

Emergency Incident Rehab



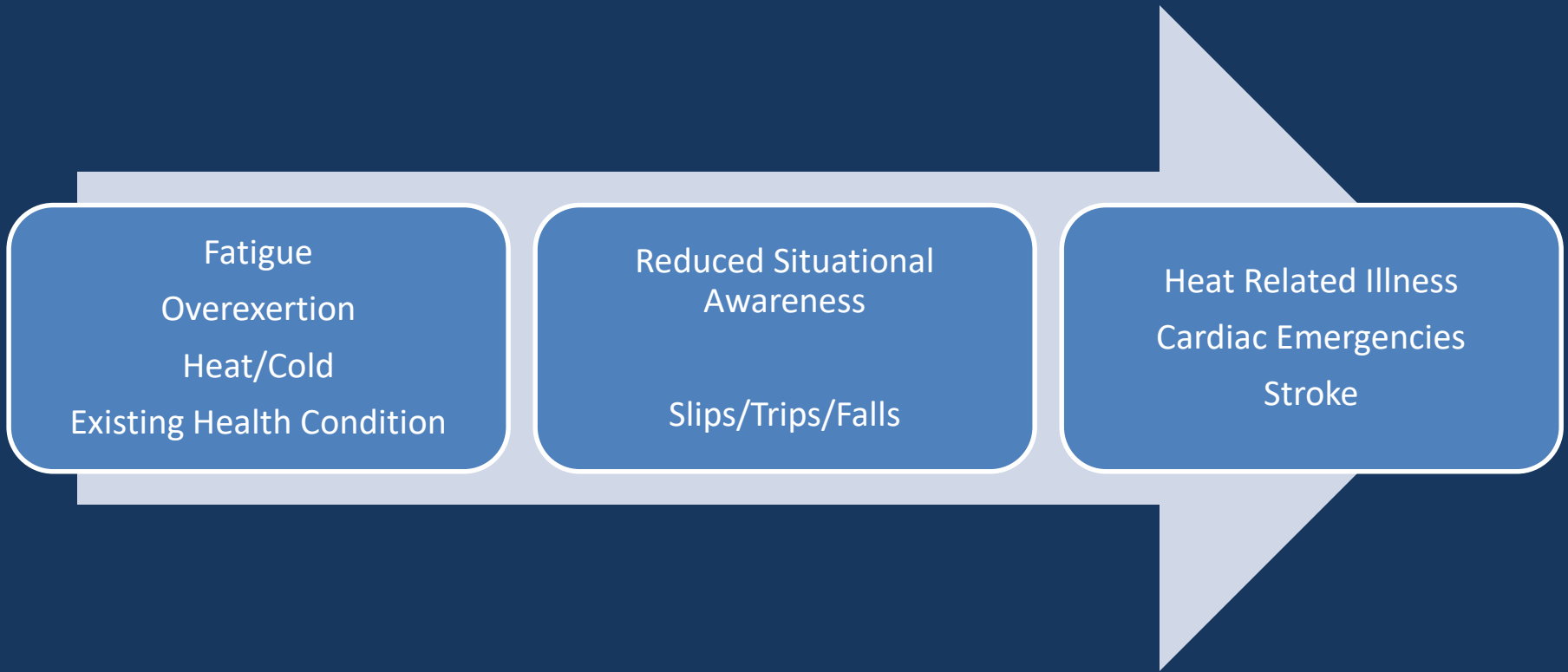
What is Rehab?

- Rehabilitation is the process of providing rest, rehydration, nourishment, and medical evaluation to responders involved in extended or extreme incident scene operations.



Why Do We Need Rehab?

- Strenuous work in potentially extreme temperatures



- Majority of Firefighter injuries in the US are related to overexertion / strain
- Majority of firefighter line of duty deaths are attributed to sudden cardiac arrest

Purpose of Rehab?

- Improve performance
- Decrease likelihood of on scene injury or death
- Ensures that physical and mental condition does not deteriorate to that point that affects the safety of each member or jeopardizes the safety and integrity of the operation

NFPA 1584

Standard on the Rehabilitation Process for Members During Emergency Operations and Training Exercises.

- Rehab shall commence when fire/emergency operations and/or training exercises pose a health and safety risk.
- Rehab shall be established for large-scale incidents, long-duration and/or physically demanding incidents, and extreme temperatures.



NFPA 1584

Standard on the Rehabilitation Process for Members During Emergency Operations and Training Exercises.

- The IC shall establish rehab according to the circumstances of the incident. The rehab process shall include the following:
 - Rest
 - Hydration
 - Cooling / warming
 - Medical monitoring
 - Emergency medical care as required
 - Relief from extreme climatic conditions
 - Calorie and electrolyte replacement
 - Accountability
 - Relief

NFPA 1584

Standard on the Rehabilitation Process for Members During Emergency Operations and Training Exercises.

