

East Fork Fire and Paramedic Districts Procedure

Procedure Title: Rehab	Number: Revision Number: 1
Developed Date: 10/17/2008 Effective Date: 01/02/2009 Review Date: Revision Date:	Reviewed By: Safety Committee and Deputy Chief Fogerson Approved By: District Chief Tod F. Carlini

This procedure pertains to all East Fork Fire and Paramedic District employees and volunteers:

East Fork Fire and Paramedic Districts (EFFPD) endeavor to provide the safest working environment for its members. While an incident scene is an inherently dangerous work site, we must provide a method for rehabilitation of the personnel to ensure their safety and ability to continue incident operations.

I. General Information

- A. Rehab shall commence when fire or emergency scene operations and/or training ground exercises pose a health and safety risk.
- B. Rehab shall be established by the Incident Commander on long-duration incidents, physically demanding incidents, incidents occurring during temperature extremes and large-scale incidents.
- C. Primary staffing of the rehab group shall be support firefighters.
- D. Rehab shall be established within the needs of an incident. The Incident Commander and/or Incident Safety Officer shall make the rehab group match the incident needs to include:
 1. Rest
 2. Relief from climatic conditions
 3. Cooling or warming
 4. Fluid replenishment
 5. Calorie and electrolyte replacement
 6. Medical monitoring
 7. Medical care as indicated
 8. Accountability
 9. Release

II. Responsibilities

- A. Incident Commander
 1. Include rehabilitation in event/incident set-up
 2. Establish a rehab group
 - a) Ensure rehab is staffed with a sufficient number of trained personnel
- B. Rehab Group Supervisor
 1. Select an appropriate location for rehab
 2. Ensure members coming into rehab take off their PPE to assist in cooling

3. Provide the following resources:
 - a) Hydration with water and an electrolyte replacement solution
 - b) No sodas or coffee permitted
 - c) Chairs
 - d) Medical monitoring equipment
 - e) A means to clean the hands and face of responders prior to eating or drinking
 - f) Food
 - g) Blankets
 4. Time personnel in rehab to ensure they have 10 minutes of rest for every 2 SCBA air cylinders consumed on the incident
 5. Ensure members hydrate
 6. Maintain accountability of crews assigned and released from rehab
 7. Inform Safety and Command of any member who requires medical treatment and/or transportation
- C. Captains/ Front line supervisors
1. Know the signs and symptoms for heat and cold emergencies
 2. Monitor assigned crew members for symptoms of heat or cold emergencies along with fatigue
 3. Notify Command when relief is required due to:
 - a) Heat or cold symptoms
 - b) Fatigue
 - c) Use of 2 SCBA air cylinders
 4. Maintain accountability of crew; check out of the incident into rehab.
- D. All members
1. Be familiar with the signs and symptoms of heat or cold emergencies
 2. Maintain awareness of their own physical status
 3. Promptly inform their captain when relief is required
 4. Maintain unit integrity
- E. EMS personnel working in Rehab
1. Coordinate with the Rehab Group Supervisor
 2. Function as a line EMT would in the wildland arena, treating the Rehab Manager as the Medical Unit Leader
 3. Check vitals signs of members entering rehab that complain of symptoms or exist any signs of duress
 - a) Document medical monitoring on an ICS-214
 4. Provide emergency medical care and transportation as needed
 5. Document all patient care provided – treat the member as a patient for all documentation purposes (other than vital sign checks as indicated above).

III. General procedures

- A. Members will be sent to rehab after consumption of 2 – 30 minute SCBA air cylinders or 1 – 45 to 60 minute SCBA air cylinders.
- B. Members in rehab shall remain for a minimum of 10 minutes unless significant incident conditions that require their immediate deployment.
- C. Personnel shall clean their hands and face prior to eating or drinking. Tobacco use is prohibited while in rehab.
- D. Rehab snacks should be balanced at 30% fat, 30% protein and 40% carbohydrates.
- E. Sodas and candy bars shall never be stocked in the rehab area.
- F. Rehab is added to third alarm structure fire run cards, but can be requested by Command on any incident it is needed.