

O-0102
PREVENT AND TREAT FATIGUE

CONDITIONS

Given a scenario in which the individual has been operating in the field for some time.

OJECTIVES

Recognize and react to fatigue symptoms in yourself and others.

TRAINING AND EVALUATION

Training Outline

1. Search and rescue operations are frequently conducted in adverse weather and terrain conditions and at night. These are all conditions that will accelerate fatigue in individual team members and leaders. At a minimum, team member fatigue results in reduced search effectiveness due to a lack of concentration. More serious results are endangering yourself and others in the field. Vehicle operators are especially susceptible to fatigue, sometimes with tragic results. The chances of field injuries are also greatly increased.

2. Fatigue symptoms should be recognized by all team members. Recognize them in yourself and others so that you know when you have to stop and rest. Some symptoms are:

- a. Inability to concentrate.
- b. Slurring words, incomplete sentences and speech patterns.
- c. 'Bloodshot' eyes and haggard expressions
- d. Inability to walk properly.
- e. Drooping eyelids.
- f. False energy or 'slap happiness'.

Individuals showing these signs are ineffective as searchers and represent dangers to themselves and other

3. Ways of preventing or relieving fatigue are:

- a. Taking frequent breaks or catnaps when not on duty.
- b. Eating light snacks through the day.
- c. Changing seating arrangements in vehicles regularly.
- d. Ensuring that team members sleep for as long as possible during the night or when off duty (at least 6 to 8 hours per night).
- e. Eating complete meals and ensuring adequate water intake.
- f. Sit, lay down, rest, sleep whenever possible.

g. Do not engage in unnecessary physical activity when waiting for an assignment.

h. Use the buddy system - assign members in pairs. Each member of the pair watches the other for signs of fatigue.

i. If a member of the team shows signs of fatigue, take them off duty and allow them to rest until they can be effective searchers.

Additional Information

More detailed information on this topic is available in Chapter 4 of the Ground Team Member & Leader Reference Text.

Evaluation Preparation

Setup: None

Brief Student: Ask the student to identify four fatigue symptoms, and three ways to relieve fatigue.

Evaluation

<u>Performance measures</u>	<u>Results</u>	
1. Identifies four fatigue symptoms	P	F
2. Identifies three ways to relieve fatigue	P	F

Student must receive a pass on all performance measures to qualify in this task. If the individual fails any measure, show what was done wrong and how to do it correctly.