

Mine Rescue Team Support for an Emergency: Preparation, Execution and Follow-up

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Mine Rescue Team Support for an Emergency: Preparation, Execution and Follow-up

- **Team selection**
- **Training**
- **Briefings and De-briefings**
- **Follow-up**

NEW MEMBERS

- Bring them up to speed without holding other members back
- 6 months minimum
- Medically fit
- Fit testing
- Right attitude and mental state

TRAINING


RESPIRATOR FIT TEST




TRAINING

- Train as close to real life as possible
- Train in real smoke, don't just black the masks
- Train for critical tasks and repeat, repeat repeat to develop muscle memory



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- **Build trust within team and in the perception of others**
 - **Cross train so you know the other person's role**
 - **Actively practice mutual aid – having them listed vs actually training with them**
 - **Reading the mine maps vs knowing the mine**

TRAINING

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- **Utilize diverse backgrounds (i.e., medics / engineers / mechanics / electricians / vent techs / rad techs / miners)**
 - **Confirm all qualifications are in place ahead of time**
 - **Many of the skills are the “use it or lose it” type**




TRAINING

- Know personal limitations (weak link in the chain). Cannot be the cause of a team endangerment
- Use of high vs low tech equipment
- Use of old vs new techniques
- Clear and specific mission directives



Before and During

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- **Work to your training, don't freelance**
 - **Communication protocols (3-way communications, phonetic alphabet etc.)**
 - **Awareness of team fatigue**
 - **Up to date maps and information**
 - **Prepare mutual aid teams**

Before and During

- Medical monitoring
- Debriefings, both mission and CISD
- Open communication channels with all levels of incident



After

Critical Incident
Stress Debriefing




- Use of a “quiet room” for teams to get their heads together
- Previous team helping to brief the next team
- Previous team helping management team to develop tactical objectives
- What worked and what didn't

QUIET ROOM

After



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- **Second guessing yourself – did you do the best you could do?**
 - **Having CISD, EFAP or similar programs in place**
 - **Everyone is different, onset of issues may vary. Cannot assume everything is over and done with as soon as the mission or emergency is called down**
 - **Have alternative members available**

After

Post Traumatic Stress Disorder

- Occurs in response to the direct experience of extreme traumatic / stressful events, or being witness to people involved in them
- Can occur immediately after a traumatic event or develop months or years after the event
- More than just the feeling of sadness, shock or anxiety after a traumatic event
- Typically between 3 and 9 percent of people will be diagnosed with PTSD

PTSD



Typical Symptoms

- **Intrusive memories**
- **Avoidance**
- **Emotional dampening**
- **Memory loss**
- **Disinterest**
- **Anxiety**
- **Insomnia**
- **Hyperarousal**

PTSD



Typical Manifestations

- ➡ **Trouble concentrating**
- ➡ **More time needed to complete tasks**
- ➡ **Being and looking tired**
- ➡ **Angry outbursts**
- ➡ **Substance abuse/addiction**

PTSD




Potential Treatments

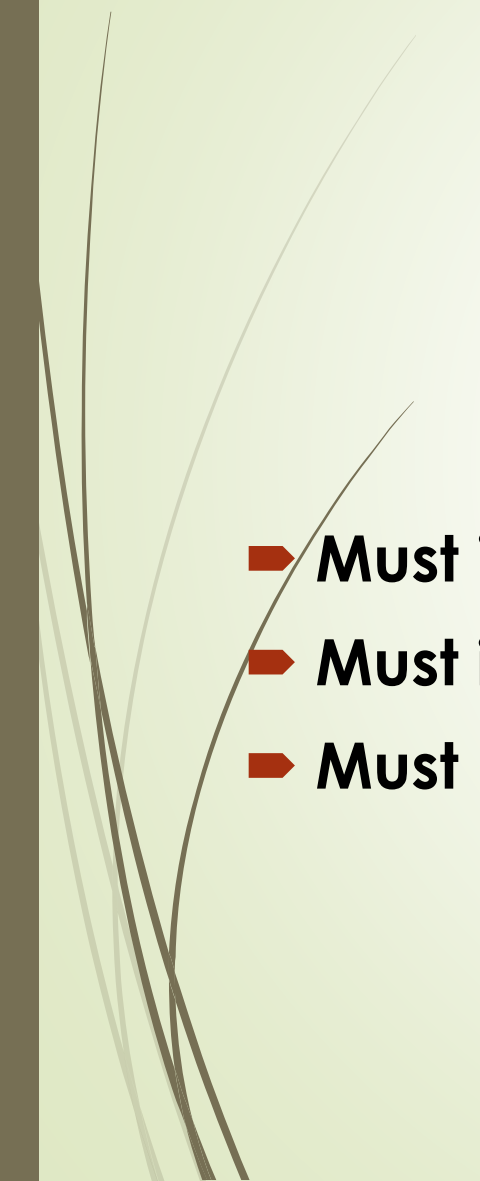
- **Time**
- **Talking with friends, family, co-workers, teammates**
- **EFAP**
- **Non-Trauma based Psychotherapy**
- **Medication**
- **Trauma focused Psychotherapy**

PTSD





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- **Must include all components of the program**
 - **Must involve all levels**
 - **Must be ongoing**
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References

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Comments / Questions

