



**MAPLE GROVE FIRE DEPARTMENT**  
Effective Date: 08/01/2011; Revised Date: 04/16/2020

**STANDARD OPERATING PROCEDURES CONT.**

**STANDARD WORK CYCLES (RECYCLE & REHABILITATION)**

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Companies have very predictable work cycles. The standard company work cycle is directly tied to the amount of time an SCBA air cylinder will last (typically 14–15 minutes). Crew leads specifically, and firefighters must always remain air aware. Incident Commanders and tactical bosses will use the standard CAN-A report to trigger air awareness and situational awareness.

**Air Management:** Crews must exit the immediately dangerous to life and health (IDLH) environment before the consumption of reserve air begins. This should be at 50%, a crew must take immediate action if a low air bell sounds.

**Recycle & Rehabilitation Definitions**

**Recycling:** A timely and efficient means of air replacement and rehydration of companies while maintaining their assignment. A normal work cycle could be up to 2 air cylinders. During recycle, members should not “dress down” but rather quickly refill air, rehydrate, and then report back that you are ready to work. After 2 air cylinders, the firefighter shall report to rehabilitation.

**Rehabilitation:** Rehab is an assignment to a formal rehab location (close to the emergency scene) where crews will be de-contaminated, medically evaluated, rehydrated, and replenished. During rehab, crews can rest, remove their PPE, and simply remove themselves from the hazard zone so they will be ready to work once all members have had a chance to rest. This process is lengthier than the recycle phase, but members should be able to rehab in a reasonable amount of time. Once rehabbed, units can be assigned back to the Incident scene through the Rehab officer, but most of the time, they will be placed back into service.

Maple Grove Fire Department will not usually allow a firefighter to participate in more work cycles than 2 air bottles. Firefighters that have already been through 2 air bottles shall normally be considered for out of service status and may be assigned other work outside of the hazard zone.

**Rehabilitation Operations**

A Hennepin County Life Safety Unit (LSU) with a Rehab Officer is automatically paged on any Maple Grove second alarm. The LSU will set up and manage the rehabilitation unit per the Hennepin County LSU guidelines.

In the absence of a second alarm LSU unit, the Incident Commander (IC) and/or Company Officer should establish rehabilitation following NFPA #1584 recommendations, anytime training or on-scene activities pose a risk of fire personnel exceeding a safe level of physical or mental endurance. The incident commander may consider requesting an LSU from dispatch if the situation warrants. Another option is to establish a Rehabilitation Group with a Rehab Officer internal to Maple Grove Fire personnel, as follows:

1. A Rehab Officer has equal authority to the Safety Officer and IC to determine if fire personnel should return to work.
2. Rehab should be established in a secure location away from the excitement and hazards of the active event. The location should be large enough to accommodate the estimated personnel, allow access and egress for ambulance response, and provide protection from the elements and public.
3. Rehabilitation process shall include the following:
  - Accountability
  - Rest
  - Hydration and/or electrolyte replacement
  - Cooling/Warming (passive and/or active)
  - Medical assessment – per protocol

#### **Rehab protocol:**

1. Rehab entry criteria
  - a. Use of two 30 min SCBA cylinders or one 45---60 min cylinder
  - b. 45 min of intense physical labor
  - c. Use of encapsulating Haz-Mat suit
  - d. When directed by officer, paramedic or self
  - e. Consider lower threshold for extreme heat/humidity (i.e., one 30 min cylinder OR 20 minutes of intense physical labor)
2. Procedure
  - a. Check-in with rehab division officer
    - i. Obtain tracking card (if applicable)
  - b. Remove turn---out gear/SCBA
  - c. Sector officer assesses pulse/mental status/symptoms
    - i. Immediate EMS assessment if Pulse > 220---age (nearest 10) OR chest pain, fainting, altered mental status, vomiting, severe shortness of breath
    - ii. Rest/rehydrate for 15 min
    - iii. Drink 8---12 oz. fluid
  - d. Active cooling/warming (per weather conditions)-----{can be further clarified}
  - e. Sector officer monitors mental status, speech, gait, skin color/temp, respiratory effort
    - i. Any lack of gradual improvement or worsening condition warrants EMS evaluation
    - ii. Injury/Burns and officer discretion may also prompt EMS evaluation

3. Exit assessment (must meet all criteria below)
  - a. HR<110
  - b. RR<20
  - c. Skin temperature normal (or near normal for conditions)
  - d. Normal gait/speech/mental status
  - e. No shortness of breath, C/P, lightheadedness
4. Failed exit criteria
  - a. Additional 15 min rest/rehydration
  - b. If exit criteria not met after 30 min, EMS assessment

The Rehab Officer shall document all personnel that entered and received rehab. If an injury was sustained and/or personnel were medically evaluated by EMS/Ambulance, a First Report of Injury Form shall be completed.

Maple Grove Fire Department personnel may deviate from this procedure as deemed necessary to ensure safe and efficient emergency operations in response to unusual conditions and/or when resources are limited, considering safety to responders and the public; and while using good judgment and operating within the scope of previous training and experience.