

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>