

New Durham Fire Department Standard Operating Guidelines (SOG)

SOG 406 Rehabilitation of Members at Emergency Incidents or Training Exercises

PURPOSE: To provide for the rehabilitation of members during lengthy emergency incidents or training exercises.

SCOPE: All Department members engaged in length emergency incidents or training exercises posing a safety or health risk to those members.

SPECIFICS:

- The rehabilitation of members at lengthy emergency incidents or training exercises is necessary to ensure members are able to sustain optimal functioning capacity
- The Incident Commander along with each Crew Leader shall assess members status to determine if that member is in need of rehabilitation.
- Members should report for rehabilitation after emptying 2 SCBA bottles or after 60 minutes of work on a scene
- Rehabilitation is a process wherein a member is able to hydrate, rest and feed themselves.
- The Incident Commander shall establish a Rehabilitation Sector as a component of the Personnel Accountability System on determination that such rehabilitation services are necessary to ensure the welfare of members.
- The Rehabilitation Sector is responsible to establish the following key components:
 - An area which provides relief from climactic conditions (an area free of smoke or fumes and sheltered from extreme heat or cold)
 - An area which affords member the ability to rest for at least 20 minutes or longer as needed in order to recover work capacity.
 - An area which provides for cooling or re-warming of members.
 - An area which provides for re-hydration (fluid replacement).
 - An area which provides for caloric and electrolyte replacement for longer duration incidents (exceeding 3 hours or in situations where members are likely to work continuously for more than 1 hour). Whenever food is

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available, provisions for washing hands and faces should be provided when available.

- Medical monitoring must be provided. Each member shall be assessed by EMS in the following areas:
 - Presence of chest pain, dizziness, shortness of breath, weakness, nausea or headache.
 - General complaints such as cramps or aches and pains
 - Symptoms of heat or cold-related stress
 - Changes in gait, speech or behavior
 - Alertness and orientation to person, place or time.
 - Any vital signs considered abnormal which may include temperature, pulse, respirations, blood pressure, pulse oximetry and carbon monoxide assessment.
 - EMS treatment available on scene for members requiring treatment or transport.
 - Member accountability in context with the Personnel Accountability System.
 - Release from Rehabilitation and return to Personnel Staging after EMS confirmation that the member is able to safely perform full duty.

A simple graphic of a Rehabilitation Sector is provided

