



# WARE FIRE DEPARTMENT

## Standard Operating Guideline

Effective Date: <b>July 2008</b>	SOG Category & Identification Number: <b>Safety 003</b> <b>SFT-003</b>	Revision:
SOG Title: <b>Incident Rehabilitation</b>		
Approved by:	Re-evaluation Date: <b>July 2009</b>	Number of Pages: <b>2</b>

### **Purpose:**

To ensure that the physical and psychological conditions of the members operating at the scene of an emergency or a training exercise do not deteriorate to a point that affects the safety of the member or other members or jeopardizes the integrity of the operation. Providing guidance on the implementation and use of rehabilitation is a tactical requirement of the incident command system (ICS) at the scene of a fire/emergency or training exercise. It will ensure that personnel who may be suffering the effects of heat buildup, dehydration, and physical exertion and/or extreme weather received a valuation and rehabilitation during emergency operations.

### **Scope:**

This procedure shall apply to all members at all emergency or training exercises.

### **Establishment of Rehabilitation Sector**

The Incident Commander will establish a Rehabilitation Sector when conditions indicate that rest and rehabilitation is needed for personnel operating at an incident scene or training. The ambulance crew will establish the rehabilitation sector during working fires. The Incident Commander will establish rehabilitation sectors if needed during training evolutions.

### **Rehabilitation Sector Guidelines**

- Far enough away from scene so members may safely remove personal protective equipment
- Provide suitable protection from the elements
- Away from smoke, exhaust, or noise if possible
- Large enough to accommodate multiple crews if necessary
- Easily accessible to EMS
- Away from the command center

- Rehydration: replacing lost fluids
- Restoration of core temperature (cooling or warming)
- Food as appropriate
- Be accessible for an ambulance, should one become necessary

### **Responsibilities:**

- The incident Commander shall be responsible for assuring adequate resources are assigned to the rehabilitation sector.
- The rehabilitation sector officer shall be responsible for assuring members receive at least 15 to 20 minutes of rest and properly rehydrate themselves.
- The rehabilitation sector officer will be responsible for accountability and remain in the rehab sector at all times.
- The rehabilitation sector officer shall be responsible for documentation of members entering or leaving the rehab sector and will serve as liaison with EMS personnel.

### **Medical Monitoring**

All personnel processed through the rehab center should be checked for general condition, blood pressure, pulse, and oxygen saturation. A written record of this monitoring shall be kept. Any personnel deemed unfit to return to the scene by EMS personnel operating the rehab sector, shall be held in the sector or transported to Mary Lane Hospital for further medical evaluation. Any transport shall be immediately communicated to the Incident Commander. The Incident Commander shall be notified as soon as practicable of any member held in the sector for further evaluation.

### **Application:**

- All members shall report to rehab following the use of one 45-minute cylinder. Shorter times will be considered during extreme weather conditions.
- Members displaying elevated vital signs will be checked twice while in rehab.
- Personnel transported to a medical facility for treatment shall be accompanied by a department representative, who shall remain with the member.
- After sufficient rest, the rehabilitation sector officer will advise the Incident Commander of the members availability for reassignment.



# TOWN OF WARE FIRE DEPARTMENT

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## Incident Rehabilitation Check List

### Rehab Site:

Away from scene to remove Protective gear \_\_\_\_\_

Protection from elements \_\_\_\_\_

Large enough for multiple crews \_\_\_\_\_

Away from command \_\_\_\_\_

Access for EMS \_\_\_\_\_

Tent if needed \_\_\_\_\_

### Supplies:

Water \_\_\_\_\_

Other hot or cold drinks \_\_\_\_\_

Food as appropriate \_\_\_\_\_

EMS supplies \_\_\_\_\_

Personnel guidelines Name \_\_\_\_\_

Time enter into rehab \_\_\_\_\_ 15 minutes Minimum

Time out \_\_\_\_\_

Blood Pressure \_\_\_\_\_ Time \_\_\_\_\_

Blood Pressure \_\_\_\_\_ Time \_\_\_\_\_

Pulse \_\_\_\_\_ Time \_\_\_\_\_

Pulse \_\_\_\_\_ Time \_\_\_\_\_

O<sub>2</sub> Sat \_\_\_\_\_

Other Medical Issues \_\_\_\_\_

Returned to service \_\_\_\_\_ Retained in Rehab \_\_\_\_\_ Transported  
to Hospital \_\_\_\_\_

Incident Commander notified \_\_\_\_\_

**Personnel guidelines** Name \_\_\_\_\_

**Time enter into rehab** \_\_\_\_\_ **15 minutes Minimum**

**Time out** \_\_\_\_\_

**Blood Pressure** \_\_\_\_\_ **Time** \_\_\_\_\_

**Blood Pressure** \_\_\_\_\_ **Time** \_\_\_\_\_

**Pulse** \_\_\_\_\_ **Time** \_\_\_\_\_

**Pulse** \_\_\_\_\_ **Time** \_\_\_\_\_

**O'2 Sat** \_\_\_\_\_

**Other Medical Issues** \_\_\_\_\_

**Returned to service** \_\_\_\_\_ **Retained in Rehab** \_\_\_\_\_ **Transported to Hospital** \_\_\_\_\_

**Incident Commander notified** \_\_\_\_\_

**Personnel guidelines** Name \_\_\_\_\_

**Time enter into rehab** \_\_\_\_\_ **15 minutes Minimum**

**Time out** \_\_\_\_\_

**Blood Pressure** \_\_\_\_\_ **Time** \_\_\_\_\_

**Blood Pressure** \_\_\_\_\_ **Time** \_\_\_\_\_

**Pulse** \_\_\_\_\_ **Time** \_\_\_\_\_

**Pulse** \_\_\_\_\_ **Time** \_\_\_\_\_

**O'2 Sat** \_\_\_\_\_

**Other Medical Issues** \_\_\_\_\_

**Returned to service** \_\_\_\_\_ **Retained in Rehab** \_\_\_\_\_ **Transported to Hospital** \_\_\_\_\_

**Incident Commander notified** \_\_\_\_\_

**Personnel guidelines** Name \_\_\_\_\_

**Time enter into rehab** \_\_\_\_\_ **15 minutes Minimum**

**Time out** \_\_\_\_\_

**Blood Pressure** \_\_\_\_\_ **Time** \_\_\_\_\_

**Blood Pressure** \_\_\_\_\_ **Time** \_\_\_\_\_

**Pulse** \_\_\_\_\_ **Time** \_\_\_\_\_

**Pulse** \_\_\_\_\_ **Time** \_\_\_\_\_

**O'2 Sat** \_\_\_\_\_

**Other Medical Issues** \_\_\_\_\_

**Returned to service** \_\_\_\_\_ **Retained in Rehab** \_\_\_\_\_ **Transported to Hospital** \_\_\_\_\_

**Incident Commander notified** \_\_\_\_\_