

EMERGENCY INCIDENT REHABILITATION

Purpose: To ensure that the physical and mental condition of members operating at the scene of an emergency or a training exercise do not deteriorate to a point that affects the safety of each member or that jeopardizes the safety and integrity of the operation

Scope: This guideline shall apply to all emergency operations and training exercises where strenuous physical activity or exposure to heat or cold exist

Responsibilities:

Incident Commander.

The Incident Commander shall consider the circumstances of each Incident and make adequate provisions early in the incident for the rest and rehabilitation for all members operating at the scene. These provisions shall include: medical evaluation, treatment and monitoring food and fluid replenishment; mental rest; and relief from extreme climatic conditions and the other environmental parameters of the incident. The rehabilitation shall include the provision of Emergency Medical Services (EMS) at the Basic Life Support (BLS) level or higher.

Officers:

All supervisors shall maintain an awareness of the condition of each member operating within their span of control and ensure that adequate steps are taken to provide for each member's safety and health. The command structure shall be utilized to request relief and the reassignment of fatigued crews.

Personnel:

During periods of hot weather, members shall be encouraged to drink water and activity beverages throughout the work day. During any emergency incident or training evolution, all members shall advise their supervisor when they believe that their level of fatigue or exposure to heat or cold is approaching a level that could affect themselves, their crew, or the operation in which they are involved. Members shall also remain aware of the health and safety of other members of their crew.

Equipment: Basic rehab supplies are carried on each piece of apparatus with The remainder carried on 2761.

- 2 – Large Yellow Tarps
- Assorted Beverages
- Vent Fan with Mister
- Rehab Box
- Tent

Guideline:

A. Establishing a Rehab Sector

1. Considerations for the deployment of the Rehab Sector:
 - a. Weather Conditions
 - b. Access to Rehab Area
 1. Emergency Workers
 2. Ambulances
2. Accountability
 - a. Controlled Entry and Exit
 - b. Tag in / Tag Out

B. Rehab Sector Operations

1. Emergency workers will be directed by their officers to the Rehab Sector after pre-determined amounts of exertional work (amount is dependent on weather and temperature conditions)
2. While each department will have its own individual rehabilitation requirements, in general the following guidelines of exertion should require an evaluation at the Rehab Sector:
 - a. completion of two SCBA tanks in fire operations
 - b. one-half an hour of active firefighting
 - c. one hour of minor firefighting
 - d. any determined amount of work in given weather assumed to cause a physical drain on emergency workers
3. Upon entering the Rehab Sector, the emergency workers will be assisted in removing any SCBA devices and turnout/specialty gear.
4. Each person entering the Rehab Sector will have the following documented on the "Accountability Worksheet": department name, legal name, age, sex, time entered, crew number, initial vital signs, any repeat vital signs, time exiting, and disposition.
5. Emergency workers will be kept in the Rehab Sector for a minimum of ten minutes, or until vital signs are brought back within the satisfactory ranges.
6. The satisfactory ranges are as follows:
 - a. respiratory rate 10-28
 - b. pulse rate 50-120
 - c. systolic blood pressure 90-160
 - d. diastolic blood pressure 50-100
 - e. If the emergency worker refuses to remain in Rehab Sector or causes any sort of perceived problem the incident command post will be notified to resolve the problem.

7. Any emergency services worker displaying the following signs, symptoms, or values will prompt a withholding from duties and an ambulance be requested if not on scene:
 - a. DBP is greater than 105 mmHg
 - b. SBP is greater than 200 mmHg or less than 90 mmHg
 - c. Heart rate is greater than 70% maximum HR (220-age)
 - d. Altered Mental Status
 - e. Nausea / Vomiting, heat illness, chest pain, shortness of breath, or dizziness.
8. The Rehab Sector will ensure that emergency workers receive at least eight ounces of non-caffeinated and non-carbonated beverages prior to their release from the Rehab Sector.
 - a. Other fluid and food access should be coordinated with any auxiliary services at the scene.
9. Documentation – Rehab Sector Worksheet and PCR's as needed
10. The Rehab Sector will remain in operation until closed by command.