

When Extra Strength Is Needed

Lesson 6

Rescue Stories-Part 1
Chapter 33 Page 217
Isaiah 35:3 [*]



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Lesson 6

Part 1-A Training, a Rescue, and a Search

A Training

Practicing an Extraction at
San Antonio Falls



San Antonio Falls



<https://www.world-of-waterfalls.com/waterfalls/california-san-antonio-falls/>

Photo by Chris Brookhart-
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Training at San Antonio Falls in Mount Baldy.



Photo By Eric Spaeth-Used by Permission

- Working rope systems takes a concentrated effort on the part of every person.



Photo by Chris Brookhart-Used by permission

- To properly organize an over-the-side rescue a team needs someone or a team to:
 - set up a belay anchor system
 - Set up a main line anchor system
 - Operate the belay system
 - Operate the main line
 - A safety officer
 - An operations officer



Photo by Chris Brookhart-Used by permission

- To set up an off-set for the main and belay system
- Set up the over-the-edge system.
- To tie the litter to a main and belay line
- An attendant to the litter



Photo by Gordon Yee-Used By Permission

A Horizontal Raising system

- Usually, one attendant ties themselves into the litter system.
- Often the attendant has medical training.
- Sometimes other attendants will help the medic in strapping the subject into the litter.



<https://www.responsesafety.ca/rope-rescue/>

A vertical raising system

- This system usually requires two attendants.
- The litter is attached with a main and a belay line.
- The attendants are attached to the main line and then to the litter.
- We always have two points of attachment.

