

# SOUTH PORTLAND FIRE DEPARTMENT

## STANDARD OPERATING GUIDELINES

<b>SOG #:</b>	6.415	<b>Effective Date:</b>	8/1/2004
<b>Title:</b>	Emergency Incident Rehabilitation	<b># of pages:</b>	3
<b>Category:</b>	Emergency Medical Services	<b>Classification:</b>	Red

1. **PURPOSE:** To help insure that the physical and mental condition of members operating at the scene of an emergency or a training exercise does not deteriorate to a point that affects the safety of each member, or that jeopardizes the safety and integrity of the operation.

2. **PROCEDURES:**

### Incident Commander

The Incident Commander shall consider the circumstances of each incident and make adequate provisions for the rest and rehabilitation of all members operating at the scene.

### Line/Company Officers

All supervisors shall maintain an awareness of the condition of each member operating within their span of control and ensure that adequate steps are taken to provide for each member's safety and health. The command structure shall be utilized to request relief and reassignment of fatigued crews. Crews shall not go into rehab without proper relief and the clearance of command.

### Personnel

During emergency incidents or training evolutions, all members shall advise their supervisor when they believe that level of fatigue or exposure to heat or cold is approaching a level that could affect themselves, their crew, or the operation in which they are engaged. Members shall also remain aware of the health and safety of other crewmembers. During periods of hot weather, members are encouraged to drink water through the workday.

### Establishment of Rehabilitation Sector

- **Responsibility**

The incident commander will establish a rehabilitation sector when conditions indicate that rest and rehabilitation may be needed at an incident or training evolution. An officer or member will be placed in charge of the sector and will be known as the Rehab sector. This person shall report directly to command.

- **Location**

The incident commander will normally designate the location for the rehab area; however, the incident commander may delegate this task to the rehab sector officer. The location shall be a safe distance from the incident scene to facilitate the removal of SCBA and protective clothing and to protect the members from exhaust fumes of apparatus operating at the incident. The location should be large enough to accommodate the number of personnel on the scene. Personnel should be able to get out of inclement weather conditions.

- **Function**  
The Rehab sector is designated as a place where members may rest, drink fluids and receives a medical evaluation prior to returning to active involvement in the incident. It shall be the Rehab officer's responsibility to ensure that adequate resources are present to support this sector.
- **Medical Evaluation / Treatment**  
Whenever a rehab sector has been established, normally the first on scene rescue unit shall be assigned to the rehab sector as soon as they are no longer required for fire operations. On All-hands alarms a second rescue unit is assigned for EMS use including Rehab. The rehab officer shall ensure the rest and rehabilitation of the rescue personnel prior to committing them as the medical evaluation team, in so far as possible. If the rehab officer determines that personnel are not able to perform these duties, he shall relay this to command who shall commit other rescue personnel to this function. It shall be the rescue personnel's' responsibility to check vital signs of each crewmember as they enter and leave the rehab area. They shall provide treatment for any injury and/or illness encountered. A record of all vital signs taken shall be recorded. If in their judgment further medical treatment is required, this shall be relayed to the rehab officer and the incident commander, and proper steps shall be taken.
- **Accountability**  
Members assigned to the Rehab Sector shall enter and exit the Rehab Area as a crew. Exceptions to this rule may occur upon request and upon the clearance of the Incident Commander. The Rehab Officer shall insure that a log is kept on all persons / crews entering or leaving the Rehab Sector. Such a log shall contain the Unit Number, Number of Persons, Time in, Time Out of Rehab Sector. No crew or person shall leave rehab without the clearance of the Rehab Officer. All crews/persons leaving the rehab sector shall report back to Command for assignment.
- **Normal Rehab Time Frame**  
The normal length of time for crews to remain in Rehab shall be a minimum of ten minutes and should not exceed twenty minutes. The Rehab Officer may extend this time frame after consulting with the medical evaluation team. If the time frame for any unit is extended, the Rehab Officer shall relay this information to Command.
- **Extremely Hot Weather Conditions**  
In All Hands Incidents, in which the outside temperature is 85 degrees or above, or other incidents deemed necessary by the Incident Commander, a coverage engine will be moved into a remote staging location to be available for relief of incident personnel at the Incident Commanders request. This unit will stay uncommitted and personnel will not be required to be in protective clothing, while actually in staging, until they have received an assigned from command.
- **Resources**

The resources that the Rehab Sector may need and should give consideration to are as follows:

- Fluids- The recommended beverage is water. For prolonged incidents a 50/50 mixture of water and a commercially prepared activity beverage at 40 degrees f. is acceptable. During heat stress conditions members should consume 1 quart of fluid per hour. Carbonated beverages and beverages containing caffeine should be avoided. Members should remember that rehydration is also important during cold weather.
- Food- The department may provide food for any emergency operation exceeding 5 hours in duration. Salty and fatty foods should be avoided. If available cups of broth, soup, bananas, apples and oranges are recommend.
- Medical equipment- Blood pressure cuffs, stethoscopes, oxygen, monitors, and EMS personnel to monitor members conditions, should be assigned to the Rehab Sector
- Other- Smoke ejectors, tarps, lighting, blankets, fire line tape, ambulance etc.

3. REFERENCES:

- None

By Order Of:

*Kevin W Guimond*

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