	<p>Policies, Procedures and Standard Operating Guidelines Manual</p> <p>Rehabilitation</p>	<p>Page 1 of 2 Document ID: SOG # 506 Issue No: 1 Issued 10/04/2007 Reviewed 01/19/2021 Approved by: District Fire Chief Board of Fire Commissioners</p>
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## 1. Purpose and Scope

1.1 This guideline applies to all emergency and training exercises where strenuous physical activity or exposure to temperature extremes creates the need for rehabilitation of personnel. It is designed to prevent injuries, illnesses and death that may result from excessive fatigue. It also establishes procedures for medical evaluation and treatment, food and fluid replenishment and relief from extreme climatic conditions that may be experienced during emergency operations and training.

## 2. General Rehab Operations

2.1 Command shall evaluate the circumstances at each incident and make early and adequate provisions for the rest and rehab of all members at the scene.

Considerations should be given for the following:

- Medical evaluation (especially as compared to baseline data).
- Treatment and monitoring.
- Food and fluid replacement.
- Mental rest and treatment (if needed).
- Relief from extreme climatic conditions and other environmental factors that may be present at the scene.

2.2 Generally EMS personnel will set up a rehab station to provide medical evaluation.


## 2. Rehab Procedures

2.1 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 or training evolution. The rehabilitation shall include provision for Emergency Medical Services (EMS) at the Basic Life Support (BLS) level or higher.

2.2 The officers 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 the reassignment of fatigued crews.

2.3 Personnel will advise their officer when they believe that their level of fatigue or exposure to heat or cold is approaching a level that could adversely affect themselves, their crew, or operation in which they are involved. Personnel shall also remain aware of the health and safety of other members of their crew.

2.4 This guideline shall apply to all emergency operations and training exercises where strenuous physical activity or exposure to heat/cold exists. To ensure that the physical and mental condition of members operating at the scene of an incident or training exercise does not deteriorate to a point that affects the safety of each member or that jeopardizes the safety and integrity of the operation.

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### 3. Rehab Officer

3.1 The incident commander will appoint a Rehab officer to be in charge of the rehab sector/area and they shall be known as the Rehab officer.

3.2 The Rehab officer will report to the logistics officer or operations officer in the framework of the incident command system.

### 4. Rehab Sector/Area

4.1 The incident commander will establish a rehab sector/area when conditions indicate that rest and rehabilitation is needed by personnel operating at an incident scene or training evolution.

4.2 Climatic or environment conditions that indicate the need to establish a rehabilitation area are heat stress index above 90F or a wind chill index below 10 Degrees Fahrenheit.