 Personal Pre-Flight 5-10-07 ©Tim Kovacs IMSAFE Illness: No go. Medication OTC, etc. Maybe No go. Stress: family, personal, professnl. Probably No go. Abstain: Alcohol/drugs in system/hangover: No go. Fatigue: short/ long term, chronic. May be. Emotion: argument, stress, mental ill, stress event. Probably No go. Aircraft appropriate to mission Pilot approved for type of flight Flight Following used PPE and Buddy check Pilot briefed; mission, parameters, flight hazards Passenger/Safety Briefing done Report your total weight (with gear) You may refuse a flight Secure belt behind you before exit Aviate- Navigate- Communicate- Coordinate! Safety 5-10-07 Firebird: approach from side, NOT front Not from uphill. Not from rear. Keep Long objects low. 	 SAR Subject-Passenger Briefing5-10-07©Tim Kovacs Rescuer maintains positive physical control. Secure chinstraps, remove ball caps/hats No Smoking Never go behind of skids or approach fr rear Approach only when directed by crew or rsqr Approach / depart fr. side or front, crouching Approach in view of pilot Carry items below waist level Do not operate latches or handles w/o crew Stay buckled until told otherwise by crew Survival and First Aid Kits Emergency: Belts snug, PPE in use Keep away from flight controls Secure loose gear (should be none) Note exits, establish ref. point Wait till all motion and parts stop Rescue other passengers as needed Report to 12 o'clock position Note Extinguisher, Fuel & Batt Shutoff, Door jettison handles, punch out windows
Mission Pre-Flight Briefing & ChecklistPortable radios on low volume05-07Headlamps off, or, low & aim down©timkMission & trip expectationsApproach to & Departure from A/C (paths)If A/C comes down, where will PIC go?Storage of Equipment, Weight ReportHazMat, FirearmsPPESeat belt useFire Extinguisher & PurposeELT & ActivationBattery & Fuel ShutoffsEmergency ExitsExtra eyes & ears for crewHeadset/ ICOM/ Radio UseCrash PositionsAware of geographic position during flightPPESeat belt referenceStorage of Equipment, ReportBattery & Fuel ShutoffsExtra eyes & ears for crewHeadset/ ICOM/ Radio UseCrash PositionsAware of geographic position during flightPPEStorage of geographic position during flightPFD (SW Rsq or >shore glide)Survival Gear & PackSurvival Gear & PackSurvival Gear & Pack2	 Emergency 5-25-07 ©Tim Kovacs "Mayday, Mayday, Fox/ Mustang X at" Visor down, sweep mic Snug Belts, Adjust PPE Crash Position Splash: HEED? Splash: Locate handle, crack door Splash/Crash: 10 count/Parts stop Unplug Comm./ D/C Headset Confirm exit path is safe Open door, Unbuckle Splash: Swim away, then up; Inflate Vest Crash: Exit, battery & fuel off Activate ELT Assist others; Get a PAR Triage. Treat life threats Get needed equipment from aircraft Make Radio contact



Air & Tech Rescue-Situational Awareness

05-28-07 ©Tim Kovacs

Refers to your ability to;

- Maintain accurate perception of ext. environment
- Identify source & nature of problems
- Detect a situation requiring action

Factors that reduce situational awareness; Fix 'em or else No go!

- Insufficient communication
- Fatigue/ stress
- Task overload or task underload
- Group mindset (bandwagon...)
- "Press on regardless" philosophy
- Degraded operating or unity conditions

Prevent the loss of situational awareness;

- Actively question & evaluate mission progress
- Analyze your situation
- Update & revise your image of mission
- Use assertive behaviors when necessary,
 - Make suggestions
 - Provide relevant information w/o being asked
 - Ask questions as necessary
 - Confront ambiguities

Shut Off Engine

Cross neck whand

pain down

- State opinion on decisions & procedures
- Refuse unreasonable requests

Helicopter Hand Signals



12 Continuous Questions that Can Save Lives;

- 1. Is this flight necessary?
- 2. Is someone clearly in charge?
- 3. Are all hazards IDed? Made known?
- Should stop due to 4
 - a. Communications issues?
 - b. Weather here or coming?
 - c. Turbulence?
 - d. Personnel?
 - e. Conflicting Priorities?
- 5. Is there a better way to do this?
- 6. Driven by overwhelming sense of urgency?
- 7. All actions pass the headline test?
- 8. Are there other aircraft in the area?
- 9. Have an escape route?
- 10. Any rules being broken?
- 11. Communications getting tense?
- 12. Deviating from assignment, plan or flight?