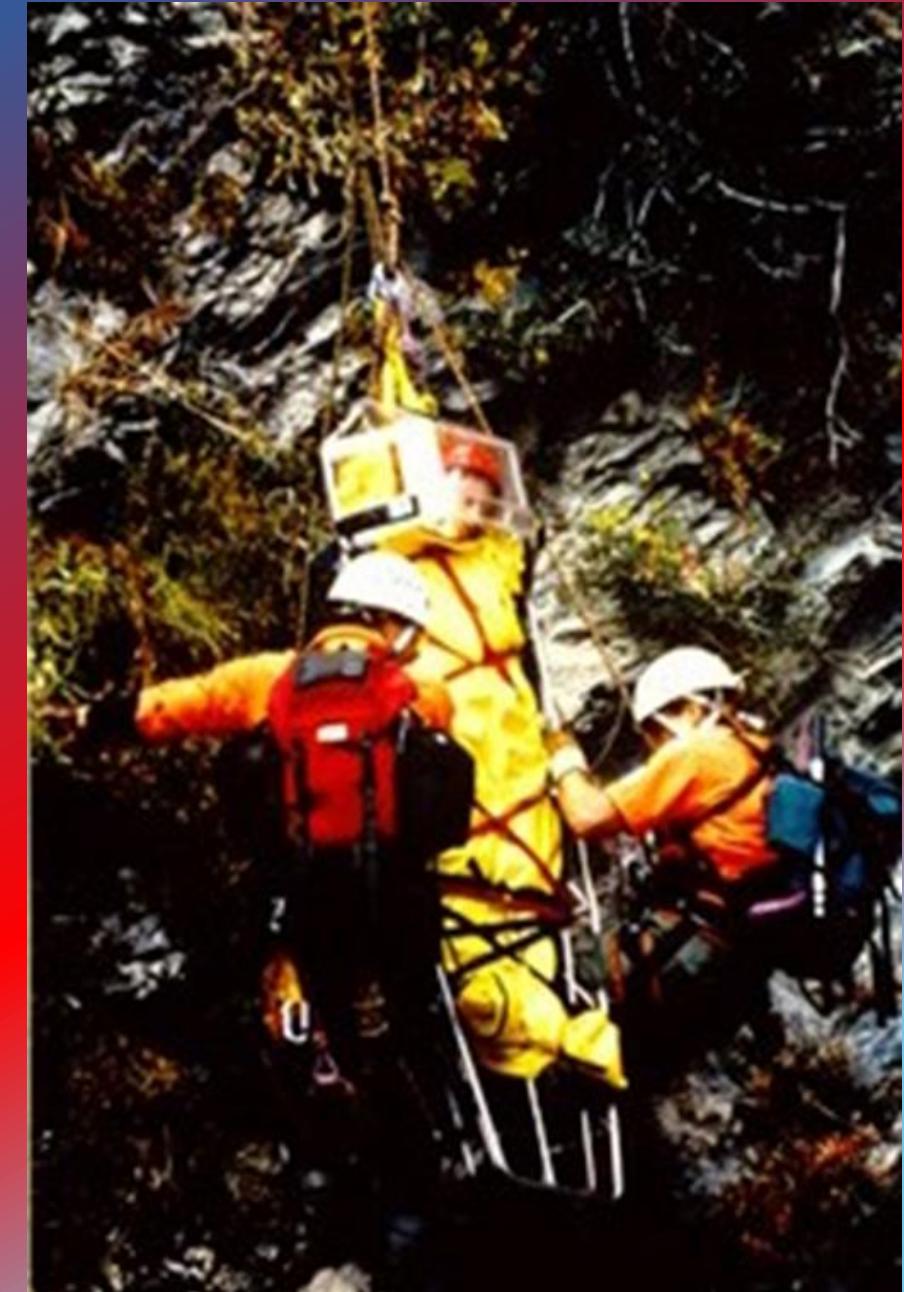


Photo by Chris Brookhart-
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An angled slope raising system

- Often an angled system will have up to four attendants.
- The medic stations themselves at the head of the litter.



<https://www.vaildaily.com/news/vail-mountain-rescue-serving-the-community-one-rescue-at-a-time/>

<https://4lowmagazine.com/winching-tips-tricks-techniques-estimating-winching-loads-winching-anchor-points/>

Various anchor systems

<https://www.firehouse.com/rescue/rope/article/10466088/anchor-systems-for-rescue-rope-deployments>



<https://www.youtube.com/watch?v=HFIMZoxi7Co>

<https://farat.com.au/ourcourses/rope-rescue/rope-rescue-ii/>

RESCUE OPERATIONS

MOUNTAIN RESCUE,
AUSTRIA

PETZL



Movie Slope-Mount Baldy

A Rescue

- Our team had put in several hours of hard training when dispatch notified us that a hiker had injured himself on Movie Slope.
- Movie Slope consisted of a steep rocky mountainside above Baldy's snow play area.



Photo by Eric Spaeth-Used by permission

- We referred to this slope as Movie Slope in the Mount Baldy snow play area.
- We instantly loaded our gear and drove to the staging area.
- We found our subject about 200 yards up the side.
- He had injured his leg and could not hike down.



https://venturefull.com/post/mount-baldy-sledding-snowplay-kids/#google_vignette

- Off-trail travel in the San Gabriel mountains can prove hazardous for cross-country hikers.
- The slopes, made primarily of decomposed granite, have steep drop-offs with sharp, jagged edges.
- Rock climbers find the San Gabriel's difficult to climb due to the decomposed rock faces.



Scree slopes
make for
challenging
carry-outs.



Photograph by Chris Brookhart-Used by permission

- We assessed the subject's injuries and packaged him into the litter.
- The downward climb proved very challenging trying to manipulate the weight of the subject and the litter and balancing ourselves down the scree slope.

<https://www.summitpost.org/west-side-scree-slopes/520239>



(*)
(_)

<https://www.vaildaily.com/news/vail-mountain-rescue-serving-the-community-one-rescue-at-a-time/>

- Scree slopes with added weight puts a lot of strain on the back, legs, arms, and ankles.



Photograph by Chris Brookhart-Used by permission

- A call came in for a lost hiker in Mount Baldy.
- The hiker apparently hiked to the top of Mount Baldy and inadvertently went down the north side of the mountain instead of going South by way of the Sierra Hut or Southeast by way of the Baldy ski lifts.



<https://i.ytimg.com/vi/pU5NtLZLvVo/maxresdefault.jpg>

- Three of us decided to hike to the top of Mount Baldy and down the north side.
- I seriously considered not volunteering for this assignment since we already put in hours of practice at San Antonio Falls, carried an injured hiker down several hundred feet of scree and now a grueling hike over the top of Mount Baldy.



<https://i.ytimg.com/vi/pU5NtLZLvVo/maxresdefault.jpg>

- Early evening had come upon us, and we knew that we had a long night hike ahead.



