



WASHINGTON COUNTY VOLUNTEER FIRE & RESCUE ASSOCIATION STANDARDS MANUAL

Title: Rehab Policy

Effective Date:

Approval:

Number of Pages: 5

Revision Date(s):

Review without revision:

SOG Number: 1-10

Purpose:

This guideline will provide standard limits and practices to establish the rehab sector at incidents.

Duties and Responsibilities:

1. This policy will be placed into effect any time our personnel are requested to establish a rehabilitation sector at an incident. These types of incidents include but are not limited to fires, hazardous materials and extended rescue incidents. It is at the discretion of the Incident Commander to establish this segment of the incident response.
2. The highest trained responder will be designated as the “Rehab Sector Leader” and as such will be responsible for the proper handling of the required tasks.
3. The Rehab Sector Leader will identify a suitable location to set up the rehab area. This area should have the following characteristics:
 - a. Out of the established “hot zone” area
 - b. Able to provide some protection from the elements
 - c. In a visible and easily recognized area
 - d. In close proximity to the Canteen and Air units.
 - e. Large enough to handle the anticipated personnel
 - f. In proximity to an ambulance.
4. The Rehab Sector Leader should ensure that the following equipment is in place at the rehab sector area.



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- a. Stretcher
 - b. Water
 - c. Cardiac Monitor or AED depending on the level of training
 - d. Jump Bag
 - e. Oxygen
 - f. Thermometer
 - g. Clipboard w/ Rehab Log
5. The Rehab Sector Leader will confer with the Incident Commander to obtain a list of all responding units as well as their staffing levels.
 6. Every responder on the scene that has been involved in operations in the IDLH atmosphere or prolonged operations (45 minutes or 2 SCBA cylinders) while wearing full PPE must enter the rehab sector.
 7. A Rehab sector log will be kept that notes:
 - a. Each responder's name.
 - b. Each responder's unit number
 - c. Time of Entry
 - d. Blood Pressure
 - e. Pulse Rate
 - f. Respiratory Rate
 8. All personnel must meet the following criteria in order to be released back to operations.
 - a. Systolic BP greater than 160 (should it read less than 160?)
 - b. Diastolic BP less than 110



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- c. Pulse less than 110.
 - i. If pulse is greater than 110, a temp should be taken. Any temp higher than 100.6 F should have all PPE removed and consider transport if highly elevated. If the temp is less than 100.6 F, additional rest time to resolve should be given to allow the pulse rate to reduce.
 - d. Respirations greater than 24
 - e. Consumption of a minimum of 8 fl oz of water or 50/50 water/electrolyte mix.
9. The rehab sector officer will confer w/ the incident commander with any problems found while performing his/her duties.
10. If the incident occurs during periods of extreme weather, consider requesting a bus to use as the rehab sector. It is preferred that commuter busses be used due to better climate controls.
11. Log will be kept as part of the permanent trip report and will be maintained as confidential per the company's privacy practices.

NOTE: The above policy has been established using guidelines recommended by the Federal Emergency Management Agency.



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Incident Rehabilitation Guidelines

Equipment Needed

- **Stretcher**
- **Drinking Water**
- **Cardiac Monitor/ AED**
- **Jump Bag**
- **Oxygen**
- **Thermometer**
- **Clipboard w/ Rehab log**
- **Shaded/ Climate Controlled Area**
- **Rehab chairs, cooling fans, etc.**

Vital Sign Criteria to Return to Duty (after 5 min. rest period)

- **Systolic BP <160**
- **Systolic BP >100**
- **Pulse Rate <110**
- **If pulse is >110, take a temperature**
 - **If Temp is greater than 100.6, immediate remove all PPE, consider transport if highly elevated.**



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○ If temp is less than 100.6, additional rest time is indicated.

- NO MEDICAL OR INJURY COMPLAINTS!
- Everyone must drink at least 1- 8oz water

If you have any issues with personnel not entering rehab, notify the IC or Safety Officer immediately.