

# Yamhill Fire Protection District

District Policies, Procedures, & SOG's

## MISSION

*Yamhill Fire Protection District is dedicated to  
serve and protect our community*

# District Procedure

## OPERATIONS

OPS-FIRE – 603.1

**Emergency Incident Rehabilitation**

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**Issued: September 8, 2015**

### **Purpose:**

To ensure that the physical and mental condition of members operating at the scene of an emergency, or a training exercise does not deteriorate to a point that affects the safety of each member or that jeopardizes the safety and integrity of the operation.

### **SCOPE:**

This procedure shall apply to all emergency operations and training exercises where strenuous **physical activity or exposure to heat or cold exist.**

### **RESPONSIBILITIES:**

#### ***Incident Commander:***

The Incident Commander shall consider the circumstances of each incident and 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 and the other environmental aspects of the incident. The rehabilitation shall include Emergency Medical Services (EMS) at the Basic Life Support (BLS) level or higher.

#### ***Supervisors:***

All supervisors shall maintain an awareness of the condition of each member operating within their span of control and ensure that adequate steps are taken to provide for each member's safety and health. The command structure shall be utilized to request relief and the reassignment of fatigued crews. Strongly consider the automatic addition of an extra alarm during periods of extreme heat or cold for sufficient personnel to relieve crew on a regular basis.

#### ***Personnel:***

During periods of hot and/or cold weather, members shall be encouraged to drink water and activity beverages throughout the workday. During any emergency incident or training evolution, 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 themselves, their crew, or the operation in which they are involved. Members shall also remain aware of the health and safety of other members of their crew.

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## ESTABLISHMENT OF REHABILITATION GROUP

### *Responsibility:*

The Incident Commander will establish a Rehabilitation Sector or Group when conditions indicate that rest and rehabilitation is needed for personnel operating at an incident scene or training evolution. A member will be placed in charge of the sector/group and shall be known as the Rehab Officer. The Rehab Officer will typically report to the Logistics Officer in the framework of the incident management system.

### *Location:*

The Incident Commander will designate the location of the Rehab Area under normal circumstances. If a specific location has not been designated, the Rehab Officer shall select an appropriate location based on the site characteristics and designations below.

### *Site Characteristics:*

1. It should be in a location that will provide physical rest by allowing the body to recuperate from the demands and hazards of the emergency operation or training evolution. Examples include the Medic Units, Pop-up tents/awnings, local buses, etc.
2. It should be far enough away from the scene that members may safely remove their turnout gear and SCBA and be afforded mental rest from the stress and pressure of the emergency operation or training evolution.
3. It should provide suitable protection from the prevailing environmental conditions. During hot weather, it should be in a cool, shaded area. During cold weather, it should be in a warm, dry area.
4. It should enable members to be free of exhaust fumes from apparatus, vehicles, or equipment (including those involved in the Rehabilitation Sector/Group operations).
5. It should be large enough to accommodate multiple crews, based on the size of the incident.

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6. It should be easily accessible by EMS units.
7. It should allow prompt reentry back into the emergency operation upon complete recuperation.

### *Site Designation:*

1. A nearby garage, building lobby, or other structures
2. Several floors below a fire in a high-rise building.
3. A school bus, municipal bus, or bookmobile.
4. Fire apparatus, ambulance, or other emergency vehicles at the scene or called to the scene.
5. Retired fire apparatus or surplus government vehicle that has been renovated as a Rehabilitation Unit. (This unit could respond by request or be dispatched during certain weather conditions).
6. An open area in which a rehab Area can be created using tarps, fans, etc.

### *Resources:*

The Rehab Officer shall secure all necessary resources required to adequately staff and supply the Rehabilitation Area. The supplies should include the items listed below:

1. Fluids – water, activity beverage, oral electrolyte solutions and ice.
2. Food – soup, broth, or stew in hot/cold cups.
3. Medical – blood pressure cuffs, stethoscopes, oxygen administration devices, cardiac monitors, intravenous solutions, thermometers, and additional medic units or resources.
4. Other – awnings, fans, tarps, smoke ejectors, heaters, dry clothing, extra equipment, floodlights, blankets and towels, traffic cones and fire line tape (to identify the entrance and exit of the Rehabilitation Area).