

Tully Hose Co. No. 1

Standard Operating Guidelines
INCIDENT REHABILITATION
Guideline # TF-301 – Rev.1

Purpose: To develop a guideline that outlines a systematic approach for the rehabilitation of members operating at incidents.

Procedure: It is the policy of the Tully Fire Department that no member shall be permitted to continue operations beyond safe levels of his or her physical or mental endurance. The intent is to lessen the risk of injury and/or illness that may result from extended field operations under adverse conditions. However, this procedure is in no way intended to diminish initial fire attack aggressiveness. The incident commander shall consider the circumstances of each incident and initiate rest and rehabilitation in accordance with the needs of the firefighters.

Incident Commanders should consider the establishment of incident rehabilitation during, but not limited to, the following conditions:

1. Structure fires
2. Prolonged Rescue operations
3. Hazardous Material Incidents
4. Wild land Fires
5. Hot – Weather Conditions
6. Cold – Weather Conditions

Upon its arrival, The Ambulance personal will designate where the Rehabilitation area will be. The senior medical person will initiate and assume command of the rehabilitation area. Other medical units will be assigned to the rehabilitation area to provide the medical support if needed.

The Rehabilitation Area will be a specific area where personnel will assemble to receive:

1. A Physical Assessment
2. Revitalization – rest, hydration and refreshments
3. Medical Evaluation and Treatment of Injuries
4. Continual Monitoring of Physical Conditions
5. Transportation for Those Requiring Treatment at Medical Facilities
6. Initial Stress Support Assessment
7. Reassignment to Staging

The Rehabilitation Area should consist of four sectors:

1. **Entry Point** - Accountability tags will be turned in to a designated person. Medical personnel will make an assessment of each individual, including checking the pulse rate of all personnel entering the rehabilitation area. Any member who has a pulse rate of 120 beats per minute or greater will report to the Medical Treatment and Transport sector where they can be monitored more closely. Firefighters that do not require medical treatment will proceed to Hydration and Replenishment.
2. **Hydration and Replenishment** - Personnel will be provided with supplemental cooling or heating, fluids, and nourishment.
3. **Medical Treatment and Transport** - This sector shall be staffed by medical personnel who shall pay close attention the firefighters pulse, blood pressure, and body temperature and treat the firefighter as needed. If the firefighter continues to have ongoing signs of illness or injury, they will not be permitted to leave the area. In addition, if the firefighter requires transport to an appropriate medical facility for further evaluation and treatment, they will notify Incident Command of the situation and, if necessary, request additional medical units or manpower as needed.
4. **Manpower** - After appropriate rehabilitation and medical monitoring, the firefighter will be deemed adequately rehabilitated and medically sound to return to duty. All personnel will return to Manpower.

It is important that all firefighters operating at an incident recognize their limitations. All firefighters shall be responsible to communicate their need for rehabilitation and rest to their supervisors.