<https://californiathroughmylens.com/mt-baldy-moonlight-hike-bbq/>

- Once we reached the summit, we began our trek down the north side.



<https://www.outdoorproject.com/united-states/california/mount-baldy-summit-devils-backbone-trail>

- After descending the north side of Mount Baldy, we located our hiker among a set of low-lying bushes and trees.
- The hiker did not have any injuries.
- We decided to spend the night with him until morning hoping that aviation could come and extract us.



<https://www.outdoorproject.com/united-states/california/mount-baldy-summit-devils-backbone-trail>

- In those days, aviation did not have night vision so we had to wait until morning to determine if we could get a hoist.
- As morning approached a strong wind came in causing us much concern as to whether aviation would come and get us.
- We had a very long hike ahead of us if aviation felt the wind too strong to fly.



<https://www.nationalguard.mil/News/Article-View/Article/3379503/hoist-training-helps-idaho-guardsmen-maintain-readiness/>

Helicopter hoist-
definitely an E-Ticket
ride.

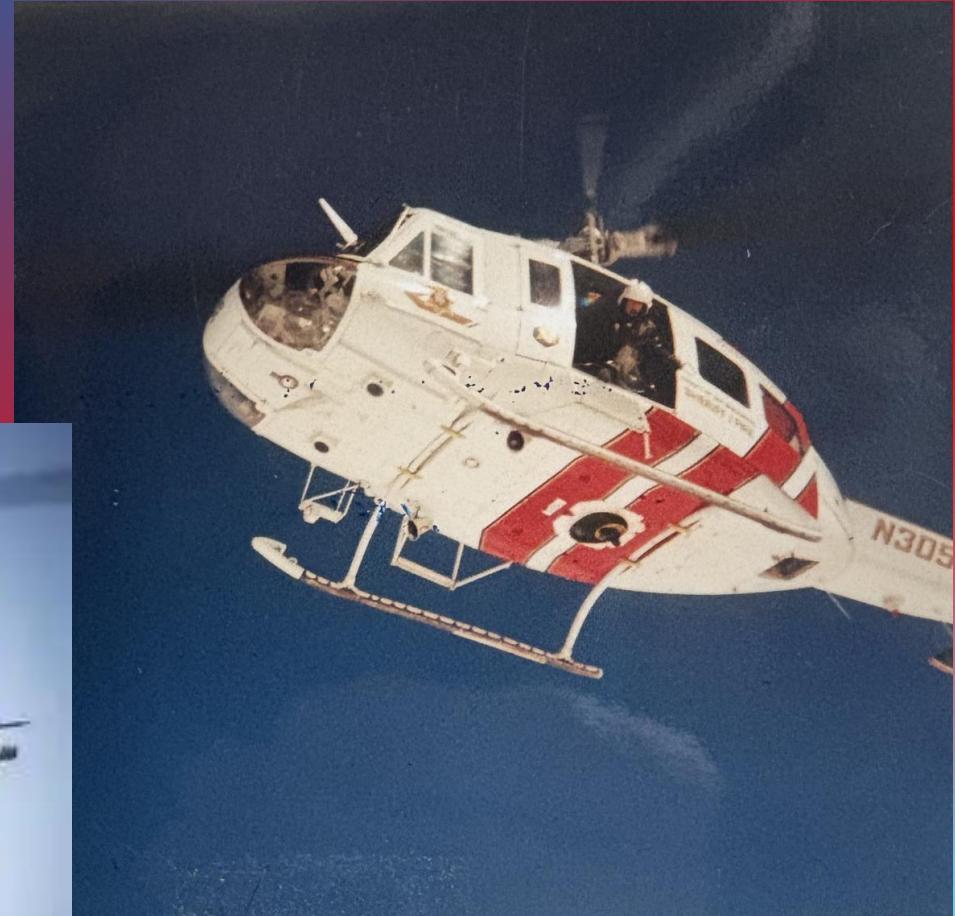


Photo by Eric Spaeth-Used by
permission

- As aviation prepared to make a fly-over the next morning, God suddenly calmed the wind, and we prepared ourselves for a hoist.



