

## Delaware Fire Department Rehab Group Check Sheet

Date _____		Location _____				Page _____ of _____					
Type of Incident _____					Incident Number _____				Weather Cond/Temp. _____		
Incident Commander _____					Rehab Officer _____				Safety Officer _____		
Firefighters Name	Truck Assigned	Time in Rehab	Time out of Rehab	Vital Signs Time	Blood Pressure	Resp.	Pulse	Pulse Ox SpO2/SpCO	Complaints	Action Taken	Hospital Y/N Destination
								/			
								/			
								/			
								/			
								/			
								/			
								/			
								/			
								/			
								/			
								/			
								/			
								/			
								/			
								/			
								/			
								/			
								/			
								/			
								/			

**Rehab V/S Parameters: (for release from rehab)**

- a) Heart Rate < 110 bpm
- b) SpO2 > 92% on room air.
- c) SpCO < 5%
- d) No symptoms: confusion, headache, chest pain, abdominal pain, dizziness, blurred vision, etc.
- e) Personnel must have received appropriate hydration

**If these parameters are not met after twenty minutes in REHAB then the individual shall be taken to MEDICAL REHAB for treatment and/or transport according to local protocol.**

**Medical Rehab V/S Guideline:**

- a) A complete set of vital signs, including temperature and 12 lead EKG if needed, shall be obtained on personnel sent to MEDICAL REHAB. The following criteria shall serve as a guideline for transportation of personnel to a hospital for further evaluation:
  - b) Hypertension/ hypotension after 20 mins. of rest and fluids.
  - c) Any symptomatic patient regardless of blood pressure
  - d) Heart rate > 110 or < 60 with accompanied hypotension after 20 mins. of REHAB
  - e) If heart rate > 110 bpm after 20 mins. of REHAB, it is recommended oral or tympanic temperature be taken. If body temperature is > 100.6° F, the firefighter should not be permitted to wear protective equipment or re-enter the active work environment until his/her temperature and heart rate has decreased. If his/her temp is > 101.0° F the individual will not be permitted to return to duty for the remainder of the incident and should be considered for transport to the closest Emergency Department.
  - f) Measure Carboxyhemoglobin if not already measured in REHAB. Consider transport if the individual(s) shows signs/symptom or levels indicate CO poisoning.

**Visual observations should be made of the following:**

**(1) Skin Condition**

- (a) May be somewhat flushed on arrival
- (b) Should be improved within 5 min. of arrival
- (c) If skin remains flushed, check temperature

**(2) Mental Status**

- (a) Should be alert & oriented on arrival
- (b) If any alteration of mental status, TRANSPORT

**(3) History / Meds**

- (a) Antihistamines (Actifed, Benadryl, etc.) may impair the body's ability to sweat.
- (b) Beta blockers and Calcium Channel blockers impair the body to compensate overheating.
- (c) History of cardiac, respiratory, or hypertension problems should be considered when evaluating personnel.

<b>Carboxyhemoglobin Levels (Rad57)</b>	
<b>SpCO%</b>	<b>Clinical Manifestations</b>
0-4%	None - Normal
5-9%	Minor Headache
10-19%	Headache, Shortness of Breath
20-29%	Headache, Nausea, Dizziness, Fatigue
30-39%	Severe Headache, Vomiting, Vertigo, ALOC
40-49%	Confusion, Syncope, Tachycardia
50-59%	Seizures, Shock, Apnea, Coma
60% - Up	Coma, Death