



Organization for Tropical Studies

CONTINGENCY PLANS IN CASE OF EMERGENCY

**LAS CRUCES BIOLOGICAL STATION & WILSON
BOTANICAL GARDEN**

LAS CRUCES: Tels: 2773-4004, 2773-4005; Fax: 2773-4109
Last Update: July 2016

EMERGENCY PHONE NUMBERS

*IN THE EVENT OF AN EMERGENCY CONTACT STATION STAFF AS SOON
AS POSSIBLE*

From Las Cruces dial 9 to get an outside line

1. EMERGENCY NUMBERS

General: 911

Medical:

Hospital San Vito 2773-3103; 2773-4669; 2773-4125
Red Cross 1028; 2773-3191
Dr. Pablo Ortiz 2773-3407; 2773-3310 (home; 500m from Las Cruces)
Farmacia Surá 2773-4075

Fire:

San Vito 2773-3600
Ciudad Neilly 2783-3484

Police:

San Vito 2773-3225; 2773-4023
Agua Buena 2734-0157
Sabalito 2784-0514

2. STATION STAFF

Name	Position	LC Ext	Home	Cell
Rakan (Zak) Zahawi	Director	3100	-	8553-5235
Emilce Ramirez	Administrator	3200	2734-0631	8704-8996
Rodolfo Quirós	Resident Biologist	3110	2734-0028	8888-0979
Fabian Cambronero & Lisbeth Jiménez	Reception	3000	-	8884-5304 8669-5047
Alexis Chavarría (Night) & Alexis Campos (Day)	Entrance Guards	3240		

3. OTHER IMPORTANT NUMBERS

OTS Staff San José & Duke University and other OTS Stations:

OTS San José 2524-0607
OTS Duke (US) +1 (919) 684-5774
La Selva Biological Station 2776-6565
Palo Verde Biological Station 2661-4717

Name	Position	Home	Cell
Liana Babbar	Director OTS Costa Rica	2231-6220	8391-9951
Pia Paabi H.	Education Director		8346-6121
Minor Porras	Head of Operations	2250-6056	8860-6480
Francisco Campos	Head of General Services	2278-2404	8874-2476

Other Numbers:

US Consulate 2220-3050; 2220-3939; 2220-3127 (emergencies)

Clínica Bíblica 2522-1000

Taxis San Vito 2773-3939; 8870-9343

BASIC INFORMATION

GEOGRAPHIC LOCATION

Las Cruces is located 300 km southeast of San José, in the Coto Brus County. It is a humid and wet part of the country (~4 m rain annually) and the station is at 1200 m elevation.

STATION ACCESS

Main access routes by road to San José are:

- San Vito-Paso Real (shortest route, 5 – 6 hours).
- Ciudad Neily (6 – 6.5 hours).

Main access routes by air to San José are:

- San Vito airport (there are no commercial flights but small 1-2 engine planes can land during the day, weather permitting).
- Golfito airport (45 km; ~1.5 hours) with several flights a day to San José.

HOSPITALS

- San Vito Hospital (~6 km north of the station) is well equipped for emergencies and has several bilingual doctors.
- Ciudad Neily is 32 km south by road and has a larger hospital.

EMERGENCY COMMITTEE and SAFETY ZONES

- The station has an emergency committee to coordinate and manage logistics, should an emergency occur; several are trained in first aid.

Contact the following persons in case of emergencies: *Reception (extension 3000):*

- Emilce Ramirez (Coordinator)
- Maricel Gómez (Co-coordinator)
- Yerlyn Blanco (Treasurer)
- Lisbeth Jiménez (Secretary)

SAFETY ZONES

- Parking area in front of the Wilson House
- At the crossroads (near the Wilson Terrace)
- In front of Artibeus (white house next to forest entrance)
- In front of the library.
- In front of the visitor cabins.
- In the parking lot of the new researcher's cabins

STATION PROTOCOL

To minimize risk while visiting Las Cruces we ask that all visitors abide by these simple rules:

- Always wear closed-toed shoes or boots when walking in the forest, or if at night in the garden.
- Always carry a flashlight with you, especially when walking in the forest. Do not hike alone.
- If you plan on hiking in the forest let someone at the station know you are going before leaving and give them an estimated return time.
- Request a map and station radio for long hikes.
- Always remain on demarcated trails.
- Do not handle snakes in the field. Be careful when approaching them and maintain a considerable distance.

EMERGENCY PROCEDURES

***IN THE EVENT OF ANY OF THE FOLLOWING EMERGENCIES,
CONTACT STATION STAFF AS SOON AS POSSIBLE***

1. SNAKE BITE:

- Keep patient calm.
- If necessary bring stretcher for evacuation.
- Make sure bite area is *not* constricted by clothes or any other material.
- Make sure bite area is *below* heart and rest of body (as much as possible).
- Contact station staff immediately (extension. 3000 or 3240).
- Take victim to the San Vito Hospital as soon as possible (ambulance or OTS vehicle).



DO NOT:



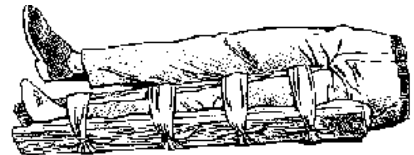
- Constrict bite area (e.g. with a tourniquet).
- Try and extract venom (unless you have an extractor), or make any incisions to the bite area.
- Make the patient walk unless necessary (depends on where bite occurred).
- Apply antivenom to the patient or any other medication.