<https://www.defense.gov/Multimedia/Photos/igphoto/2003134055/>

- Helicopter extractions pose intense but exciting scenarios.
- Crouching underneath the powerful rotor blades and having dirt and rocks blowing against us required concentration and stamina.
- We secured all pack straps and left no loose equipment lying around.



Photo by Eric Spaeth-Used by permission

- Any unsecured item could fly into the rotor blades and cause the helicopter to crash.
- The deafening noise of the rotor blades made communication difficult.



Photo by Eric Spaeth-Used by permission

- The crew chief lowered one of the flight attendants with the necessary equipment.
- The attendant strapped a climbing harness to our subject and signaled the crew chief above, who then hoisted the subject into the helicopter.



Photo by Eric Spaeth-Used by permission

- Keeping the helicopter still while raising victims and rescue members presents a difficult challenge.
- Thankfully, the weather held, and we all got hoisted and flown back to the command post.
- The training, rescue, and search took a total of twenty-four hours.



Photo by Eric Spaeth-Used by permission

- After most missions, we usually felt a rush of emotion. Adrenaline would pour through our bodies and minimize the feeling of exhaustion.
- The blissful sleep we experienced when coming home from this particular mission definitely highlighted the perks of rescue work.



Photo by Eric Spaeth-Used by permission

- Sometimes, our Christian life can feel like a training, a rescue, and a search all taking place at once.
- Doing the Lord's work can sometimes bring exhaustion, fatigue, and burnout. I believe God wants us to experience blissful sleep or rest during times like this.
- Matthew 11:28-30 [*]



<https://www.vecteezy.com/photo/11316848-close-up-view-photo-of-bearded-young-male-fall-asleep-in-his-bed>





The
Guardian

<https://www.youtube.com/watch?v=yhKZCy41g5w&t=3s>

Wilderness Safety- Part 2

Chapter 39 Page 259

Psalms 40:1-2 [



Photo by Chris Brookhart-Used by permission

Snow and Ice Travel



Photo by Chris Brookhart-Used by permission

Snow Caves



Photo by Chris Brookhart-Used by permission



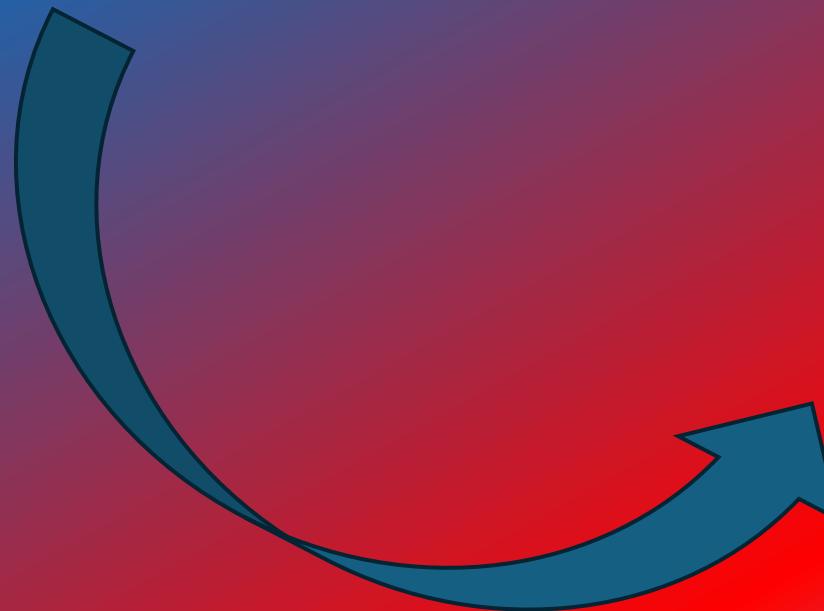
Photo by Eric Spaeth-Used by
Permission

Avalanche



<https://asktheman.xyz/>

The Ten Essentials



10 HIKING ESSENTIALS

Carry these essentials on all hikes for a safe and enjoyable experience.

