

Grissettown Longwood Fire & Rescue

Technical Rescue Incident Response Plan

Emergency Incident Rehab

PURPOSE:

Ensure that physical and mental condition of members operating at the scene of an emergency or training exercise does not deteriorate to a point that affects the safety of each member or jeopardizes the safety and integrity of the operation.

SCOPE:

This procedure applies to all emergency operations and training exercises where there is a potential of altered physical and/or mental conditions due to extremes in weather conditions and/or duration and demand of the incident.

RESPONSIBILITY:

Incident Commander- Consider all circumstances and make early and adequate provisions for the rest and rehabilitation of all on-scene personnel. These provisions include necessary medical evaluation, treatment, monitoring, fluid replenishment, mental rest, relief from climatic & environmental extremes and supply food when necessary.

Supervisors- Maintain an awareness of the condition of personnel under their command and ensure that steps are taken to provide for each person's health and safety.

Personnel- Notify immediate supervisor if at any time they experience fatigue or exposure approaching a level that could adversely affect crews or put their operation in peril. It is each person's responsibility to be aware of, and report, such conditions. GLF&R's rehab criteria will be followed by all GLF&R's personnel and volunteers.

POLICY/PROCEDURE:

Establishment of a rehabilitation unit

Responsibility: Incident Commander

Deploy a Rehab Unit when conditions indicate that rest and rehabilitation of on-scene personnel is needed.

Conditions include, but not limited to:

- All structure fire calls.
- Extremes in climate or environment.
- Large scale incidents.
- Labor intensive incidents.
- Long duration incidents.
- Training in hot or stressful climatic conditions.

Rehab Supervisor:

A. Establish a rehab site location per Incident Commander.

B. Ensure necessary staff and supplies are readily available or are in route to the incident location. Supplies include but are not limited to:

- Water, activity beverages, activity/sport drinks and ice.
- Food when needed.
- Heaters, fans, dry clothing, blankets, markers, tape, and items necessary to provide for the well being of on-scene personnel.

C. Ensure vital signs are documented upon entry to the rehab area along with initiation of cooling measures and fluid intake. (Vital signs to be checked at ten min. intervals and documented until released).

Site Characteristics

A. Location

1. Outside of the hot zone but near the incident for easy access to and from the scene. Easy access to staging area without requiring travel through other operational areas must be provided.
2. Provide (tarp) for PPE removal area. (PPE pants can be kept on but dropped to ankles after fire fighter is seated.)
3. Provide suitable protection from environmental conditions.
4. Rehab area to be large enough to accommodate multiple crews according to the size of the incident. Caregivers are assigned not more than three/four subjects to monitor. (3 to 4 seats to be located beside each other for easy access/monitoring.)

B. Rehab site should include at a minimum:

1. Lights, chairs, tarps for turnouts, cooling cloths, ice, ice bags, medical equipment, hydration needs, fans, blankets, a means to wash and clean hands and face, and a change of clothes if needed.

C. Operational Guidelines

1. All members that use two 30 minute SCBA cylinders or one 45 to 60 minute SCBA cylinder must go to rehab.

Hydration/Rehydration- A critical factor in prevention of heat injury is the maintenance of water and electrolytes. During heat stress personnel should consume at least one liter of water per hour. A suggested Rehydration solution of a mixture of water and a commercially prepared activity/sport beverage. The mixture depends upon the number of grams of carbohydrates per serving in the commercial product. The mixture should never exceed 7% carbohydrates and is best having 3 – 4% carbohydrates. If a mixture is not feasible to have prepared, the firefighter should first consume a ½ liter (approx. 16 ounces) bottle of water before any activity/sport drink. Rehydration is important regardless of weather conditions.

Alcohol, caffeine and carbonated beverages are to be avoided before and during heat stress because both interfere with the body's water conversion mechanism. No tobacco products either smoked or chewed are allowed in the rehab area.

Rest- All personnel working though two (2) 30-minute air bottles or a 45- minute air bottle are required to be relieved and report to the rehab area. This rule represents the maximum physical effort permitted prior to mandatory rehabilitation. Evaluation of an individual's fatigue and recovery level are the criteria for length of rehabilitation time. The length of the rest period shall be no less than 20 minutes.

Recovery- Fire fighters are to maintain a high level of hydration in rehab. Fire fighters should not move directly from hot environment to an air-conditioned one. Such a move can cause the body's natural cooling system to shut down. Cooling fans can be used. Misting fans are generally not required in humid environments as the individual's sweat provides cooling. Wet mist fans soak the fire fighters and caregivers tending the rehab making it difficult to get accurate medical readings and medical recording.

Diuretics, stimulants, or antihistamines impair the body's ability to sweat; therefore, extreme caution must be exercised if individuals have taken them.

Medical Evaluation- Emergency Medical Services (EMS) to be available for fire fighter crews in the rehabilitation area. A certified Paramedic with practice privileges in Brunswick County located at the scene can assist in monitoring of responders and provide treatment/transport when necessary.

A. Heart rate/blood oxygen saturation/blood pressure are measured either manually or with an automatic system upon entry to rehab. Vitals are taken at least at ten minute intervals until release.

GLFR REHAB RELEASE STATS

Pulse: Below 100 bpm
Systolic/Diastolic blood pressure: Below 140/90
Blood oxygen saturation: Above 94
Respirations: Below 20
Temperature: Below 100.5 degree F
Skin tone: Normal

B. Medical evaluations are recorded on a standardized form (found on the last page of this SOG) and mandatory for those individuals exhibiting NFPA 1584 Rehab Red Flag symptoms.

NFPA 1584 REHAB RED FLAG SYMPTOMS

Pulse: Over 120 bpm for greater than 10 minutes
Systolic blood pressure: Over 140 for greater than 10 minutes
Shortness of breath: Respirations over 20 for greater than 10 minutes.
Body temperature: Greater than 100.5 degree F.
Chest pain
Altered mental state
Extreme fatigue
Cool clammy skin
Extreme sweating

C. Rehab Supervisor to ensure that all assisting rehab personnel understand and follow GLF&R's Rehab protocols and procedures. Freelancing volunteers will not be allowed.

GLFR REHABILITATION RECORD

DATE _____

NAME _____ AGE _____

ORGANIZATION _____

FIRST REHAB

TIME IN - _____

TIME Hr:Mn	HR BPM 80-100	Oxy Sat > 94 %	BP SY < 140	BP DY <90	RESP <20bpm	TEMP 99.5- 100.6F	COMMENTS	INIT

COMMENTS -

TIME RELEASED - _____ INITIAL - _____

SECOND REHAB

TIME IN - _____

TIME Hr:Mn	HR BPM 80-100	Oxy Sat > 94 %	BP SY < 140	BP DY <90	RESP <20bpm	TEMP 99.5- 100.6F	COMMENTS	INIT

COMMENTS -

TIME RELEASED - _____ INITIAL - _____

THIRD REHAB

TIME IN - _____

TIME Hr:Mn	HR BPM 80-100	Oxy Sat > 94 %	BP SY < 140	BP DY <90	RESP <20bpm	TEMP 99.5- 100.6F	COMMENTS	INIT

COMMENTS -

TIME RELEASED - _____ INITIAL - _____

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Vitals are to be taken every 10 minutes and documented. All caregivers are required to follow GLF&R's Emergency Incident Rehab SOG.