



Organización para Estudios Tropicales

CONTINGENCY PLANS IN CASE OF EMERGENCY

LAS ALTURAS BIOLOGICAL STATION

July 2016

EMERGENCY PHONE NUMBERS

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

1. EMERGENCY NUMBERS

General: 911

Medical:

San Vito Hospital 2773-3103; 2773-4669; 2773-4125
Red Cross 1028; 2773-3191
Dr. Pablo Ortiz 2773-3407; 2773-3310
Surá Pharmacy 2773-4075

Fire:

San Vito 2773-3600

Police:

San Vito 2773-3225
Sabalito 2784-0200

2. STATION STAFF

Las Alturas Biological Station is associated with the Las Cruces Biological Station and the Organization for Tropical Studies (OTS). It is located inside a private property called the Finca Las Alturas del Bosque Verde.

OTS Central Phone numbers

OTS San José 2524-0607
Las Cruces Biological Station 2773-4004

Las Cruces Biological 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 Cambroneró & Lisbeth Jiménez	Reception	3000	-	8884-5304 8669-5047
Alexis Chavarría (Night) & Alexis Campos (Day)	Entrance Guards	3240		

Finca Las Alturas del Bosque Verde Staff

Name	Position	Cell
Fernando Castañeda	Administrator	8843-5762
Maritza Vásquez	Reception Office	8701-6404
Martín Chavarría (Pollo)	Foreman	8837-5650
Rufino González (Aguila)	Head of Security	8719-8595

OTHER IMPORTANT NUMBERS:

Name	Position	Home	Cell
Liana Babbar	OTS Director in Costa Rica	2231-6220	8391-9951
Pía Paabi H.	OTS Education Director		83466121
Minor Porras	OTS Operations Coordinator	2250-6056	8860-6480
Francisco Campos	General Services Manager	2244-0748	8874-2476
US Consulate		2220-3050; 2220-3939; 2220-3127 (emergencies)	
Clínica Bíblica (Hospital)		2522-1000	
Taxis San Vito		2773-3939; 8870-9343	

BASIC INFORMATION

GEOGRAPHIC LOCATION

Las Alturas is located ~330 km South of San José, in Coto Brus County. It is a humid area (~3 m rain annually) and the station is at 1500 m elevation.

STATION ACCESS

Main access routes by road to San José are:

- San Vito-Paso Real (shortest route, 6 – 7 hours)
- Ciudad Neilly (7 – 8 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 (75 km; ~1.5 hours) with several flights a day to San José.

HOSPITALS

- San Vito Hospital (~30 km south of the station) is well equipped for emergencies and has several bilingual doctors.
- Ciudad Neilly is 70 km south by road and has a larger hospital.

SAFETY ZONE

- The station's safety zone is located in front of the building. Stay away from trees and the property fence.

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.
- No fires are allowed near the forest. Consult with staff if you want to start a fire at the station.

EMERGENCY PROCEDURES

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

1. SNAKE BITE:

- Keep patient calm.
- 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 and Finca Las Alturas staff immediately.
- Take victim to the San Vito Hospital as soon as possible (ambulance or OTS vehicle).



DO NOT:



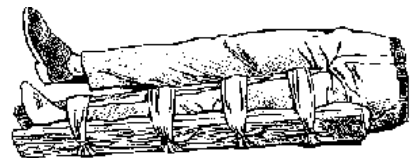
- Constrict bite area (e.g. with a tourniquet).
- Try and extract venom (unless you have an extractor), or make any incisions to the bite area.
- Make the patient walk unless necessary (depends on where bite occurred).
- Apply antivenom to the patient or any other medication.

2. ALLERGIC REACTIONS:

- Keep patient calm, in a comfortable position (usually seated).
- Contact station and Finca Las Alturas staff and hospital immediately.
- 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.
- Contact station and Finca Las Alturas staff and hospital immediately.
- Evacuate to hospital.



4. WOUNDS & HEMORRHAGING:

- If hemorrhaging apply direct pressure to wound with hands (use rubber gloves if available).
- 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 and Finca Las Alturas staff and hospital immediately.
- Evacuate patient to San Vito Hospital.

5. MEDICAL ILLNESS (various):

- Contact station and Finca Las Alturas staff for further assistance.
- In case of emergency, contact San Vito hospital.

6. NATURAL DISASTERS:

- Always stay calm.

- Storm/Tornado

Seek shelter in a station building.

- Earthquake

- Exit building if possible and seek an open area.
- Seek out the safety zone.
- Avoid trees and fences.
- If there are injuries do not attempt to move patients unless absolutely necessary.
- Contact station and Finca Las Alturas staff for further assistance and instructions.



7. FIRE:

- Always stay calm.
- Evacuate building as quickly and orderly as possible.
- Fire extinguishers are present in the building.
- Contact station and Finca Las Alturas staff immediately.
- 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.