- 1 NAVIGATION** – map, compass, GPS system, extra batteries
- 2 INSULATION** – waterproof/windproof jacket, hat, gloves, thermals, wool socks. Pack extra in case you get wet.
- 3 LIGHT** – headlamp, flashlight, lanterns, extra batteries
- 4 FIRST-AID SUPPLIES** – use a pre-made kit or build your own.
- 5 EMERGENCY KIT** – whistle, signal mirror, duct tape, pocket knife/multi-tool, etc.
- 6 FIRE** – matches in waterproof container, lighter, fire starters
- 7 NUTRITION** – choose high protein and high calorie items, and be sure to pack extra food.
- 8 WATER** – carry more than you think you need and a water filtration system
- 9 SUN PROTECTION** – sunglasses, sunscreen, hat
- 10 EMERGENCY SHELTER** – tent, space blanket, tarp

★ CARRY OUT WHAT YOU CARRY IN!

Hiking Mistakes-Page

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- Hiking alone
- Not telling anyone about their itinerary
- Do not have the proper equipment and clothing
- Do not have proper navigation skills



- Separate from the group
- Go off-trail or into out-of-boundary areas
- Lack proper physical fitness
- Do not heed weather warnings
- Have an invincible view of life



Picture by Gordon Yee-used by permission

Common Sense

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- If something doesn't feel quite right, it probably isn't.
- In other words, listen to your heart.



Picture by Chris Brookhart-Used by permission

Can you find Mervin?



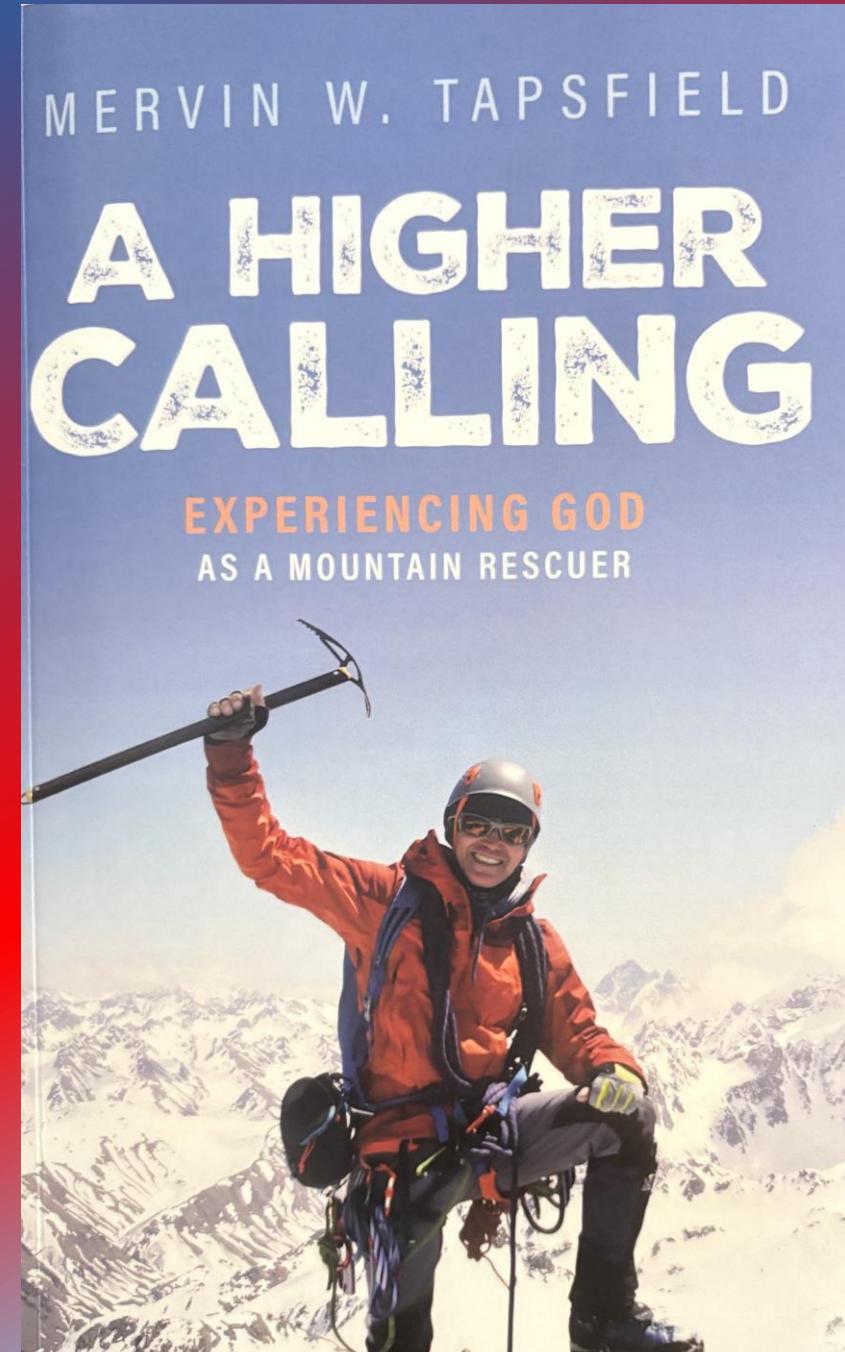
Clue-He's
looking
right at
you.

