



NEWS RELEASE

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Mountain Division Crews Train on Ice Rescue

This week, San Bernardino County Fire (SBCoFD) Mountain Division firefighters have been training on ice rescue operations in Lake Arrowhead. Taking advantage of recent cold weather and ice conditions, crews completed simulated ice rescues in Lady Bug Pond near Sky Park.

San Bernardino County is home to many lakes, ponds and other bodies of water that are susceptible to freezing in the winter months. Urban Search & Rescue (USAR) trained personnel from Fire Station 91 coordinated the training for area firefighters. Using special suits and equipment crews trained on victim rescue, removal and self-survival techniques.

One of the most prevalent dangers to civilians and firefighters alike is the strength and stability of the ice. Many times, civilians assume that the ice is strong enough for them to walk on or use for recreational purposes. Nationwide thin ice is responsible for many fatalities each year. Besides the risk of drowning, victims are also at risk of hypothermia. Hypothermia, which is a decrease in body temperature, kills people in cold water by reducing their ability to swim or stay afloat. A person who has fallen through the ice can eventually die of cardiac arrest if he or she is not rescued or rewarmed.

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