

# Lincoln County Fire and Rescue Association

## Standard Operating Guideline (SOG)

Effective Date: May 1, 2012

Adopted Date: May 1, 2012

**Number:** 112

**Title:** Emergency Responder Rehabilitation

**Purpose:** To lessen the likelihood of injury or illness to responders due to extended or physically taxing operations or training. LCFRA recognizes that maintaining physical conditions of responders is a safety priority. *This SOG shall not diminish the aggressiveness of initial actions that take place at emergency scenes.*

### **Incident Command Responsibilities:**

- Rehabilitation shall be established when personnel are operating at an emergency scene or training exercise where strenuous physical activity or exposure to extreme heat or cold exists.
- The Incident Commander shall consider the circumstances of each incident in relation to rehabilitation of responders.
- The Incident Commander should consider setting time limits on members operating and time limits of personnel in rehab.
- The Incident Commander will decide the extent of rehab necessary.
  - Ex. The IC may elect not to establish medical monitoring in rehab.
- If an incident warrants rehabilitation / medical monitoring the IC should consider;
  - Medical monitoring (following Lincoln County EMS Protocols and utilizing a minimal of EMT-Basics to perform the monitoring function).
  - Treatment
  - Food / Fluid replacement
  - Mental / Physical rest
  - Relief from weather conditions
  - Accountability considerations

### **Supervisor Responsibilities:**

- Shall ensure that each member operating within that supervisor's span of control is physically capable of performing the task at hand.
  - This includes maintaining awareness of physical / mental status throughout an incident.
- Shall ensure each member of their crew is sent to rehab when rehab / medical monitoring is instituted by the IC.

### **Individual's Responsibilities:**

- Shall ensure that they are physically capable of performing the task at hand.
  - This includes maintaining awareness of their conditions throughout an incident.
- Shall report to rehab at the appropriate time, when rehab / medical monitoring is instituted by the IC.

### **Rehabilitation Considerations:**

- If the incident is large enough;
  - A rehab supervisor may be necessary.
  - Large incidents may require a rehab group.
- The rehab / medical monitoring location should be placed away from the incident so the effects of the incident do not affect personnel.

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- The site should accommodate:
  - Large amount of responders
  - Easy access by medical personnel
  - Provide relief from climate elements
  - Allow for prompt return access to the incident
- If a responder or civilian is transported by the first EMS unit, that unit shall be replaced with another unit.
- Documentation may be necessary depending on conditions.
- Unless otherwise stated by the IC, responders clearing from rehab should respond to the staging area.
- In the rare cases that staging and rehab are combined functions, responders should have clearly defined down times.

LCEMS has committed follow State Protocol which includes NFPA standards.

The following is a link to the protocol:

**<http://www.ncems.org/pdf2012/T8SceneRehabilitationGeneralFinal2012.pdf>**