Spiritual Wrap-Up
Chapter 50 Pg. 315
2nd Peter 1:10 [*]

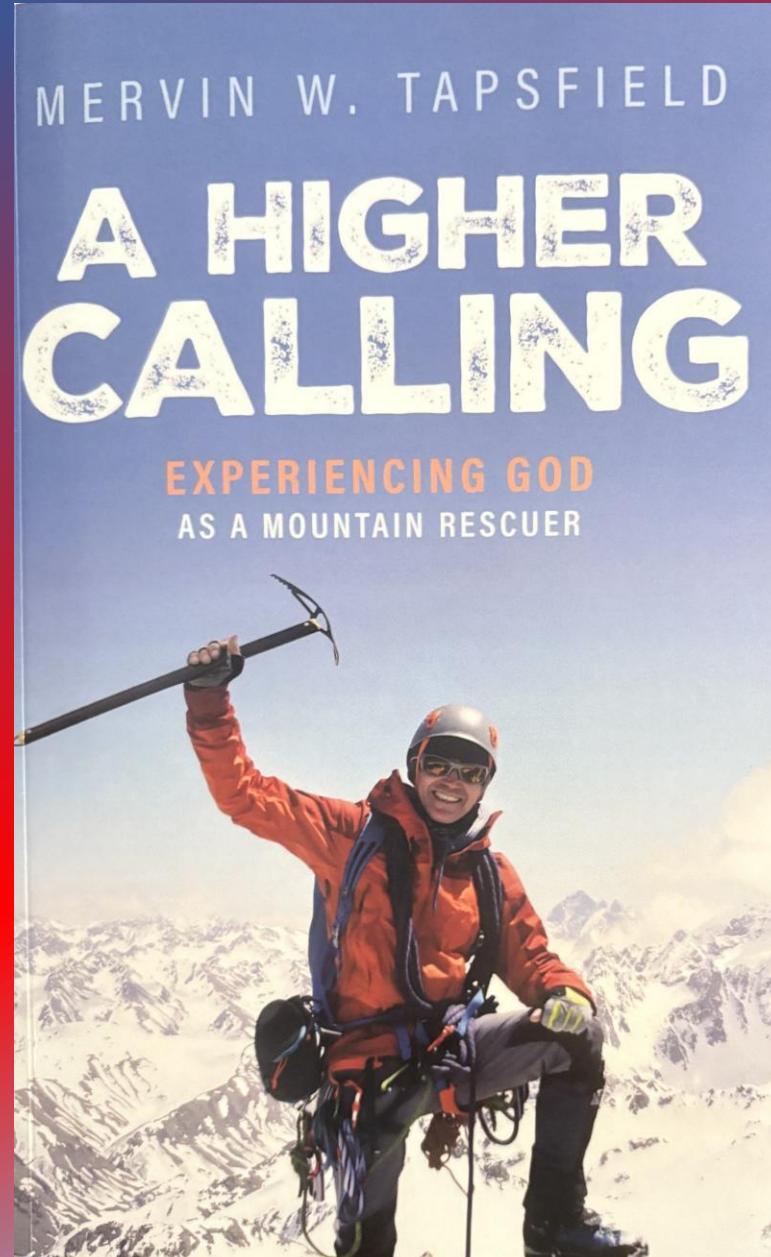


Photo by Chris Brookhart-Used by Permission

- I entitled my book *A Higher Calling* as a metaphor since I believe God called me to work as a high-altitude search and rescue member.
- *A Higher Calling* also conveys that God calls each of us to a higher purpose than what the world can offer.



