

**Shepherd Tri-Twp Fire Department**  
**FIREFIGHTER REHABILITATION & SAFETY**  
11/19/2007

**I. PURPOSE**

To ensure the physical and mental condition of personnel operating at incident scenes or a training exercise.

**II. RESPONSIBILITIES**

A. Incident Commander

The Incident Commander shall make adequate provisions early in the incident for the rest and rehabilitation for all members operating at the scene. These provisions shall include: medical evaluation, treatment and monitoring; food and fluid replenishment; mental rest; and relief from extreme climatic conditions. The rehabilitation should include the provision of Emergency Medical Services (EMS) at the Basic Life Support (BLS) level or higher.

B. Supervisors

Supervisors shall monitor the physical and mental condition of each member operating within their span of control.

C. Personnel

During any incident or training exercise, all members shall advise their supervisor when they believe that their level of fatigue or exposure to heat or cold is approaching a level that could affect their own personal safety. Fluid replenishment is encouraged throughout the operation.

**III. ESTABLISHMENT OF REHABILITATION DIVISION**

A. Responsibility

The Incident Commander will establish a Rehabilitation Area when conditions indicate. A member will be placed in charge of the area and shall be identified as the Rehab Officer.

B. Location

The location for the Rehabilitation area will be identified, considering the following criteria.

The location should be far enough away from the scene that members may safely remove their turnout gear and SCBA and be afforded physical and mental rest from the stress and pressure of the incident or training exercise.

### C. Preferred Site Designations for Rehabilitation Division

A nearby garage, building lobby, or other structure.

A minimum of three (3) floors below the fire floor in a high rise building.

A school bus or municipal bus, or other similar vehicle

Fire apparatus, ambulance, or other emergency vehicles.

An open area in which a rehab area can be created using tarps, fans, etc.

### D. Preferred Resources

Fluids - water, activity beverage, oral electrolyte solutions and ice.

Food – sandwiches, soup, broth, or stew.

Medical – Designated EMS unit.

Other - awnings, fans, heaters, dry clothing, floodlights, blankets and towels.

### E. Rest & Recovery

The "two air bottle rule, is recommended as an acceptable level prior to mandatory rehabilitation. Members should rehydrate while SCBA cylinders are being changed. Rest shall not be less than ten minutes. Fresh crews, or crews released from the Rehabilitation Division, shall be available in the Staging Area to ensure that fatigued members are not required to return to duty before they are rested, evaluated, and released by the Rehab Officer.