

Little Creek Volunteer Fire Company, Inc.

Sta. 54

P.O. Box 327
311 Main St.
Little Creek, DE 19961

Standard Operating Guideline - 02-02 STANDARD OPERATING PROCEDURES REHABILITATION

SCOPE: To provide firefighters actively involved in a firefighting/rescue situation a safe place to get rejuvenated while at the scene of an incident.

The fire chief shall on arrival of any working incident request a BLS unit for stand-by and Rehab. The EMT on board the BLS unit or Paramedic on scene will be the Rehab officer.

Rehab Officer duties are as follows but are not limited to:

- Maintain a check-in/out of all personnel entering the rehab area
- Have an assigned EMT to the rehab area to evaluate personnel entering/exiting the area
- Have equipment necessary to cool/refresh firefighters

The rehab area should be established away from the incident to reduce stress but close enough, to afford the IC to recall firefighters if needed. Preferably near a cascade system to recharge SCBAs while personnel are in the rehab area

The rehab area should consist of the following:

- Controlled entry/exits
- Accountability station to log personnel in and out of the area
- Gear storage area
- Vital sign checking station
- Medical evaluation treatment area
- Rest/refreshment area

Sector components:

Accountability: All personnel will be logged in by name/crew number/time in. No one will be allowed to leave the rehab area without the knowledge of the rehab accountability officer.

Gear storage: An area where personnel can shed their SCBA, helmets, turnout coats.

Medical Evaluation: Evaluate all personnel in the area after entering and again before exiting to ensure all vital signs are in normal limits. Vital signs will be recorded on a rehab log.

Rest: All personnel must remain in the rehab area unless released by the rehab officer.

Refreshment: Have fluids available and food for extended operation. Minimum of water should be available for all operations. Encourage all personnel to drink fluids even if they are not thirsty. This will reduce the possibility of dehydration.

Treatment: Staffed by an EMT or a paramedic. This area will be utilized when anyone exhibits sign or symptoms of life threatening problem or if their vital signs are not in normal limits.

LOCATION/SETUP:

- Easy access outside of the incident area away from hazards/exhaust from vehicle
- Near air supply
- Available electric for fans/misting devices, heaters
- Area can shield personnel from winds (use of tarps maybe needed)
- Easy access for a ambulance if needed to transport personnel from the rehab area to a hospital
- A place for personnel to sit down and lay down
- All needed equipment for medical evaluation, oxygen delivery, cardiac emergencies and other injuries

MEDICAL &VITAL GUIDELINES

If vital signs are out or normal limits personnel will report to treatment area and not released until vitals are within normal limits or transported to the hospital

If a firefighter complaint of chest pains, shortness of breathe they should be transported to the hospital for further evaluation

Other signs of fatigue or injury are poor color, increased blood pressure, irregular heart rate, disorientation, poor pulse ox readings.

DOCUMENTATION:

A check in/out log sheet will be utilized for all personnel entering/exiting the rehab area.

An incident vital sign log/ rehab report will be unutilized to track all personnel that entered. The report will include time vital were taken, pule rate, BP, resp rate, temperature, skin color, chief complaints, amount of fluids intake, if transported to the hospital, what hospital, by what ambulance.