- I encourage you to embark on your higher calling.
- Start today with a new purpose.
- Ask God to use you in ways unimaginable.
- Wake up each morning and ask God to show you what He has for you.



- Also, do not get impatient when your desires do not materialize or are not answered the way you want.
- Wait for God to move in your life.
- He has a much better plan than any of us could ever imagine.
- I want to ask whether you have asked God for the ultimate *Higher Calling*.
- Jesus states in John 3:16, “For God so loved the world, that He gave His only begotten Son, that whoever believes in Him should not perish, but have everlasting life.” (NASB 1995)

- If you would like to ask Jesus into your heart now, if you feel this deep desire in your heart, if you are saying to yourself, “Yes, this is what I want,” then, please pray this prayer with me.
- “Jesus, I know that I am a sinner, and I need your forgiveness. I ask you to come into my life and forgive me for all my sins. I give myself completely into your hands. Thank you for making me your son or daughter right now. Thank you for giving me your Holy Spirit to guide me throughout life. I know when I die, I will live with you forever. I thank you for answering my prayer, and I pray this in Jesus’ name, Amen.”

End---

John 16:24

...Ask, using my name, and you will receive, and you will have abundant joy." (NLT)

Isaiah 35:3

Encourage the exhausted, and strengthen the feeble. [^{*}]

Psalms 40:1-2

I waited patiently for the Lord; and He inclined to me and heard my cry. He brought me up out of the pit of destruction, out of the miry clay, and He set my feet upon a rock making my footsteps firm. [*]

2nd Peter 1:10

Therefore, brethren, be all the more diligent to make certain about His calling and choosing you... [^{*}]

Matthew 11:28-30

28 “Come to Me, all who are weary and burdened, and I will give you rest. 29 Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For My yoke is comfortable, and My burden is light.”

Over---

Philippians 4:11-14

- 11 Not that I speak from need, for I have learned to be content in whatever circumstances I am. 12 I know how to get along with little, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. 13 I can do all things through Him who strengthens me. 14 Nevertheless, you have done well to share with me in my difficulty.

James 5:16b

The **earnest prayer** of a righteous person has great power and produces wonderful results. [*]







