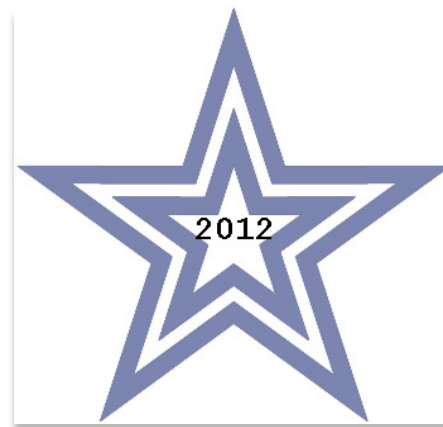


# Rapid Lesson Sharing

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**Event Type:** Physical Training Rhabdomyolysis Medical Incident

**Date:** December 2011

**Location:** North Carolina

## Narrative

A Type 2 IA crew member has been on vacation for 11 days. During this time, he doesn't participate in any physical training. Approximately one month prior, he started taking two performance supplements ("3-Test-Oxo" and "Optimizer").

On the morning of Dec. 9, 2011, he and his crew are participating in their daily physical training (that they've been doing since Oct. 16)—a long, slow, 6.5-mile trail run.

The crew member is moving noticeably slower than normal. His respiratory rate is unusually rapid. Half way through the run, he starts complaining of thirst. His right leg begins to cramp. His squad boss—a certified wilderness first responder—has him slow down to assess his condition, what appears to be possible severe dehydration. He notices that the crew member's speech is beginning to slur and he is becoming more aggressive and disoriented. The squad boss directs three crew members to get a crew vehicle.

The crew member is transported to a medical facility where it is believed he might need dialysis treatment due to possible organ failure and is therefore transported to another medical facility.

Six days later, the crew member is discharged from the hospital, diagnosed with rhabdomyolysis due to overexertion and the possible combination of performance supplements. Almost one month later, the crew member is still on medical leave.

## Lessons

- ❖ Education on proper diet and hydration is just as important as aerobic and anaerobic exercise programs.
- ❖ Supervisors—and everyone—should continue to monitor normal crew behaviors to recognize the symptoms of these type of medical emergencies, that tend to be more difficult to detect than the obvious trauma injuries.
- ❖ Medical preplans—the "What If?" scenario—should always be in place.
- ❖ When a potential hazard is perceived—such as recognizing time delays of advanced medical care—carrying water, medical kits, and radios should be included in physical training.

## Related Documents

- ❖ [http://wildfirelessons.net/documents/Compartment\\_Syndrome\\_Rhabdo\\_FLA.pdf](http://wildfirelessons.net/documents/Compartment_Syndrome_Rhabdo_FLA.pdf)
- ❖ [http://wildfirelessons.net/documents/GreenSheet\\_pt\\_hike\\_fatality.pdf](http://wildfirelessons.net/documents/GreenSheet_pt_hike_fatality.pdf)

