



Monroe Fire Department

Standard Operating Guidelines Emergency Incident Rehabilitation

Purpose: To ensure that the physical and mental conditions of members operating at the scene of an emergency incident or training exercise do not deteriorate to a point that they affect the safety of each member, or jeopardize the safety and integrity of the operation. It will ensure that personnel who might be suffering the effects of metabolic heat build-up, dehydration, physical exertion, and/or extreme weather conditions receive evaluation and rehabilitation during emergency incidents and training exercise.

Level of Performance: All firefighters participating in training evolutions, or operating at an incident scene within the jurisdiction of the Monroe Fire Department, will actively participate in, and comply with the requirements *The Monroe Fire Department Emergency Incident Rehabilitation Standard Operating Guideline*.

SUMMARY OF RAHABILITATION RESPONSIBILITIES

INCIDENT COMMANDER

The Incident commander shall consider the circumstances of each incident and make adequate provisions early in the incident for rest and rehabilitation of 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. The Incident Commander will also be responsible for:

- Establishment of a Rehab Group
- Designate and assign a Rehab Supervisor
- Ensure sufficient resources are assigned to the Rehab Group
- Ensure that emergency medical care is available for personnel as required

REHAB GROUP SUPERVISOR

The Incident Commander will establish a rehabilitation sector when the conditions indicate that rest and rehabilitation is needed for personnel operating at an emergency incident or training exercise. The Rehab Supervisor will be appointed by the Incident Commander and shall report to the Logistics Officer (when appointed within the ICS framework). When there is not a Logistics Officer, the Rehab Supervisor will report directly to the Incident Commander. The Rehab Supervisor responsibilities include:

- Select a location for rehab if not done so already. (Criteria noted in the Rehab location section of this guideline.)
- Accountability and documentation of personnel entering and leaving Rehab following the criteria established in this guideline.
- Provide the necessary resources in rehab including:
 - Potable drinking water for hydration
 - Sport drinks for long duration incidents lasting over an hour
 - Medical equipment for medical monitoring (blood pressure cuff, stethoscope, thermometer, AED/cardiac monitor, pulse oximeter, carbon monoxide oximeter, trauma bag, oxygen)
 - Food for incidents lasting more than four (4) hours

- Time personnel to ensure a minimum 10 minute rest, proper hydration, and personnel's vital signs return to an acceptable range.
- Ensure personnel needing medical attention are transferred to a medical facility for further evaluation. Every attempt must be made to contact the agency of the affected agency when their personnel cannot be released back to the incident or reassignments. The Incident Commander must be made aware of any personnel being transferred to a medical facility.

COMPANY OFFICER / CREW LEADER

The Company Officer shall be responsible for the following:

- Maintain awareness of each member operating within their span of control
- Monitor yourself and crew for signs and symptoms of heat and cold stress
- Provide for access to rehab area for company members as needed
- Ensure their company is properly checked into rehab and remain intact as a company
- Ensure that adequate steps are taken to provide for each member's health and safety

FIREFIGHTERS

The firefighters shall be responsible for the following:

- Ensure that all PPE is in good working order
- Ensure proper hydration
- Know personal limits
- Advise the Company Officer or Crew Leader when exposure to heat/cold is approaching a level that could affect themselves or crew members
- Inform Company Officer or Crew Leader when rehab is needed
- Aware of the health and safety of all members of their working crew

REHAB GROUP PERSONNEL

The Rehab Group Personnel shall be responsible for the following:

- Report to Rehab Supervisor to assist with meeting needs of rehab
- Assist with setting up rehab area
- Check vital signs and treat medical emergencies
- Facilitate hydrations and cooling/warming of personnel
- Document medical monitoring

REHAB LOCATION

The Incident Commander will designate the location of the rehab area. If a specific location has not been identified, the Rehab Supervisor shall select. The rehab location shall be:

- Uphill and upwind of the operational area
- Easily accessible for ongoing emergency operations
- Shall provide protection from environmental extremes
- Large enough area to accommodate personnel at the incident
- Provide an area of rest, medical evaluation, and rehabilitation of personnel

REHABILITATION PROCEDURES

LEVEL 1: SELF-REHAB

- Self-rehab is initiated by the company officer / crew supervisor in which members shall have a rest and recovery period of at least 10 minutes for the initial self-rehab
- Self-rehab shall be for training exercises and/or incidents in duration of 45 minutes or less
- The company officer shall ensure that the members remain hydrated and that potable fluids are available
- Carbonated beverages and beverages with caffeine shall be avoided
- The firefighter shall not return to operations if they do not feel adequately rested.

LEVEL 2: REHABILITATION SECTOR

- Shall be established for incidents in duration of 45 minutes or greater.
- Personnel entering Rehab shall remove turnout gear for passive cooling.
- Personnel shall remain in rehab until released by the Rehab Supervisor.
- All personnel shall receive medical monitoring as described in the Medical Monitoring section of this guideline
- All members shall rehydrate using water or sport drinks
- All members shall rest for a minimum of 10 minutes
- No tobacco use shall be permitted in or near the rehab area
- The shall not return to operations if they do not feel adequately rested

ACCOUNTABILITY AND DOCUMENTATION

- Companies shall report to rehab and check in as a crew
- The Rehab check in/out log shall be used to record Rehab activity
- An accountability tag shall be given to the Rehab Supervisory upon entering rehab and will be given back upon returning to service
- The Rehab evaluation forms shall be used to document firefighter status
- Personnel shall not be released back to service until released by the Rehab Supervisor

MEDICAL MONITORING

- All personnel entering Rehab shall remove turn out gear, hydrate and rest
- Vital signs will be check and documented along with any complaints on all personnel
- Vital signs will be rechecked and documents prior to personnel being released from rehab and returning back to service
- Personnel with the following signs /symptoms shall be transferred to a medical facility for further evaluation for the following:
 - Any injury
 - Chest pain
 - Shortness of breath
 - Palpitations
 - Altered mental status
 - Irregular pulse
 - Pulse above 140 after initial 10 minute rest period
 - Systolic blood pressure greater than 200 mm Hg after initial 10 minute rest period
 - Diastolic blood pressure greater than 120 mm Hg after initial 10 minute rest period

RETURNING TO SERVICE

- All personnel entering rehab shall stay a minimum of 10 minutes
- Any personnel that looks fatigue after minimum rest should be allowed more rest time
- After the minimum rest time in met and vital signs have returned to normal, personnel can return back to operations after checking out with the Rehab Supervisor

Implementation: This policy has been approved by the Officers of the Monroe Fire Department and the Monroe Common Council. This policy, and all adopted procedures, provide a guideline for operations within the Monroe Fire Department. Adoption of these guidelines in no way restricts the incident commander, department administration or the Monroe Common Council from modifying operations or implementing exceptions to policy in the interest of safety, efficiency and harmony within the organization. It shall remain in effect until withdrawn or modified by the department.

Effective Date: December 2, 2014

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