

**Manasquan Fire Department
Manasquan Fire District #1
Standard Operating Guideline**

210.11

Title: Rehabilitation Sector Guidelines

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Purpose: To provide medical observation and rehabilitation of personnel at fire scenes. Personnel at these scenes may be evaluated at the rehabilitation sector.

Scope: This guideline is to be followed by all members of this Department. The Incident Commander has full control of the scene; he/she is solely responsible for any deviation from this guideline.

General: To ensure that the physical and mental condition of the members operating at the scene of an emergency or a training exercise does not deteriorate to a point that affects the safety of each member or that jeopardizes the safety and integrity of the operation the following guidelines need to be followed.

210.11.01. Rehab Sector Operations

Fire and EMS personnel involved in fire ground operations at the scene of an incident should be evaluated at a Rehab Sector. In most cases, after using two air cylinders or at 45 minute to one-hour intervals, crews will be rotated through the Rehab Sector for rest and evaluation.

The Incident Commander or their designee will determine if and when to establish a Rehab Medical Sector, and when crews are to report to the Sector. Relief or back-up crews will be assigned to replace crews that are going to Rehab.

Criteria for establishing a Rehab Sector will include but not be limited to, environmental conditions, fire conditions, type of work being performed, and resources available.

Crews reporting to Rehab should check-in with the Rehab Sector Officer or other medical personnel. Rehab will be stationed away from the incident where crews can remove their protective clothing and have their vital signs checked. Vital signs are to be checked by EMS personnel and recorded usually at ten-minute intervals, unless the vitals are critical. Vitals

are to be checked a minimum of twice while at Rehab. If a food area is set up, crews should be checked before and after going to this area.

Any member refusing to be checked by Rehab personnel shall sign a refusal form and will not be allowed back on the fire ground.

Any person complaining of chest pains, shortness of breath, having abnormal vital signs (see 210.11.04), should be transported to the hospital.

After a fifteen to twenty minute rest and personnel evaluations are within normal range, the Incident Commander will be advised of the crews available for reassignment.

The use of the Personnel Accountability System (PAS) shall include units or teams assigned to the Rehab Sector.

210.11.02. Points of Importance

The Incident Commander should take extreme weather considerations into consideration and plan early for relief crews and for crew rotation into Rehab.

Firefighting crews should be cycled through Rehab on a regular basis.

Crews should be assigned intact and stay together.

Crews at Rehab should receive medical evaluation; blood pressure, pulse, and respiratory rate, fluid, food and rest.

All operating sectors should maintain an ongoing awareness of the condition of their personnel and use the Rehab Sector to combat excessive fatigue and exhaustion.

210.11.03. Medical / Rehab Sector - Responsibilities

The Incident Commander shall be responsible for considering the circumstances of each incident and for making available adequate provisions for the rest and rehabilitation for all emergency workers.

Company Officers shall maintain an awareness of the condition of each member operating within their span of control and ensure that adequate measures are taken to provide for their safety and health. The company officer shall use the ICS to request relief and reassignment of fatigued crewmembers.

During periods of extremely hot weather and before any extended training exercises, personnel are encouraged to pre-hydrate. In addition, all personnel while operating at scenes should take all opportunities to re-hydrate themselves as often as possible.

Personnel assigned to operate the Rehab Sector will be responsible for several activities within the sector and will maintain a high profile and remain within 10 feet of the sector at all times.

Primarily, the flow of personnel into and out of the sector will need to be coordinated and recorded. The initial set-up should be located at or around a BLS unit, or somewhere out of the weather.

EMS personnel assigned to this sector will be responsible for obtaining vital signs of firefighters as they are assigned to rotate through Rehab.

When weather permits, a salvage cover will be spread out, and all the following items will be placed on it: water cooler, cups, BLS and ALS equipment (if available). On rainy days these items may be set up in a covered area.

A running tally of crews in Rehab and those who are available for reassignment must be kept available at all times.

In ideal situations, crews should have 15 or 20 minutes to spend in Rehab. Fluid replacement should be available for crews when they are in Rehab.

During cold weather operations, warm drinks should be made available.

Smoking is not allowed in or near the Rehab Sector area.

210.11.04. Vital Sign Guidelines

When firefighting crews arrive at the Rehab sector a complete set of vitals is to be taken,

The following criterion is to be used in the evaluation of fire ground personnel during a fire incident.

- If the diastolic blood pressure is > 130, they will be transported to the hospital.
- If the diastolic blood pressure is > 110 and the person is symptomatic, the person may be transported to the hospital for further evaluation. If the pressure is < 110 but the person is symptomatic the same is true.

- If the systolic blood pressure is >200 and after further evaluation and rest the reading is still >200 the person may be transported to the hospital for further evaluation.
- If a pulse rate of 140 or greater is found, the person should be given oxygen and fluids and rest for a minimum of 10 minutes. At that time they should be reassessed. If after 10 minutes the heart rate drops below 140, the person may return to duty. If the rate remains above 140 the firefighter must rest for 30 minutes and be given fluids and oxygen. The person should be placed on a cardiac monitor and ECG strip obtained. If after 30 minutes the rate remains above 140, the person should be transported to the hospital for evaluation.
- If the diastolic blood pressure is < 110 and there are no symptoms, no action necessary.

In all the above cases, the crew assigned to Rehab will complete a Rehab Report.

An EMS run report is required on persons treated or transported to the hospital. The EMT or Paramedic has the option to write an EMS report when he/she feels it is warranted as to any other person.

If a competent person refuses transport to the hospital, an EMS refusal form shall be signed. The person will not be permitted back onto the fireground.

210.11.05. EMS/Fire Rehab Personnel Reports

- EMS/Fire Rehab Report is to be completed on all personnel being evaluated at the scene.
- Signs and Symptoms Checklist for Medical Problems
 - This form must be completed as soon as possible on any personnel exhibiting any illness or injury.

Winter Park Fire-Rescue Personnel Rehabilitation Sector Worksheet

Incident Number: _____ Date: _____

Name: _____	Assignment: _____
Time: _____ Pulse _____ B/P _____	Resp _____ Temp _____
Time: _____ Pulse _____ B/P _____	Resp _____ Temp _____
Time: _____ Pulse _____ B/P _____	Resp _____ Temp _____
Complaints: _____ _____	
Time Returned to Duty: _____	Rehab Sector Signature: _____

Name: _____	Assignment: _____
Time: _____ Pulse _____ B/P _____	Resp _____ Temp _____
Time: _____ Pulse _____ B/P _____	Resp _____ Temp _____
Time: _____ Pulse _____ B/P _____	Resp _____ Temp _____
Complaints: _____ _____	
Time Returned to Duty: _____	Rehab Sector Signature: _____

Name: _____	Assignment: _____
Time: _____ Pulse _____ B/P _____	Resp _____ Temp _____
Time: _____ Pulse _____ B/P _____	Resp _____ Temp _____
Time: _____ Pulse _____ B/P _____	Resp _____ Temp _____
Complaints: _____ _____	
Time Returned to Duty: _____	Rehab Sector Signature: _____

* Measure Heart Rate for 30 seconds - If over 110 - take temperature - If over 100.6 remove TOG.
* If pulse is over 110 but temp is less than 100.6 - Increase rehab time.
* After 45 minutes of work in gear - 10 minutes of rehab is necessary.