- All members shall be sent to rehab following the use of:
 - (2) 30 minute or 45 minute SCBA
 - (1) 60 minute SCBA
 - Shorter times might be considered during extreme environmental conditions

Roles and Responsibilities

- **Incident Commander**
 - Include rehab in the incident/event size-up
 - Establish rehab to reduce adverse physical effects on firefighters while operating during fire/emergencies, training exercise, and extreme weather conditions.
 - Ensure sufficient resources are assigned to rehabilitation

Roles and Responsibilities

- **Company Officer**
 - Be familiar with the signs and symptoms of heat stress and cold stress
 - Monitor their company members
 - Provide access to rehabilitation for company members as needed
 - Notify IC when stressed members require relief, rotation, or reassignment according to conditions.

Roles and Responsibilities

- **Rehab Manager**
 - Designate responder rehabilitation location(s).
 - Provide the required resources for rehabilitation:
 - Water
 - Sports drinks (Operating >1 hour)
 - Active cooling
 - Medical monitoring equipment
 - Food where required and means to wash or clean hands and face
 - Blankets and warm, dry clothing for winter months
 - Washroom facilities where required
 - Time personnel in rehab to ensure they receive at least 10 to 20 minutes to rest
 - Documentation
 - Inform the IC and EMS personnel if a member requires transport to and treatment at a medical facility

Roles and Responsibilities

- **Responders**
 - Be familiar with the signs and symptoms of heat stress and cold stress
 - Maintain awareness of themselves and company members
 - Notify Company Officer when members require relief, rotation, or reassignment according to conditions.

Pennsylvania BLS Protocol 150

- Guideline
- Outlines:
 - Rehab Process
 - Safety
 - Equipment
 - Vital Sign Guideline

2023 Draft Update:

“Personnel with continued abnormal vital signs after 20 minutes in Rehab should be **considered a patient** and treated per applicable protocol which may include transport to the Emergency Department.”

“Appropriate disposition for such patients should include transportation to a hospital and/or documented consultation with Medical Command for alternative disposition should the patient not be treated or transported to the hospital”

Heat Stress

- Heat Cramps / Muscle Spasms
- Heat Exhaustion
 - Heavy sweating / loss of body fluid
 - Increased blood flow to skin / decreased blood flow to vital organs.
- Heat Stroke
 - Body temperature over 105.8 degrees + weakness, confusion, altered, hot/dry/red skin, headache, dizziness. Can experience seizures.
 - Brain damage and may result in death