2. ALLERGIC REACTIONS:

- Keep patient calm, in a comfortable position (usually seated).
- Contact station staff (extension. 3000 or 3240) and hospital immediately.
- In case of anaphylactic shock an epinephrine injection is available at the station (can only be administered by qualified personnel).
- Evacuate patient to hospital as soon as possible, avoid allowing patient to walk.

3. FRACTURES:

- Keep patient calm.
- Do not move patient unless absolutely necessary and fracture is stable. There are stretchers and splints available at the station.
- Contact station staff (extension. 3000 or 3240) and hospital immediately.
- Evacuate to hospital.



4. WOUNDS & HEMORRHAGING:

- If hemorrhaging apply direct pressure to wound with hands (use rubber gloves if available; some can be located in the station emergency kit).
- Make sure wound is *above* heart and rest of body (as much as possible).
- Do not constrict area (e.g. with a tourniquet).
- If impaled, do not attempt to remove foreign object unless absolutely necessary.
- Contact station staff as soon as possible (extension. 3000 or 3240).
- Evacuate patient to San Vito hospital.

5. MEDICAL ILLNESS (various):

- A medical kit with basic supplies is available at the station.
- Contact station staff for further assistance (extension. 3000 or 3240).
- In case of emergency, contact San Vito hospital.

6. NATURAL DISASTERS:

- Always stay calm.
 - *Storm/Tornado*

Seek shelter in a station building.

- *Earthquake*
- Exit buildings if possible and seek an open area.
- Seek out the nearest safety zone.
- Avoid trees.
- If there are injuries do not attempt to move patients unless absolutely necessary.
- Contact station staff immediately for further assistance and instructions (extension. 3000 or 3240).



7. FIRE:

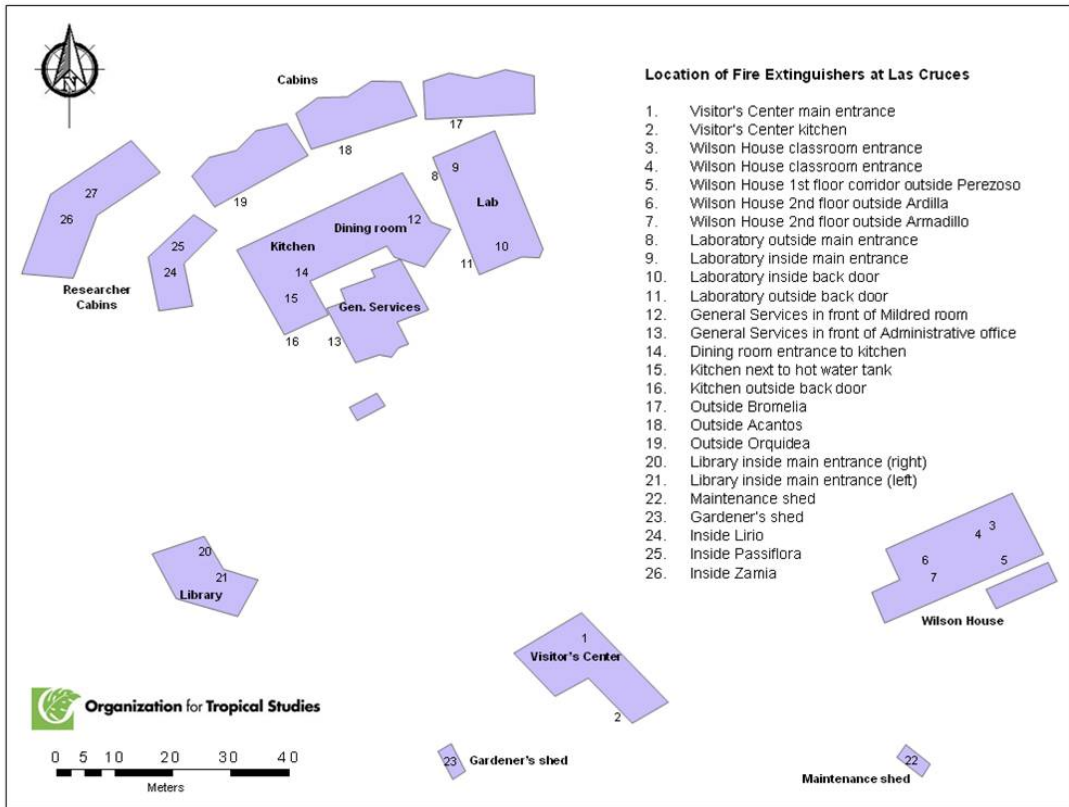
- Always stay calm.
- Evacuate building as quickly and orderly as possible.
- Fire hydrants and/or extinguishers are present in all buildings (see map).
- Contact station staff immediately (extension. 3000 or 3240).
- Contact 911 or the San Vito Fire Department as soon as possible.



8. OTHER EMERGENCIES:

- Any other emergencies that occur on station grounds should be reported to staff as soon as possible for further assistance on how to proceed.

Map of Fire Extinguisher locations at Las Cruces



FIRE HIDRANTS & HOSES - LAS CRUCES BIOLOGICAL STATION