WHEN IN DOUBT, DON'T 5-10-07

Adapted by Tim Kovacs © from Ken Phillips, Grand Canyon Ntl Park SAR

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Low to High Risk Continuum 5-25-07 ©Tim Kovacs

1. Ground Based Operation

- 2. Helo xport, LZ to LZ or HS to HS: Cold, Hot
- 2. *Hover ingress/ egress 3.
 - *One Skid ingress/ egress
 - **Toe in ingress, egress

9

4.

7.

8.

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Wave Off

Don't Land

10

- 5. **HeliRappel 6.
 - *Lowering equipment from helicopter
 - *Short Haul of equipment
 - **Short Haul of people
- 9. **Skid Ride 10. **Cable Hoist
 - * Higher Risk Methods
 - ** Highest Risk Methods

Factors Against High & Higher Risk Methods

- 1. Not/Minor Injured or is able to assist
- 2. Non Viable/ deceased
- 3. Non Human cargo
- 4. Non Critical Injuries
- 5. Non Critical Pt reasonably declines method
- Unpracticed or untrained air crew or responders 6.

Factors in favor of High Risk Methods

- 1. Life Threatening Injury
- Injured and fragile elderly or infant 2.
- Serious Hypothermia or Serious Hyperthermia 3.
- ↑exposure to mbrs in multiple hazard terrain 4.
- 5. Impending sunset + incoming bad weather but sufficient time to perform
- 6. Highly trained air crew and highly trained team

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Crew Member Pre-Flight 03-27-08 Perform Mission Preflight Checklist 0timk Log book Check in w/ crew; role, shift plans/events Signed on with Radio (dispatch) Wx forecast, A.D.s, NOTAMS, etc. Status of other SAR aircraft in central AZ PPE, Weapon(s) Replace EMS & O2 Kit with own/etc. Body Bag in rear comp (as carryall) Check AED, Glucometer Seasonal Pack, Water, Vest, Tech gear NVG check Cargo Hook (2,000 lb capacity) check Manual, PIC Mechanical & Electrical. Rappel Hard Points & Carabiners check FLIR check Consider SW Gear, Short Haul gear Check drop kit & FRS batteries. Consider Drop Kit Portable Com: Team, FRS, 800, Navcom, Sat Phone Consider frozen water bottle for a subject	 Wildland Fire Ops 5-10-07 ©Tim Kovacs Know their incident frequencies 5 Nautical Mile (NM) AO (area of operations) Helo: 500 ft AGL Air Tankers: 2,500-3,500 ft AGL Air Tactical Group Supervisor: 5,000 ft AGL Make radio contact at 12 NM Do NOT enter ≤7nm & no contact (no comm.) Common Frequencies Air to Air, A-G, G-A 123.025 MCSO "Search 8" splx 159.090, 127.3 tone MRA/SAR Mutual Aid 155.160 Fire Mutual Aid 154.280, 173.8 tone Weight Estimates 7/16" Static rope: 6.5lb/100ft Signals Siren Toot/Blast: Danger Light flash (night): OK to approach
Kadios 5-10-07 ©Tim Kovacs VHF 1 – ATC (Air Traffic Control) VHF 2 – Air to Air TAC 1 – Search, etc. TAC 2 – TAC 3 – 800 mHz NVGs 11-07 timk - Lanyard - Helmet mount - Batteries & Adjustments	
 Prep cockpit front & rear Rear monitor to NVG screen: • ▼ + Video, select NVG 	16

FLIR X000	02 27 08 @
 Pre-Flight Inspect cables, connections, visible Ensure control unit is off Inspect lenses (Stby, Reset) Don't force elevation axis when brained 	damage ke applied
 Power Up Verify stable aircraft power STBY (OK to leave on STBY all th IR Cooler starts in ~15 secs. Prefer 5-7.5 min cool-down Airborne 30 feet+ asl: Power On. Perform initial menu setup if needed 	e time) leave on. d
 Shut Off ~100mtrs agl hangar: STBY Power Off (takes ~15 secs). Reset? Power down Aircraft Reset FLIR? 	
 Post Mission Check visible damage Clean Lens, w/ turret on (cotton, lens o Water or isopropyl alcohol. Low press Reset 	s tissue, microfiber) ssure air ≤90psi
FLIR 8000 (2 of 2) Camera • Power on if not already • Select CCD (trigger button) • LLTV= Low light TV	03-26-08 ©timk
 Calibrate Calibrate when image noisy, temp of after 2-3 hrs of operating Wait for IR to be cooled Shift + CAL/AF to calibrate 	changes, &
 Calibrate Calibrate when image noisy, temp of after 2-3 hrs of operating Wait for IR to be cooled Shift + CAL/AF to calibrate Misc. Rate Mode: stays on target Heading Hold: points from nose Position Mode: goes home Polarity (Black hot/White hot): Pol/ Gain=Contrast Level=Brightness 256 shades of gray 	vhanges, & LLTV
 Calibrate Calibrate when image noisy, temp of after 2-3 hrs of operating Wait for IR to be cooled Shift + CAL/AF to calibrate Misc. Rate Mode: stays on target Heading Hold: points from nose Position Mode: goes home Polarity (Black hot/White hot): Pol/ Gain=Contrast Level=Brightness 256 shades of gray 	hanges, & LLTV 18

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1. Convince 'why SH' vs. 'why not short haul'	Other:
2. Appropriate aircraft w/ qualified pilot:	Fox/ M 1 Fox 3/4
a. No? No go.	1. Depart. Base Pressure Alt Temp
b. Yes: Weather & lighting permit the	2. Destination Pressure Alt. Temp
technique?	3. Helicopter Equipped Weight
c. No: No short haul.	4 Flight Crew & Gear Weight
d. Yes: Load Calc done? W/n limits?	5 Fuel Weight (rals \times 7 lbs =)
e. No to either: No SH.	5. 1 def weight ($\frac{2}{4}$
f. Yes: Does Pt meet any 1 of these criteria?	0. Operating weight $(5+4+5)$
g. ALOC, Airway/ Cardiac Probs, Serious	7 Computed Gross Weight
Fx, Fall > 20 ', Unstable Vitals,	9. Eined Wt Deduction
Significant MOII	
h. Yes: Short Haul only if safe.	9. Adjusted Weight (7 minus 8)
i. No:	10. Takeoff/Landing Limits
i. Forecast call for \downarrow weather?	11. Selected Weight
ii. Safety prob for a ground evac?	12. Operating Weight (line 6)
iii. Grd evac pose >risk to rescuers?	13. Allowable Payload
iv. No: Short Haul only if safe	14 Passengers & Cargo Wt
v. Yes: Grd evacuation to LZ or CP.	
From: Tom Pendley, TRT FOG	
	15 A start Dealer 1
	16. Actual Gross Weight 21
$\frac{19}{2}$	
Step 2/3. Rescue Risk Flight Score Guide	Complete for all rescue flights. Repetitive flights: 1 calculation is
for Type III Helo. 5-10-07. Tom Pendley	¹ valid between like points of similar evacs as long as loads do not
Day Points	exceed that authorized by calculation for the initial flight, and
Day 1 Night 5	weather conditions do not change.
Wind Speed in Knots (per pilot)	Pilot usually completes 1-13. Balance can be completed by Pilot
10-15 knot steady wind = best performance 0	of Henspot Manager.
0-5 knots 3	1. Read altimeter set to 29.92
Gusting more than 10 knots over base speed +5	2. Use MSL/ Elevation
Gusting more than 15 knots over base speed +10	3. Empty weight of A/C + wt of accessories required for
Type of Use:	mission + weight of oil. Meight of Pilot Flight Tech Rescuer(s) + personal gear
Normal 1	5. AvGas = 6 lbs/ gal. JP = 7 lbs/ gal
Special 10	6. Add 3, 4, and 5
> 800 lbs	7. Obtain weight from A/C's HIGE chart using XLoad
600-800 lbs	chart if available. XLoad missions, adverse terrain or $\frac{1}{10000000000000000000000000000000000$
400-600 lbs	8 Enter applicable weight reduction for helicopter model
200-400 lbs 5	9. 7 minus 8
Air Temperature:	10. Enter applicable Takeoff and Landing Weight Limit as
$\leq 80^{\circ} \text{ F} (27^{\circ} \text{ C})$	found in Limitations section of a/c Handbook.
80-100° F (27-38° C) 2	11. II line 9 > line 10, may use line 9 for jettisonable loads.
$\geq 100^{\circ} \text{ F} (38^{\circ} \text{ C})$ 5	12. From line 6
Total Saava	13. Max allowable weight (passenger &/or cargo that can be
5 10 = I ower Rick $11 20 = High Rick$	carried for the mission).
3-10 = LOWCI KISK $11-20 = High KISK$ $21-30 = Extreme Risk$ $>30 = No go$	14. Passenger Weights &/or type & weights of cargo.
21-50 = LAUCHIC KISK 20 = 10 g0	15. 10tal all weights listed in item 14. 16. Total of weights in 12 & 15. Must not >line 11 22
20	

