

# INCIDENT REHAB

## KEY CONSIDERATIONS:

- Individuals are responsible for their needs at all times. Prepare your body **before** the fire and carry your own initial rehab supplies.
- **Mandatory Notifications – Related to FF transport.**
- Crews shall not be allowed back into service until the crew and equipment is fully rehabbed and decontaminated.

## STANDARD:

- Applies anytime crews are undertaking strenuous physical activity either on emergency scenes or in training.
- Any activity that is large in size, long in duration, or labor intensive that will rapidly deplete energy or strength.
- Level 1 Rehab: Managed at crew level, officer manages measurement, rest, fluid, and nutrition replacement.
- Level 2 Rehab: Rehab group set-up. Managed by rehab officer. When to set-up:
  - Working “2-Bottle” fires
  - Extended TRT events
  - HazMat w/ encapsulating suit use
  - Extended Wildland events
  - Any event with 1 hour of exposure **above 90° F** heat index or wind chill index **below 10°F**.
  - Training Burns
  - As required by the IC
- The rehab Group Supervisor will be designated by the IC. ALS is preferred for those providing care in the rehab group.

## PROTOCOL:

**Site Selection:** (consider divisional rehab on large scale events, in this case crews will still eventually require medical monitoring.)

- Sufficient distance from the incident to allow for the removal of PPE and SCBA and allow for mental rest related to pressure and stress from the incident.
- Easy access for EMS medic units.
- Away from vehicle exhaust.
- Provide suitable environmental protections such as warm areas when it is cold and cool/shady areas when it is hot outside.
- Large enough for expected attendance.
- Allow for prompt re-entry in to the emergency scene.

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When in Rehab: (IC will assign crews and track to ensure proper accountability on the scene)

- Add / remove clothing to regain normal body temperature.
- **Rest – minimum of 20 minutes.**
- Eat and Drink as necessary.
  - Hydrate with water or sports drink. **2-4oz, every 20 minutes.** (avoid caffeine, carbonated beverages)
  - Energy bars that contain 40/30/30 (carbs, protein, fat) and fresh fruit is the goal.
    - Zone Perfect, Cliff and Powerbars, bananas, apples, kumquats etc.

## Medical Evaluation and Treatment:

- Once on Rehab, members will be evaluated for:
  - Heart Rate
  - SPO2
  - COHb
  - Mental Status
    - Consider: BP and Core temperature.
- The FF will be transferred to the EMS system, and the IC notified, if any findings indicate a potential problem. **Mandatory transfer for:**
  - Chest Pain
  - SOB
  - Altered Mental Status
  - Irregular Pulse
  - Injury
- Reevaluate after 20 minutes.
- **Begin ACTIVE COOLING if body temp is 101 or greater.**

## Return to staging from Rehab:

- **Heart Rate >60 AND <100**
- **Normal Mental Status**
- **SPO2 >95%**
- **COHb <16%**
- **Systolic BP >100 and <160 / Diastolic BP >60 and <100.**
- **Temperature <100°F**