock:** Grasp victim firmly by the shoulders and shake, shouting, "Snap out of it!"

**Toothache:** Alternate administration of hot coffee and ice cream.



Cheers!  
Pete