

# Alton Fire & Rescue Department Standard Operating Guidelines (SOG)

## SOG 1.3.2 Rehabilitation of Firefighters & EMS Personnel

**PURPOSE:** Rehabilitation of firefighters and EMS personnel while operating at emergency scenes.

**SCOPE:** Department personnel

**SPECIFICS::** Emergency operations are in nature very stressful and require all fire department personnel to be working to the best of their abilities. Personnel who work under these conditions for periods of time can become fatigued both mentally and physically and this may lead to poor judgment and injury. This SOP is written to protect all personnel from injury by providing rest and rehabilitation to help combat the effects of working under stressful conditions.

**Policy:** It shall be the responsibility of all officers and supervisors to maintain an awareness of the condition of the personnel operating within their span of control. These supervisors shall ensure that adequate measures are taken to provide for the rehab and relief of their crews. The command structure shall request relief and reassignment of fatigue crews.

1. All officers and firefighters after breathing two (2) cylinders of air will report to rehab for a 20 minute break. If SCBA's are not being used the Rehab Sector Officer and Command will designate a period of time personnel will be allowed to operate before reporting to rehab.

2. All personnel will have a medical evaluation and treatment, also food and fluid replenishment.

3. All officers will monitor the personnel in their crew for exhaustion and will make suitable provisions for rehab.

4. Medical guide lines for returning to active firefighting or rescue will be as follows:

Pulse- 100 beats per minute or less and regular

Respirations- 20 or less with no pain

B/P- Age + 100 over 90

Medical personnel should also note any type of confusion, excessive sweating, difficulty breathing, chest pain, or any other signs and symptoms of stress or injury.

It may be necessary during extreme hot and humid conditions or cold conditions to rehab people at a more frequent rate, for longer periods of time. Working under extreme physical exertion or stress may require more frequent rehab for personnel.

The Rehab Sector Officer shall have the authority to keep anyone in rehab that is exhibiting any signs of stress and to prepare that person to be transported to a local hospital if deemed necessary.

If the Rehab Sector Officer or Medical Sector Officer are going to have someone transported they will notify the Accountability Officer, who will contact the Safety Officer and Command. The officer or supervisor of the crew to which the person was assigned shall also be notified.

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