3/3 Load Calculation Guide 5-10-07 © Tim Kovacs BH-407 Fox 1/N905MC: 3289 lbs. Mustang 1/ N407BB

Insertion & Extraction by Heli-Rappel or Short Haul – Considerations in Favor 08-31-08 ©TimKovacs

- Lack of safe landing area near scene
- Pt safety & possible medical complications
- Available daylight source
- Rescue personnel available
- Location- terrain and distance
- Approaching bad weather
- Ground personnel high(er) risk exposure in given ground evacuation
- Tactical advantage

Abbreviations

SH = Short Haul POA = Point of attachment

CHAL = Cargo Hook Attachment Line CC = Crew Chief (AKA Spotter)

PIC = Pilot in Command

SW = Swift- and Flood water

LSA = Load Sharing Anchor

RIC = Rapid Intervention Crew (Helo crash rescue)

- 4 Hard Point Carabiners in rear cabin
- CC POA: pickoff strap, carabiner(s)

Rappel Ropes

2x 100' 7/16" Static, reg. stuff, tied in bag, 2 loop Fig8

Short Haul Gear

- Duct Tape
- Belly Harness with CHAL. FAA Cert. to 1,000 lb, tested to failure at 9500 lbs.
- Load line, desired length, reflective flag
- Capture Ball, master carabiner

Bauman Gear

- Bauman, Trifold Board, Spider, Tape, C-collar
- 4 Trash Bags, Suction
- Trail Line, 200' x 6mm. Weak link to TriLink (only when attended, attendant d/cs)

Misc. Gear, per mission

- Pickoff Harness/Screamer, Helmet
- Survival Kit; Hypothermia Kit

SW Gear

- PFDs, Wetsuits, Dry Suits
- 50' Load Line (to hook, no belly harness)
- Emergency option; Load line/rope, Capture Ball, Cinch Collar/ Rsq Strop to rappel points

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 Crew Chief X-Load Prep Checklist 8-31-08 @Tim Kovacs Strip a/c. Remove Doors as needed. 1+ helmet friendly headset(s) ready in back Tape tub. Rig. SH of SW, Bodies, & Gear: load line to hook only Secure all loose/weak gear & seatbelts Test hook x3: Outside Manual PIC Mechanical PIC Electric. Test Capewell Cutting device ready Other Gear as needed (see next lists) 	 Skid Rider POA 09-12-08 ©TimKovacs Both rappel hard point carabiners in Long Adjustable (Purcell, etc) w/ twist lock carabiner Clip into both carabiners (LSA & capacity reasons) HeliRappeler Checklist Buddy Check on grnd. PPE, gear, radio check. Report lbs. Pack on back or to leash? Headset on. Secure into device, lock off. Seatbelt, buddy check Order to deploy ropes, confirm reach ground. Order to skids, Dc headset & seatbelt, Eyes on partner. Order to rappel. Eye contact between Partner, CC & Ground Do not hang up device on tub Partner "Leg Lock"; About 5 fps. SRT: rope between legs Through 10' signal I rappeller always looking up. D/C, OK, move to protection Bottom belay when available Review CC HeliRappel checklist
24	 CLIMB for emergency clearance of obstacles Short Hauler Checklist Buddy check PPE, gear. Radio chk. Trail Line? Report lbs. Hook in, OK signal, through 10' signal Regular eye contact w/ CC, Pt, rigging, surroundings D/c, 1 always looking up, OK signal, move to protection 50' clearance before Forward Flight Ground calls height x1 on departure & final CLIMB for emergency clearance of obstacles

9-02-08 ©Tim Kovacs

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XLoad Rigging Gear

Misc. Rigging 09-02-08 ©TimKovacs Improvised Belly Harness

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- X Cabin Multi Loop Strap (rear Comp blue bag)

- 1. When commercial rig unavailable or suspect or aircraft w/o cargo hook
- 20+ ft of 7/16" or greater static rope 2.
- 3. Double grapevine to secure ends. Ends inside aircraft.
- 4. Cutting surface
- 5. 44" (B407) CHAL rope or webbing
- 6. Load ring can be figure eight on bite, etc.
- Add retrieval line 7.