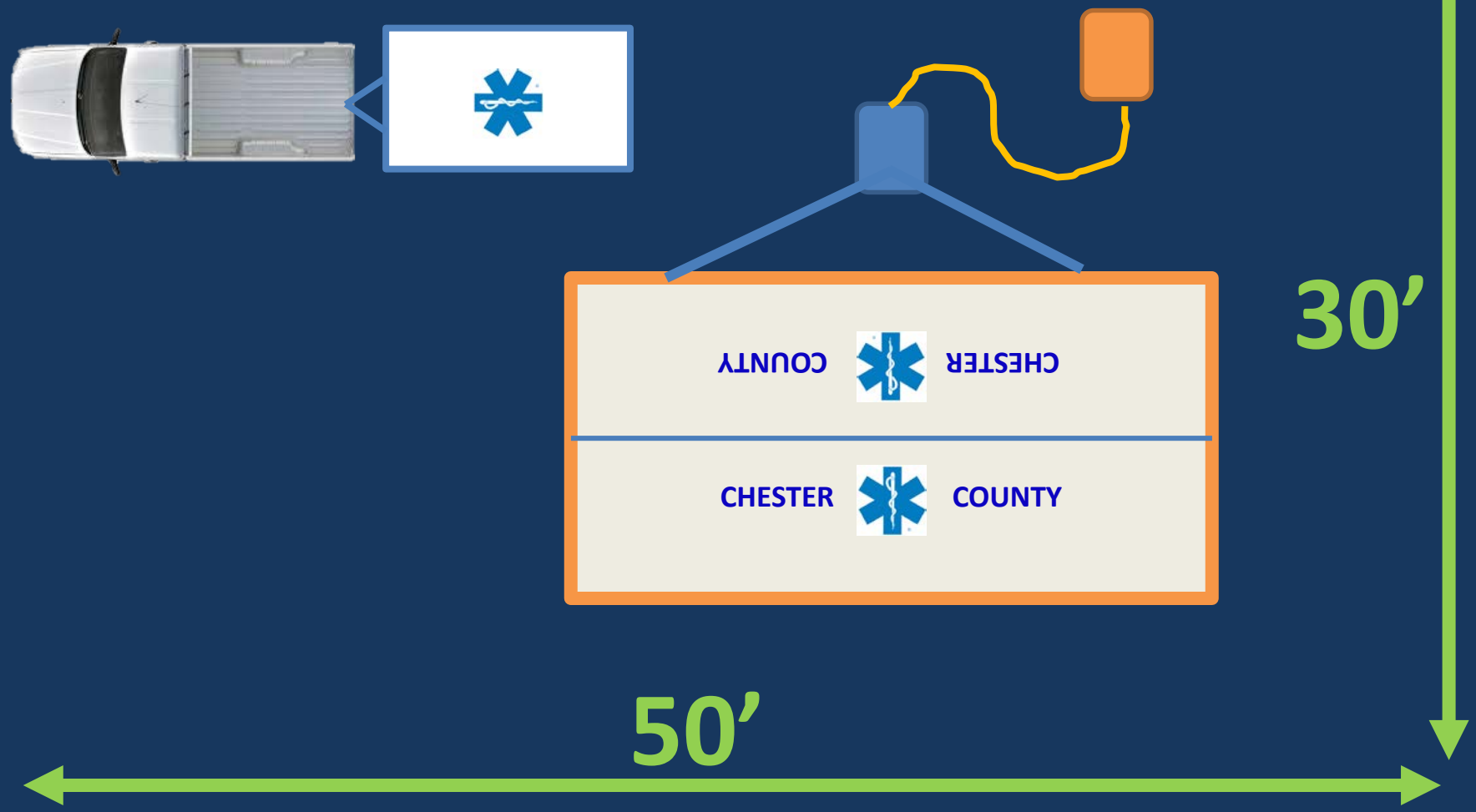
Rehab Location

- Protected from elements & incident
 - Exhaust, smoke, toxins
- Large enough to accommodate multiple crews
- Located near ambulance(s) for transport

- Multiple locations?
 - Large incident
 - Access issues



Rehab Location



Rehab Process

Enter
Remove PPE

10-20 Minute Rest
Vital Signs Evaluated
Hydrate

Medical Monitoring /
Treatment
Hydrate



Rehab Process

- First responders need to rest in rehab area for at least 10-20 minutes.
 - Should be sitting / hydrating
 - Cooling:

Passive Cooling

- Remove PPE
- Shaded area
- Cool fluids

Active Cooling

- Wet towels on head/neck
- Misting Fans
- Submerge hands/arms in cool water

Assessment

- Mental status – oriented?
- Signs of heat stress?
- Signs of a cardiac event / medical condition?

- Signs of a medical issue? Notify rehab manager immediately.
 - “I don’t feel good”
 - Needs immediate medical evaluation
 - ALS assessment

Supplies & Equipment

- One cooler of water + Two refill cases
- One cooler of sports drinks + Two refill cases
- Snacks – granola bars, cereal bars
- Over the counter medications – Advil, Tylenol, antacids
- Basic life support supplies
- Carboxyhemoglobin monitoring equipment
- Misting fans
- Pop-up tents
- Chairs



Supplies & Equipment

- Inflatable shelter
 - 10' x 20'
 - *Deployed at the discretion of the rehab manager
- Portable heating & air conditioning system
- Generator



Documentation

- Log sheets – No complaints / routine rehab
 - One PCR created for overall rehab – Attach log sheets

- Illness / Injury
 - Refusal form completed or transported to emergency department

NAME	STATION #	VITALS						INJURIES	TRANSPORT	NOTES
		TIME	PULSE	BP	SPO2	RESP	TEMP			
								YES NO		
	ARRIVE TIME							LEAVE TIME		
									ER DESTINATION: _____	
	ARRIVE TIME							LEAVE TIME		
									ER DESTINATION: _____	
	ARRIVE TIME							LEAVE TIME		
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	ARRIVE TIME							LEAVE TIME		
									ER DESTINATION: _____	

Things to Consider – Rehab 55

- **Request rehab as early as possible**
 - Rehab 55 averages 15 minutes from dispatch to response
 - On scene set up takes 15-20 minutes
- **Who's responsible?**
 - Incident Commanders, Company Officers or Agency Supervisors are responsible to ensure Emergency Responders go through the rehab process.

What NOT to Expect - Rehab 55

- **Canteen services (coffee, meals etc.)**
- **EMS treatment/transport**
 - Local EMS should be handling
- **Rehab area staffing**
 - The local EMS agency is responsible for assessing and treating Emergency Responders during the rehab process with guidance and support from Good Fellowship's personnel

Rehab 55 Support

Direct Funding/Supply Support:



Grant/Equipment Support:





Questions?

Thank You!