



Peacemaker

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Fort Bragg continues a holiday tradition

A new way to get Army strong

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The Army's approach to your overall health

USACAPOC(A) answers the cry for help

Story by Pfc. Lalita Guenther
USACAPOC(A) PAO Staff

FORT BRAGG, N.C. -- “Help me! Help me! I’m going to die! Please, help me!”

These words were cried out in simulated agony as a casualty lies on one side of a wooded trail.

The casualty immediately received treatment for severe hemorrhaging and one amputated limb, as Soldiers circled the area to ensure safety and proper medical treatment.

This was all part of a culminating exercise for USACAPOC(A) Soldiers participating in a Combat Life Saver Course, Dec. 3 through Dec. 6, 2011.

“Our goals are to ensure Soldiers are being trained to the current standard based on tactical combat casualty care guidelines,” stated Don Heath, a CLS trainer from Tactical Element Incorporated.

“The best way to achieve this goal is by bringing the Soldiers’ confidence levels to the same level as the skill sets,” Heath said. “When that degree of training and skills are brought together, that is when Soldiers will competently deliver casualty care to either themselves or their battle buddies.

“It is because of this, we have seen a drop in the number of casualties on the battlefield,” said Heath.

The course enforced these skill sets by focusing on the three preventable causes of death on the battlefield: bleeding from extremities, recognizing tension pneumothorax (a collapsed lung), and managing the airway of the unconscious Soldier.

“When we focus on those three areas and we bring the skill sets and the confidence level to standard, that

is when we successfully save lives on the battlefield,” explained Heath. “My favorite thing about this class is seeing the success of the Soldiers.”

Heath and other instructors with Tactical Element Inc. teach the course once every week all over the country, and sometimes in multiple locations at the same time. With approximately 50 instructors and four mobile training teams employed through Tactical Element Inc., it’s easy to ensure the education is available to everyone at almost any time.

Each instructor is able to teach up to eight students at a time, explained Heath. This makes it easier to give the Soldiers as much one-on-one time as necessary.

This CLS class hosted several German Armed Forces Military Proficiency Badge participants who were required to take the course in order to qualify for the badge.

“In my six-year active duty career, I only met two people with the award and it was something I had always wanted to do,” stated Sgt. Coty Ferguson, a civil affairs specialist with Charlie Company, 422nd Civil Affairs



Spc. Elena Wicks, a parachute rigger with the 824th Quartermaster Company, inserts a nasopharyngeal airway into the nose of Sgt. Coty Ferguson, a civil affairs specialist with Charlie Company, 422nd Civil Affairs Battalion, during the Combat Life Saver Course held on Fort Bragg, N.C., Dec. 6, 2011.

U.S. Army Photo by Pfc. Lalita Guenther

Battalion, in Greensboro, N.C.

Finally getting the chance to compete for the GAFB, Ferguson jumped to meet all of the requirements, including CLS. The class kept Ferguson engaged and alert at all times.

“This is, hands down, the best CLS class I have ever been in,” said Ferguson excitedly. “I’ve done CLS

classes where I have practiced things on dummies before, but we just did this obstacle course event with a Skedco (rescue stretcher), and I have never done anything like that.

“Knowing in theory how to do (the process) is one thing, but actually getting into action and getting hands on with real world scenarios is another,” stated Ferguson. “GAFB is mostly physical fitness, so getting out there and doing these obstacle courses really contributes to the physical fitness element of GAFB.”

“This is a great opportunity for the German Military to run an exercise with non-airborne personnel or Soldiers who may be off jump status now,” said Ferguson. “It presents another element for Soldiers who otherwise would not be able to participate in Operation Toy Drop.”

“My favorite thing about this class is seeing the success of the Soldiers.”

—Don Heath

CLS Trainer, Tactical Element Inc.

—USACAPOC(A) has a 100% CLS qualification requirement. Make sure your Soldiers are up-to-date on their CLS requirements! Don’t be ‘that guy’!

Read more stories on the official CAPOC webpage www.usacapoc.army.mil



Soldiers evacuate a smokey woodline with a casualty during a simulated combat scenario as part of a Combat Life Saver Course, Dec. 6, 2011, on Fort Bragg, N.C.

U.S. Army Photo by Pfc. Lalita Guenther



Sgt. Christina Schwartz, a mental health specialist with HHC, USACAPOC(A), cries for help during a simulated combat scenario for the Combat Life Saver Course, Dec. 6, 2011, on Fort Bragg, N.C.

U.S. Army Photo by Pfc. Lalita Guenther



Spc. Jason Hill, a supply specialist, and Pfc. Alicia Chamness, a financial management technician, both with HHC, USACAPOC(A), respond to fire in a Combat Life Saver Course exercise, Dec. 6, 2011, on Fort Bragg, N.C.

U.S. Army Photo by Pfc. Lalita Guenther