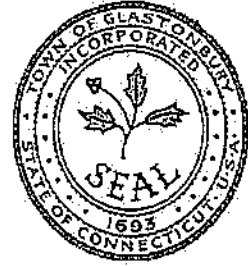




GLASTONBURY FIRE DEPARTMENT STANDARD OPERATING GUIDELINES



SOG NUMBER: FDO-508

ISSUED DATE: 11-15-11

EFFECTIVE DATE: 11-15-11

REVISION #: 1

REVISED DATE: 01-11-16

EFFECTIVE DATE: 01-11-16

CATEGORY: EMERGENCY OPERATIONS - GENERAL

SUB-CATEGORY: FIRE GROUND OPERATIONS

SUBJECT: REHABILITATION

Section I – Introduction

A. Objective

To ensure that the physical and mental condition of members operating at the scene of any emergency or a training exercise do not deteriorate to a point that affects the safety of each member or that jeopardizes the safety and integrity of the operation.

B. Applicability

This guideline shall apply to all emergency operations and training exercise where strenuous physical activity or exposure to heat or cold exists.

C. References

United State Fire Administration
Connecticut Fire Academy

Section II – Responsibilities

A. Incident Commander

The Incident Commander shall consider the circumstances of each incident and make adequate provisions early in the incident for the rest and rehabilitation for all members operating at the scene. These provisions shall include: medical evaluation, treatment and monitoring; food and fluid replenishment; mental rest; and relief from extreme climatic conditions and the other environmental parameters of the incident.

B. Supervisors

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.

C. Personnel

During periods of hot weather, members shall be encouraged to drink water throughout the day. During any emergency incident or training evolution, all members shall advise their supervisor when they believe that their 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 involved. Members shall also remain aware of the health and safety of other members of their crew.

Section III – Establishing a Rehab Area

- A specially designated area, remote from the fire or emergency incident
- A Fire Department officer or designee assigned by the Incident Commander will be responsible for the management of the Rehab area

A. Site Characteristics

1. It should be in a location that will provide physical rest by allowing the body to recuperate from the demands and hazards of the emergency operations or training evolution.
2. It should be far enough away from the scene that members may safely remove their turnout gear and SCBA and be afforded mental rest from the stress and pressure of the emergency operations or training evolution.
3. It should provide suitable protection from the prevailing environmental conditions. (Warm and Cold weather)
4. It should enable members to be free of exhaust fumes from apparatus, vehicles or equipment.
5. It should be large enough to accommodate multiple crews, based on the size of the incident.
6. It should be easily accessible by EMS units.
7. It should allow prompt re-entry back into emergency operation upon complete recuperation.

B. Site Designation

1. A nearby garage, building lobby or other structure.
2. Several floors below a fire in a high rise building.
3. Rescue 14, Rescue 33 or department support vehicle.
4. A school bus or municipal bus.
5. An open area in which a rehab area can be created using tarps and fans.

C. Resources

The Rehab Officer shall secure all necessary resources required to adequately staff and supply the Rehabilitation Area. The supplies should include the items listed below:

- Fluids - Water, sport drinks, juices and ice
- Food - Soup, broth or stew
- Medical - EMS personnel and equipment
- Other - Fans, tarps, towels, blankets, lighting and any other equipment

Section IV – Location of Rehab Area

- Rehab is to be established in an environment free from any hazards or by-product of fire such as smoke, gases or fumes.
- Additional resources in close proximity to the location of a Rehab area should include a misting/cooling area, heating system and SCBA refilling station.
- Depending on the size of the incident a second Rehab area should be taken into consideration.

Section V – Evaluation of Fire Personnel

- It is important to continually monitor personnel for signs of exhaustion, stress and or physical injury.
- Firefighters should be immediately sent to Rehab when they are experiencing weakness, dizziness, chest pain, muscle cramps, nausea, altered mental status, difficulty breathing or when they simply feel the need to do so.
- Regardless of their physical well being all firefighters should report to Rehab immediately following:
 - Strenuous activity – forcible entry, advancing hose lines, ventilation, etc.
 - After the use and depletion of two SCBA bottles.
 - Thirty (30) minutes of operating within a hazardous or dangerous environment.
 - Failure of an SCBA.

Section VI – Examination of Firefighters in Rehab

- The Rehab Officer may request that a firefighter be examined by EMS evaluate vital signs and possible transport to a medical facility for further evaluation.
- The basic workup to be completed by EMS will include the following:
 - Scoring for Glasgow coma trauma scale
 - Checking of pupils
 - Checking of vital signs, i.e. blood pressure, pulse and breathing rate
 - Checking of lungs sounds
 - Skin condition and color
 - Body core temperature
- Heart rate should be measured as early as possible in the rest period.
- If the heart rate exceeds 110 beats per minute, it is recommended that an oral temperature be taken.
- Re-examination of a firefighter should be done in 10-minute intervals.
- If the Rehab Officer feels a firefighter needs to be evaluated by EMS and refuses further medical treatment that firefighter will NOT be allowed to return to the fire ground
- Information pertaining to the firefighter's condition and results of the examination should be recorded and given to the Fire Department Rehab Officer. This will include a signed refusal for medical treatment.

- Upon termination of the incident, all medical records or refusals shall be turned over to the Glastonbury's Human Resource Director. The Human Resource Director will secure all medical records within a designated area.

Section VII – Treatment during Rehab

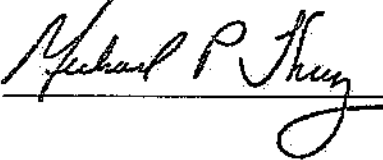
- Turnout gear, helmet, mask and hood should be removed immediately.
- Prior to ingesting anything orally, fluid or solid, it is recommended that the firefighter cleans his/her hands and face with water and a cleaning agent.
- The firefighter should re-hydrate.
- Oral re-hydration and nutrition is recommended in the form of 1-2 quarts of fluids over a span of 15 minutes.
- Body core temperature should be reduced by cooling the body at an even rate.
- Cool body temperatures gradually using a misting system, fan, etc.
- Individuals should be offered oxygen therapy via nasal canula or O2 mask (humidified or nebulized).
- Standing rest before reporting for further assignments.
- A firefighter will only be allowed to report to manpower staging after the Fire Department Rehab Officer has given the authorization to return to work.

Section VIII – Accountability

- Members reporting to Rehab are to enter and exit the area as a team.
- Their assigned task, number of personnel and the times of entering and exiting the Rehab area are to be documented.
- Crews are to stay together and freelancing will be strictly prohibited.

Section IX- Approval

Fire Chief



Date of Approval:

1/11/16