

# Alton Fire & Rescue Department

## Standard Operating Guidelines (SOG)

SOG 1.3.2 Rehabilitation of Members at Emergency Incidents or Training Exercises  
(Ref: SOP 1.3.2)

**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 with each Crew Leader shall assess member's status to determine if that member is in need of rehabilitation.
- 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.

DATE: Approved 12/19/2005

Revised: August 31, 2010

# Alton Fire & Rescue Department

## Standard Operating Procedure (SOP)

SOP 1.3.2 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 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 10 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 available, provisions for washing hands and faces must be provided.
  - Medical monitoring must be provided. Each member shall be assess 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 as an appendix to this SOP

DATE: Approved: August 31, 2010

