



Submillimeter Telescope Observatory

Steward Observatory
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MEMORANDUM

To: All SMTTO Personnel.
From: Thomas W. Folkers
Date: April 4, 2001
Subject: Acute Mountain Sickness.

Recently, we had an observer at the HHT who appeared to be suffering from Acute Mountain Sickness (AMS). With the help of the FOT, Baltasar, and the on site police with medical experience, it was determined that the best course of action was to bring the observer down. And, as is the case with most AMS, his symptoms got much better once he was moved to a lower elevation.

In this particular case the problem was compounded by the fact that the observer had just arrived from Europe and was suffering some serious jet lag. Further adding to the problem is that the observer lives in Bonn, a low elevation city, and did not allow enough time to even acclimate to the relative higher elevations of Tucson.

It was suggested by Baltasar that we come up with a procedure for dealing with these problems in the future. This is a good idea and over time we will formulate a plan of action to deal with AMS. But, in the meantime, we have put together a binder of information on AMS. Within this binder you can read about what AMS is and how to recognize the symptoms, how to help the victim deal with the symptoms and at which point action must be taken to remove the person from the mountain. Much of the information relates to mountain climbing, but the facts, nonetheless, apply to us. I would like all personnel working at the site to read through the book and sign off next to your names.

Furthermore, we will do what we can to advise observers to plan ahead to allow extra time in Tucson to rest and acclimate to the higher elevations before moving on to the 10,500 ft. elevation of Mt. Graham.

Thanks,

Thomas Folkers

Please read through this book and sign off when finished.

Steve Buffalo:

Harold Butner:

Jack Cochran:

Michael Dumke:

Robert Esterline:

Thomas Folkers:

Paul Gensheimer:

Hauke Hein:

Susan Lake:

Anson Nicol:

Doug Officer:

Bill Peters:

Jason Ruhl:

Bob Stupak:

Baltasar Vila Vilaro:

Tom Wilson: