

Springfield Fire *Rescue* Division

Command Manual

Section: Incident Management Procedures
Number: 1.23
Title: Firefighter Rehabilitation
Originated: January 31, 2003
Modified: **March 9, 2021**

Purpose: The Springfield Fire *Rescue* Division is committed to ensure that the physical and mental condition of personnel operating at the scene of an emergency or training exercise does not deteriorate to a point that affects the safety of each member or that compromises the safety and integrity of the operation. This policy was modeled from guidelines established within the 2015 edition of NFPA 1584, Standard on the Rehabilitation Process for Members during Emergency Operations and Training Exercises.

Scope: This document shall apply to all emergency operations and training exercises that pose the risk of members exceeding a safe level of physical or mental endurance.

1.23.1 Responsibility of the Incident Commander: The Incident Commander shall ensure that a Rehab Group is established when indicated.

1.23.2 The Incident Commander shall consider the circumstances of each incident and make adequate provisions for the rest and rehabilitation for personnel operating at the scene of an emergency or training evolution. These provisions shall include: A dedicated Medic Unit staffed by at least 2 personnel to provide rest and recovery, cooling and warming from climatic conditions, hydration, medical evaluation, monitoring and treatment if necessary. The Incident Commander may request additional resources such as Box 27 or other outside agencies or structures to meet the needs of Fire/**HazMat**/EMS personnel.

1.23.3 Responsibilities of the Rehab Group: EMS personnel shall report to the Incident Commander unless the size and scope of the incident has assigned the Rehab Group to another position within the Incident Command structure.

1.23.4 EMS personnel shall evaluate members arriving at Rehab for symptoms suggestive of a health and/or safety concern. The following vital signs shall be obtained for all personnel entering rehab:

1. Temperature
2. Heart rate
3. Respiratory rate
4. Blood pressure
5. Pulse oximetry

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1.23.5 Vital sign measurement must be interpreted in context of the overall appearance and health status of the member. Visual signs and symptoms remain the best method to evaluate personnel in Rehab. The following criteria is a recommendation:

1. Temperature is a vital piece of information to assess individuals for heat and cold exposures. Normal core temperature is 98.6° F - 100.6° F.
2. Normal resting heart rate is 60-100bpm. A Firefighter who has not achieved a heart rate of less than 100bpm by the end of 20 minutes should not be released from Rehab.
3. Normal respiratory rate is 12-20 per minute.
4. Blood pressure is a critical indicator used to assess health status and stress. A member who's blood pressure is greater than 160 systolic and/or 100 diastolic should not be released from Rehab.
5. Normal Pulse oximetry is 95-100%.

1.23.6 EMS personnel shall re-evaluate members prior to their release from Rehab to ensure there are no obvious indications that would prevent them from safely performing full duty activity and determine that each member be one of the following:

1. Cleared for duty.
2. Maintained in Rehab for further monitoring.
3. Sent for more definitive medical evaluation/treatment.

1.23.7 Documentation: All personnel entering Rehab shall have an EHR created in ESO. Please reference the ESO procedure guide for Rehab Documentation located in the Library of Emergency Reporting.

1.23.8 Responsibilities of the Company/Acting Officer: Company Officers shall maintain situational awareness of the physical and mental condition of each crew member operating within their span of control and provide for each members safety and health. Company Officers shall continuously assess their crew when working in extreme conditions to determine their need for Rehab. Company Officers shall maintain crew integrity when checking in and out of Rehab and notify the proper authority.

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1.23.9 Crew Member Responsibility: Maintain awareness of themselves and notify their Company Officer when either they or other crew members need relief from assigned duties.

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