Improvised Load Line

- 1. When commercial rig unavailable or suspect.
- 2. \geq 7/16" to desired length.
- 3. New, stiff rope can cause High Frequency Vibrations to Aircraft. Advise PIC.
- 4. Figure 8s at ends
- 5. Autolock or screw carabiners
- 6. Reflective flag
- 7 5-10lb weight or capture ball

Cargo Letdown

- >8mm rope of desired length 1.
- 2. Friction device or pulley & prusik to rappel hard points
- 3. Cutting device ready

Securing Litter in Aircraft

10-10-07© T im Kovacs

- Doors removed
- Sideways, feet hanging out
- Use Seatbelts, webbing or cordelette to hard points
- Air Rescue Tech/Medic inside aft facing seat, harnessed w/ safety strap (pickoff strap, multi-loop strap, etc.).

Bambi Bucket

- 108 gal. @ 8.8 Lbs/Gal = 950 lbs
- Usually at 70%: 76 gal = 684 lbs _
- 50 & 100 ft lines _
- Ensure Load Calc & recon at site
- Remove PIC door
- Ensure cables, straps, buckles lay OK
- Connect rig to hook
- Connect Plug & Tape _
- Test manual & electric releases
- Rig weight:



4. Brief. Discuss Plan & ECAs/Escape Route, # of rappellers...

CC HeliRappel Checklist Part II

- Rappel Lines attached properly. 2nd inspector. 1.
- 2. Cutting device ready
- 3. Spotlight fuse pulled (nighttime)
- SH Load Line clipped to XCabin, as needed. 4.
- 5. Rappel Ropes in bags, secured inside a/c.
- Rescuers PPE, Seat-belted for Pt A-B, headsets 6.
- 7. Rescuers secured w/min 1 POA for final approach
- 8. Rappel devices rigged properly, locked off
- 9. Emergency procedures & route known to all. Go/ No Go
- 10. PIC: Altitude, Heading, "Proceed with Rappel".

HeliRappel

- Signal Rsqrs; undo & redo seatbelts; DC & Stow Hdsets 1
- CC-PIC: Ready to deploy ropes. Signl Rsqrs: deploy ropes. 2.
- 3. Rsqrs & CC confirm ropes reach ground. CC advise PIC
- Signal Rsqrs & advise PIC, "Going to Skids" Signal Rsqrs & advise PIC, "On Rappel" 4.
- 5.
- Give PIC directions to target & distance of load to ground 6. ("through skids", etc.)
- 7. Rsgr: Through 10 feet signal, OK signal when clear.
- CC PIC; Load is clear & how far to lift to clear obstacles. 8.
- 9. When clear Flight Path and of Obstacles, advise PIC, "Secure for Forward Flight".

- 1. Crew Chief PPE. Hot ICS
- 2. X Cabin line & Crew Chief POA
- 3. Air Recon, Power & Hover Check, Load Calc
- 4. Brief. Discuss Plan & ECAs/Route
- 5. Use of Trail Line? (only w/ attendant who must D/c)
- 6. Bodies: no attendant

CC Short Haul Checklist Part II

- SH Harness proper, 2nd inspector. Capewell exposed. 1.
- Cutting device ready 2.
- 3. Spotlight fuse pulled (nighttime)
- SW: DC Electric Hook release 4.
- 5. SH Load Line looped & clipped to XCabin.
- Ground Rescue Site Communications 6.
- 7. Rescuers PPE & Comm check
- 8. Emergency procedures & route known to all
- PIC: Altitude, Heading, "Proceed with Short Haul" 9.

