

	Standard Operating Guideline	
	SOG Name:	Incident Recycle & Rehabilitation
	SOG Number:	120.5
	Standard:	TBD
	Guideline Owner:	Administration - EMS
	Implementation Date:	May 31, 2017
	Date of Last Revision:	May 31, 2021
	Authority:	Larry H. Williams, Jr, Fire Chief

PURPOSE: To provide guidance on the initiation, set-up, and use of rehabilitation on an incident scene or a training exercise.

A. GENERAL

SECTION 1

The Dothan Fire Department will establish rehab anytime an incident or training event poses a risk to member's health and safety. Examples are large-scale, long-duration, and physically demanding incidents or incidents during extreme temperatures.

SECTION 2

The level of incident rehabilitation shall be determined by the circumstances of the incident and may include:

- Rest, hydration, and calorie replacement
- Relief from extreme climates (cooling/warming)
- Medical monitoring
- Emergency medical care if required
- Gross decontamination
- Accountability & Documentation (In/Out & Individual Rehab Report)

SECTION 3

Recycling is a rapid reset of teams to facilitate the team's reengagement of the incident. It takes place in the warm zone and the driver or acting driver manages the process. The driver will change SCBA bottles and provide drinking water during the recycle period. A team recycles once during an incident, the next time they exit the hot zone they report to rehab.

B. RESPONSIBILITIES

SECTION 1

The Incident Commander is responsible for establishing a rehab group during incidents or events that pose a risk to member's health and wellness. They must ensure that appropriate resources are assigned to support the rehabilitation mission. The ambulance crew is automatically assigned to the rehab group; however, additional resources (DO, additional engine, etc.) must be considered for extreme weather or the incident expands.

SECTION 2

The rehab group supervisor selects the location for rehab. It should be large enough to accommodate the number of personnel expected, staging for PPE, accessible for ambulance personnel, removed from hazardous atmospheres, protected from inclement weather, and away from spectators, media, and the command post. Once a suitable location is identified, notify the IC and proceed with set-up, run, demobilize, and document rehab operations.

SECTION 3

Company officers must monitor their members for signs and symptoms of heat/cold stress. Notify the IC when stressed members require relief, rotation, or reassignment. Ensure everyone checks-in with the rehab group supervisor and maintain crew integrity.

SECTION 4

Crewmembers shall be familiar with the signs and symptoms of heat/cold stress, maintain situational awareness, promptly inform the company officer when rehab is needed, and help maintain crew integrity.

SECTION 5

Ambulance personnel shall assist the rehab group supervisor with rehab set-up and operations. Once set-up is complete, the primary mission of EMS is to check vital signs, monitor for signs of a medical issue, perform medical rehab and patient transport when necessary, and document appropriately.

C. PROCEDURES**SECTION 1**

Members shall recycle after their first SCBA bottle. Drivers shall provide SCBA bottles and drinking water from an on-scene apparatus. Members must report to rehab after their second SCBA bottle or sooner during extreme weather conditions. Reporting to rehab is an assignment, not an option. If conditions are hot and humid, the member must return to rehab after each additional SCBA bottle is used. Members will remain in rehab for a minimum of 10 minutes (20 minutes during hot, humid conditions) before being released or reassigned.

SECTION 2

To facilitate passive cooling, member's must doff and stage their turnout coat, helmet, hood, and gloves prior to entering rehab. Once in rehab the bunker pants must be opened and pulled down over the boots. Active cooling (mist fans, wet towels, forearm submersion) shall be applied when passive cooling is ineffective.

During cold conditions the rehab group shall provide a warming station using apparatus, existing structures, or tents with heaters. Members are allowed to remain in their PPE during these climates.

SECTION 3

Medical monitoring will be conducted while members are in rehab. If abnormal vital signs are found, repeat vital signs will be obtained until the member is released or placed in medical rehab. If a member is weak or fatigued with pale clammy skin, low blood pressure, nausea, headache, or dizziness they must be moved to medical rehab.

SECTION 4

Medical rehab is located in the back of the on-scene ambulance. If a member is sent to medical rehab, the rehab group supervisor must notify the IC and request a second ambulance. If a member requires transport to a hospital, the rehab group supervisor must request a department paramedic to accompany.

SECTION 5

It is the responsibility of each member to maintain hydration throughout the shift. Members should drink water while in rehab and an electrolyte drink after the first hour of operation. Caffeinated and carbonated beverages should be avoided. Nutritional snacks or meals shall be provided as required during longer duration incidents. No tobacco use shall be permitted in or near the rehabilitation area.

SECTION 6

All members that enter a working fire must go through gross decontamination prior to leaving the incident. Members will also be provided cleaning wipes for cleaning their hands and face prior to eating and drinking. The wipes will also be used to clean member's neck, face, and hands after gross decontamination but prior to leaving the incident. A clean hood and gloves will be provided for all members who entered the fire. The soiled hood and gloves must remain with the rehab unit for laundering.

SECTION 7

The rehab group supervisor will replace used SCBA bottles with full bottles from the unit. After incident demobilization the rehab unit will report to station 1 to fill the used SCBA bottles. Soiled hoods and gloves will be laundered upon returning to station 2. After laundering each set must be inspected and placed back on the rehab unit.

(Signature on File)

Larry H. Williams, Jr.

Fire Chief

DOTHAN FIRE DEPARTMENT