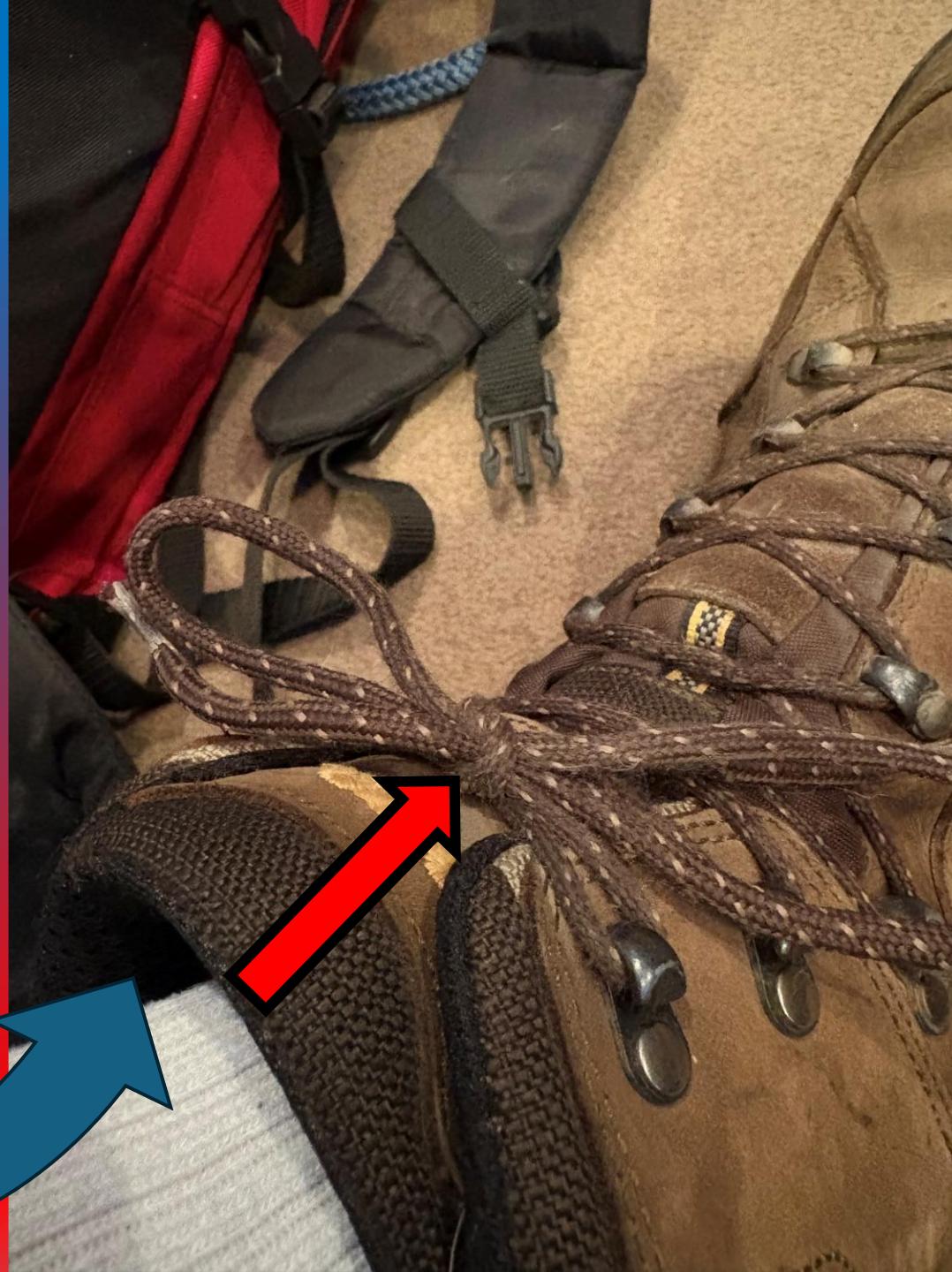
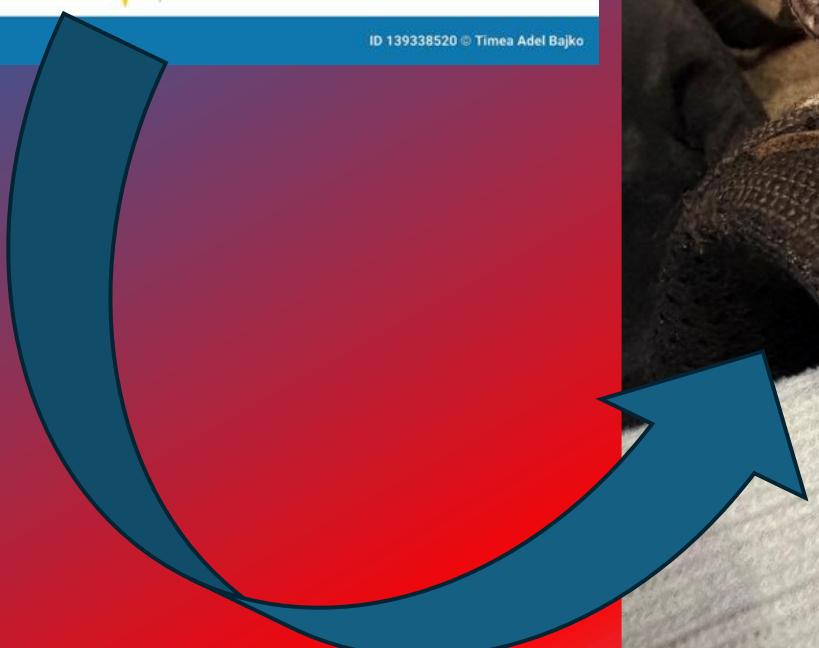
Strap down-not up

<https://animalia-life.club/qa/pictures/wagging-finger-clipart-bw>



dreamstime.com

ID 139338520 © Timea Adel Bajko



<https://www.pngplay.com/image/572316>









The bow knot will
not come undone.

(*)