

SOG #:900.4
Approved: 5/6/15
Revised: N/A
Revision #: Initial



Akron Fire Company, Inc.
STANDARD OPERATING GUIDELINES
 Approved by: Peter West Fire Chief

900.4
Firefighter Rehabilitation

PURPOSE: To ensure implementation and the use of a rehabilitation process as a requirement of the Incident Management System (IMS) at the scene of a fire, or other emergency or training exercise.

SCOPE: This policy covers all personnel of the fire department

ENFORCEMENT: Failure to comply will result in progressive discipline in accordance to the constitution and by- laws of the Akron Fire Company Inc.

POLICY:

The Incident Commander (IC) at an emergency incident or training activity shall be responsible to consider the circumstances of each event and make adequate and early provisions to provide for the rest and rehabilitation of personnel. Division Officers shall maintain an awareness of personnel operating within their span of control and ensure adequate steps are taken to provide for each person’s health and safety. This includes ensuring that appropriate re-hydration and rest for their personnel is accomplished. Each individual is additionally responsible for his/her preparedness prior to an incident, re-hydration during warm weather, proper nutrition, proper dress and ensuring their PPE is in good working order. During any emergency incident or training activity, all personnel are to advise Company Officer when they believe their level of fatigue or exposure to heat/cold is approaching a level that could affect themselves, their company, or the operation they are involved in. Officers shall assess their crew continually. All individuals shall remain aware of the health and safety of others within their company.

ESTABLISHMENT OF REHAB:

The IC shall establish rehab when conditions indicate that rest and rehabilitation is needed for personnel working at an incident or training activity.

Additional factors that should be considered in the need to establish rehab include:

- Time – including extended use of PPE and exposure to weather conditions
- Intensity – mental and/or physical stress at incidents such as major extrications, interior search and rescue, etc.

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The Rehab Officer shall function within the incident command system and report to the Incident Commander (IC).

STAFFING OF REHAB:

Rehab shall be staffed by a minimum of (1) BLS ambulance and crew for ALL incidents and an EMT-B for training.

SITE LOCATION:

The IC will normally designate the location for rehab. If a specific location has not been designated, the Rehab Officer shall select an appropriate location. Multiple rehab locations may be necessary if the incident is large or divided. In the event there is more than one location, it shall be given a geographic designation consistent with the location at the incident.

Rehab should be in a location that will provide physical rest by allowing personnel to recuperate from the demands and hazards of the emergency incident or training activity. Specific criteria for selecting a rehab location include:

- Be far enough away from the scene that personnel may safely remove PPE and have their vital signs checked while receiving fluids and rest.
- Provide suitable protection from the prevailing weather conditions. During hot weather it should be in a cool, shaded area. During cold weather, it should be in a warm, dry area.
- Large enough to handle the needs of the incident.
- Easily accessible by ambulance.
- Enable personnel to be free from exhaust of apparatus, vehicles or equipment.

REHAB EFFORTS:

Rehab Efforts should include the following:

- Rest
- Hydration to replace lost body fluids
- Cooling (passive or active)
- Warming (if needed)
- Medical monitoring
- Emergency medical care if required
- Relief from extreme climatic conditions (heat, cold, wind, rain, snow)
- Calorie and electrolyte replacement
- Accountability
- Release from Accountability Officer

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REHAB PERIOD:

All personnel involved in emergency operations should be routinely evaluated in rehab.

The following criteria should be used as a general guideline:

- 1. After the use of two 30 minute SCBA cylinders
- 2. After use of a single 45 or 60 minute SCBA cylinder
- 3. After 40 minutes of intense work without SCBA *However, extreme weather or strenuous working conditions may decrease the intervals.

- Members entering rehab shall rest for a minimum of 10 minutes. Personnel requiring rest periods of greater than 30 minutes should be closely monitored for medical conditions.

The following vitals shall be obtained upon entering rehab.

- Temperature
- Heart Rate
- Respiratory Rate
- Blood Pressure
- Pulse Oximetry
- MEMBERS EXPOSED TO FIRE/SMOKE SHALL BE ASSESSED FOR CO IF EQUIPEMENT IS AVAILABLE.

Medical evaluation:

- EMS personnel assigned to rehab shall have the authority to use their professional judgment to keep members in rehab or to transport them for further medical evaluation or treatment. EMS personnel shall be alert for the following: 1. Complaints of chest pain, dizziness, shortness of breath, weakness, nausea, or headache 2. General complaints such as cramps, aches, and pains 3. Symptoms of heat or cold related stress.

ACCOUNTABILITY:

Personnel are to report to the Rehab using the accountability systems. Assignment to rehab is to be considered an order just like any other incident scene assignment.

- Personnel entry/exit time and medical evaluations will be documented by the Rehab Officer
- Personnel will NOT leave the rehab area unless released by the Rehab Officer or his/her designee and shall report to the IC for further orders.

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DOCUMENTATION:

- All rehab evaluations will be documented on the appropriate Akron F.D. rehab form.
- Any injuries that require transportation to the hospital will require a PCR to be completed
- Any rehab reports involving mutual aid personnel shall be made available to their respective departments upon request.

Resources:

NFPA 1584 2015 Edition.

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