

Enchanted Circle Regional Fire Association

Model Operating Procedures

Firefighter Rehab

Purpose

Firefighting is physically demanding work in challenging environments. Firefighters may become rapidly overheated, fluid depleted, and energy depleted. As a firefighter's physical condition becomes compromised, he or she is less able to perform in a team critical situation, and more likely to be injured. Therefore, it becomes important to establish rehab as a formal function on working fires and multiple alarms. This standard establishes procedures for the management of firefighter rehab.

Establishing the Medical/Rehab Unit

The IC should establish a Medical/Rehab Unit at any working fire or multiple alarm fire. An ambulance or rescue truck to staff the Unit should be ordered if one has not been automatically dispatched. The Officer or Lead Attendant will become the Medical/Rehab Unit Leader.

The Unit Leader should select a location to establish rehab based on the following criteria:

- Safety – outside the hazard zone
- Away from smoke and vehicle exhaust
- Sheltered from wind, heat/cold, etc.
- Accessible to transport ambulance if required
- Close to fireground to facilitate movement of firefighters between rehab and tactical assignments

Rehab Procedure

- Crews will be assigned to rehab on a rotating basis by the IC
- Crews should be rotated to rehab based on the following criteria
 - Company members have expended two 30 minute SCBA bottles
 - Company has been engaged in strenuous activity for 45 minutes or more
 - Company has been exposed to harsh environment for 45 minutes or more
 - Company Officer advises that personnel are “spent”
- Companies will be rotated to rehab as a unit, and remain under the supervision of the company officer
- Each member will be evaluated by Medical/Rehab unit personnel, and the following recorded for each member
 - Time of evaluation
 - Resting Pulse Rate
 - Body Temperature (Tympanic)
 - SpO₂
- Each company member will receive the following:
 - 10 minutes of rest, away from the incident and in a sheltered environment as appropriate
 - Minimum of 8 ozs of fluid: consider the following
 - water
 - ½ strength electrolyte replacement drink (Gatorade, etc)
 - “Power broth” for carbohydrate replacement in cold weather
- After 10 minutes in rehab, each member will be reevaluated, looking for any of the following **Red Flags**:
 - Pulse of 110 or greater
 - Body Temperature 100.6 or greater
 - SpO₂ less than 92%

- Any member with a Red Flag finding will be rested an additional 10 minutes and reevaluated.
- Any member who continues to meet Red Flag criteria after a third rest period will be taken off the line and treated as an emergency patient by Medical/Rehab personnel.