

# **Tempe Fire Department Policies and Procedures**

## **Rehabilitation**

### **207.13**

#### **Rev 10-07-09**

It is the policy of the Tempe Fire Department that no member will be required to continue emergency operations beyond safe levels of physical or mental endurance. The Rehabilitation Sector will be utilized to evaluate and assist personnel who may be suffering from the effects of sustained physical exertion during emergency operations. Firefighters shall be given rehabilitation after two 30-minute-rated SCBA air tanks have been used, or a single 45 or 60 minute cylinder or 45 minutes of intense work without an SCBA, whichever comes first. Members entering rehab for the first time shall rest for a minimum of 10 to 20 minutes. The Rehab Sector will provide a specific area where personnel will assemble to receive:

- . A physical assessment.
- . Revitalization - rest
- . Appropriate calorie and electrolyte replacements.
- . Treatment for injuries.
- . Continual monitoring of physical condition.
- . Transportation for those requiring treatment at medical facilities.

This policy is in no way intended to diminish initial fire attack aggressiveness. The intent is to establish a reasonable procedure to lessen the risk of injury, resulting from extended field operations under adverse conditions.

A Rehab Team concept will be utilized, wherever possible, to establish and manage the Rehab Sector. This team will consist of:

- . A designated sector officer.
- . The mobile canteen.
- . An advanced life support unit.
- . A utility truck.
- . Any additional assistance requested by the Rehab Sector Officer.

It is the responsibility of Command to make an early determination of situations requiring the implementation of a Rehabilitation Sector, in order to protect the health and safety of operating personnel.

Command should consider the establishment of a Rehabilitation Sector at the following emergencies:

- . Where a moderate to long working time is envisioned.
- . Where personnel are operating under adverse temperature or weather conditions.
- . Where a moderate to large manpower force is indicated.
- . Any other incident where Command deems it necessary.

Command will assign an officer to direct the Rehab Sector.

Unless a site is designated by Command, the assigned Rehab sector officer will survey the area, select a suitable site, and announce the location. The Rehab site should be located in an area outside of the operational activity area (the fireground perimeter or hazard zone), where protective clothing and equipment may be safely removed prior to entering the designated rehab area. If possible, the site chosen should allow good access for ambulances, utility trucks, etc.

During periods of excessive heat or inclement weather, a shaded area should be selected. If natural shade is unavailable, the Rehab team should provide shade by setting up the tent canopy. Salvage cover may be utilized for this purpose.

The mobile canteen will be delivered to the designated Rehab Sector location.

The Rehab Sector area boundaries will be defined with fire lane tape whenever possible. If necessary, the Rehab area should also be divided to provide a "Treatment" area adjacent to the "Rest and Refreshment" area.

The "Treatment" area will be utilized for individuals exhibiting signs of stress or extreme fatigue, or those with obvious or suspected injuries requiring medical attention. These two areas will also be divided by fire lane tape.

All members reporting to the Rehab Sector will check in at the entrance/exit point (Lobby Control) where they will be assessed by a member of the Rehab Team, logged in on the "Rehabilitation Sector Personnel Control Log" (see Forms policy), and assigned to either the rest and refreshment or the treatment area, as dictated by their physical conditions.

The log will indicate the arrival time of each company and names (use Velcro tabs) of individual crew members, their medical evaluation status, and the time the crew is ready for reassignment.

The Rehab Sector Officer is responsible for placing crews on the list for reassignment as soon as they are able to actively participate in further operations.

The Rehab Sector Officer will update Command throughout the operation with pertinent information including the identity of companies in Rehab and available for reassignment, plus the status of any injured personnel.

The Rehab Sector Officer will maintain adequate resources to manage sector responsibilities.

An advanced life support unit will be assigned to the treatment area to provide medical evaluations and treatment for injury or fatigue. An appropriate evaluation should include the number of SCBA bottles used and number of alarm unit was dispatched on According to NFPA 1584, a firefighter exposed to carbon monoxide or presenting with headache, nausea, shortness of breath, or gastrointestinal symptoms, should be measured for CO poisoning by pulse CO-oximetry or other approved method.

They will advise the Rehab Sector Officer of personnel requiring transportation to a medical facility, or those who have recovered adequately to be transferred to the rest and refreshment area to join their crew for reassignment.

It is the responsibility of every company officer to continually monitor the condition of all crew members for signs of stress or fatigue. When these conditions are noted, the officer shall request reassignment of the company to the Rehab Sector. When assigned, the company officer and entire crew will report to the Rehab Sector Officer. It is the responsibility of the company officer to keep the crew together in the Rehab Sector.

When all crew members are refreshed, rested, and medically cleared, and all SCBA have been serviced, the company officer will report to the Rehab Sector Officer as available for reassignment.

The Rehab Sector Officer will release companies to specific assignments, as directed by Command. Companies may be reassigned to operating sectors or released from the scene if no longer needed.

Companies may be released from Rehab to return to quarters, with or without their current apparatus. The Rehab Sector Officer will coordinate the release of companies with Command.