

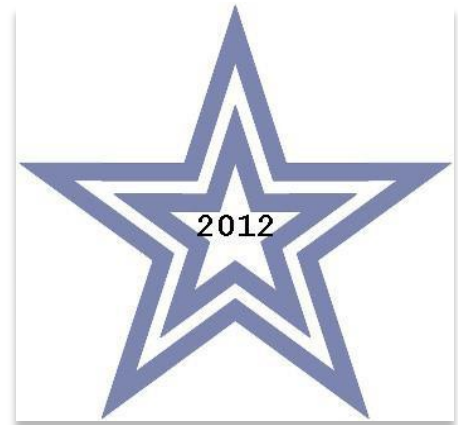
# Rapid Lesson Sharing

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**Event Type:** 257 Fire – Rhabdo Incident

**Date:** June 11, 2012

**Location:** Tonto National Forest



***To learn more about this Rhabdo incident, listen to the Hotshot Captain's first-person account in this video:***

<http://youtu.be/0WHDWEFy0gw>

## **Narrative**

A Hotshot Captain was scouting the day's operation when he began to experience muscle cramps. Already well hydrated, he stopped to rest and drank more water.

He eventually decided to hike back to the crew vehicles. But the cramps became worse and eventually necessitated a medical evacuation.

He was flown to a Level 1 trauma center where he was diagnosed with Rhabdomyolysis (Rhabdo).

## **Lessons**

The exact cause of Rhabdo is not known.

You should be aware of its symptoms (severe muscle cramping, dark-colored urine).

In cases such as this, ask medical personnel to test for Rhabdo. (It is not well-known.)

Have a specific medical plan in place.

## **Submitted By**

Incident Overhead

**If you have questions specific to this incident, contact:**

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## **Rhabdo**

*"Rhabdomyolysis is the breakdown of muscle fibers resulting in the release of muscle contents (myoglobin) into the bloodstream. These releases can cause multiple symptoms and, if left undiagnosed, can lead to kidney and muscle damage, and in rare cases, results can be fatal."*

May 12, 2011, [Safety Alert on Rhabdomyolysis](#) ("Rhabdo")  
from the NWCG Risk Management Committee