



**TOWN OF CHEEKTOWAGA FIRE CHIEFS' MUTUAL AID
ASSOCIATION**

BEST PRACTICES

FIREFIGHTER RAHABILITATION (RE-HAB)

July 21, 2020

v1.0

- I) **Subject** Re-Hab standardization

- II) **Scope** This Best Practices shall encompass the Town of Cheektowaga Fire Districts and the Village of Sloan Fire Department

- III) **Purpose** This Best Practices is intended to standardize Rehabilitation of firefighters at incidents and training evolutions for The Town of Cheektowaga and the Village of Sloan Fire Districts/Department

- IV) **Guidelines**
 - 1) Gross Decontamination of firefighters is performed prior to entering the RE-Hab area
 - 2) PPE/SCBA shall be located in a secure, sheltered area; just outside of or adjacent to the Re-Hab sector
 - 3) Re-Hab sector officer(s) shall collect Accountability Tags and re-issue only when the firefighter has been medically cleared for duties.
 - 4) All firefighters shall be medically cleared prior to returning to duty.
 - 5) Re-Hab sector officer(s) shall notify the firefighter's officer, in the event that the firefighter is not medically cleared. The officer shall be notified of the decision to transport to a medical facility as soon as possible.
 - 6) Re-Hab is performed/commenced whenever emergency operations or training activities pose a risk of firefighters exceeding a safe level of physical/mental endurance
 - 7) Firefighters shall maintain proper hydration prior to, during and post incident/training whenever practical
 - 8) Officers responsible for teams shall continually assess team members and ensure that team members are Re-Habbed
 - 9) Firefighters shall notify their officer whenever they feel fatigued, ill, exposed to extreme temperatures or are injured
 - 10) The Re-Hab location shall be upwind of the incident and not near the IDLH, warm or hot zone and is located far enough away to ensure safety from catastrophic events. However, not extreme distances, unless the incident dictates.



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- 11) Firefighters exposed to smoke, chemicals, gases, etc.; shall be assessed for signs and symptoms of the appropriate exposure. Example – Smoke – RAD 57
- 12) Documentation of ALL Re-Hab operations and persons shall be recorded and saved with the Incident Report
- 13) Energy drinks shall NEVER be utilized
- 14) Substances to be avoided;
 - a) Carbonated beverages
 - b) High fructose/high sugar beverages
 - c) Foods containing high fat or high protein content
 - d) Alcohol
 - e) Smoking materials/Vaping
 - f) Excessive fluids
 - g) Creatine supplements
 - h) Ephedrine
 - i) Highly caffeinated beverages
- 15) The provision of sanitary facilities may be necessary, depending upon the incident
- 16) Hydration should be available wherever SCBA cylinder changing is conducted
- 17) Nothing shall preclude firefighters “self-rehabilitation” whenever necessary
- 18) Compliance with NFPA 1584
- 19) It is highly recommended that fire districts are in compliance with NFPA 1583