Short Haul Retrieval from & Deployment to Ground

- Load Line deployed, reaches, end visible 1.
- 2. Rsqrs, CC, PIC: Confirm load weight
- 3. PIC in high, stabilize load, bring line down w/ CC assist
- 4. Rsqr Buddy check PPE, riggings, comm.
- 5. Hook up (2 rsqrs, 1 looks up), Buddy Check, OK Signal
- Through 10' signal & advise PIC 6.
- 7. One report from ground on height of load & obstacle clearance. D/c attendants first, then litter/ package.
- 8. CC direct PIC when clear & how far to lift to clear obstacles
- 9. When clear Flight Path and of Obstacles, Lines, in, advise PIC, "Secure for Forward Flight". 30

CC HeliRappel Checklist Part I 8-31-08 TimKovacs ©

- Crew Chief PPE, Hot ICS 1.
- 2. X Cabin line & Crew Chief POA

X Load (HeliRappel & Short Haul) ECAs 08-31-08 ©TimKovacs

Emergency; Aircraft w/ Power & Control (warn light, gradual pressure loss, hydraulic pump fx...)

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 PIC may opt to continue mission, then makes precautionary landing, notifying CC, Load & Ground PIC may advise CC to signal rappellers to max speed to beat rope being cut. If SH, prepare for hard landing. Rsqrs then DC ASAP & seek protection. Emergency: Loss of A/C Control or Engine Failure (tail rotor, transmission, compressor, engine Fx) PIC pre-establish with CC & Rsqrs which direction PIC may go. Rappellers descend & D/C ASAP & seek protection. PIC or CC may cut ropes / jettison load at any time. Comments If load within 10' of ground, consider jettison/cut Signal Rsqrs "Cut" signal so they can also DC/ unhook, etc. OR Signal Rsqrs to lock off, into short haul mode, prepare for hard landing PIC may try to land to side of load OR If rappeller w/n reach, consider securing w/ strap Jammed Descender Lock off & Clear & continue rappel OR Lock off, tie off, cut or control rope below, signal for SH to ground & clear. 	 With proper a/c & crew, Helo may be considered in place of any of above; One skid to victim, SH victim/Rsqr to safety. SH Rsqr to victim, SH both to safety. Swim/ Boat Rsqr to victim, SH both to safety. Extract victim via one skid or low hover. CC lowers cinch collar or Rsq Strop to capable victim. Use a trained ground observer w/ comm. To A/C. Employ all other SW tactics: up-streamers, downstreamers, plan b & c, control water flow, Air scout 1 mile down river for hazards, etc. Follow Short Haul checklists Confirm Emergency Plans for ICOM Fx, Rsqr Swept Away, Hook Fx, Power Fx Confirm all hand signals PIC turns off all radios except ATC & Rsq Channel Discuss considerations of technique to be employed, per DPS and Team manuals; In vehicle, in waterway, moving water On vehicle or object, in waterway, moving water Subject drifting with current in waterway.
 Short Haul ECAs 09-02-08 @TimKovacs Load w/n 10' of ground, consider jettison; a. PIC or CC announce emergency b. CC DCs Capewell c. PIC has final. May be simultaneous d. CC ensure jettisoned harness clears steps, etc. e. Signal load if possible so they can also unhook/d/c, etc. OR Hard landing with load, attempt land to side Signal to Load if possible ICOM Fx (SH and Rappel) PICaborts or informs Ground Observer to take over calling load, etc. CC X Load Swing Coordinate w/ PIC: where load is (coming under belly L-R, clockwise, etc.). CC Misc; Give preparatory before execution: "ready to drop left rope" pause "dropping left rope". Emergency, gain altitude "CLIMB" +directions. Debrief/ Critique! 	 SW ECAs 09-02-08 ©TimKovacs Load Entangled 1. Do not lift A/c 2. Clear entanglement, if possible OR 3. Jettison line, use new line or different technique. Rsqr swept away 1. Track, Lower Line, Extract to safety 2. Downstream back up plan Cargo Hook Fx, Load into water PIC/CC advise Command Employ pre-established back up Partial Helo Power Fx Load close to short as possible & into water to lighten load PIC trouble shoots or jettisons Rsqr D/c from line and possibly victim Employ pre-established back up Complete Engine Fx PIC AutoRotates, etc. Navigate away from load & ground personnel, as possible CC & Rsqr prepare for hard landing

Swift- & Floodwater Helicopter Rescue 08-31-08 ©TimKovacs Techniques & Continuum for MCSOMR/ HERT 1. Talk-Reach-Throw-Row-Go