

## **STANDARD OPERATING GUIDELINE - 4.6.5**

### **TOPIC - SAFETY: ON SCENE REHABILITATION**

#### **PURPOSE:**

To provide a consistent means of evaluating the physical condition of personnel who are working at an emergency incident.

#### **GENERAL:**

Emergency response work is exacting and physically challenging. As such, it is an easy matter to understand that personnel will need periodic rests during prolonged incidents. However, it is vital that the Incident Commander and/or the Safety Officer remain in tune to the fact that each person may require special attention regarding rehabilitation.

#### **GUIDELINE:**

##### **Establishing a Rehabilitation Area:**

1. The rehabilitation area must be out of the way of apparatus and equipment movement, or other operational considerations.
2. The area must be within a safe zone, away from heavy smoke conditions.
3. During night time conditions, lighting the site will be necessary to fully accomplish the intent of a rehabilitation area.
4. The site will need to have a reasonable amount of supplies:
  - Bottled water
  - Food whenever possible
  - Medical assessment equipment
5. As soon as possible a qualified person should be assigned as the rehabilitation officer. This individual needs to be qualified to make medical assessments in the field regarding the physical condition of personnel.
6. Depending on the weather the site should be able to accommodate either warming or cooling for the individual.

##### **Conditions Requiring Rehabilitation:**

1. As established in SOG 4.6.1, any person who has worked continuously while wearing SCBA for a period of time consuming two (2), thirty (30) minute air cylinders, must take a ten (10) minute break in a rehabilitation area.

2. Whenever an individual feels weak, is exhausted, feels unsteady, or collapses, at any time and for any reason while on the emergency scene, that person must be referred to the rehabilitation area.
3. Whenever a person is adversely affected by the weather they must be referred to the rehabilitation area.
4. There may be times when the nature of the incident will require that personnel enter rehabilitation due to other stressors.

**Rehabilitation Functions and Assessments:**

1. Document the pulse rate and blood pressure of each individual who is assigned to the rehabilitation area, upon entry and at least once again prior to departure.
2. As appropriate assess and document temperature.
3. Assess and document any medically related event concerning the individual.
4. Assist in cooling or warming efforts.
5. Monitor the condition and restorative progress of those assigned to the rehabilitation area.
6. The individual should remove heavy equipment such as SCBA while in the rehabilitation area.
7. Provide fluids for the individual as soon as possible.
8. Make arrangements, in conjunction with the desires of the Incident Commander, for food to be delivered to the site.
9. The rehabilitation officer has the authority to request transport for an individual to a medical facility.