

Scene Rehabilitation: Responder



Remove:

PPE
Body Armor
Chemical Suits
SCBA
Turnout Gear
Other equipment as indicated

Continue:

Heat and Cold Stress treatment techniques from General Rehab Section

Injury / Illness / Complaint should be treated using appropriate treatment protocol beyond need for oral or IV hydration.

NFPA Age Predicted 85 % Maximum Heart Rate

| Age | Max HR |
|---------|--------|
| 20 - 25 | 170 |
| 26 - 30 | 165 |
| 31 - 35 | 160 |
| 36 - 40 | 155 |
| 41 - 45 | 152 |
| 46 - 50 | 148 |
| 51 - 55 | 140 |
| 55 - 60 | 136 |
| 61 - 65 | 132 |

Responders should report to Scene Rehab for any of the following:

- 30 Minutes of Work
- 1 SCBA Bottle Used
- Chest Pain
- Shortness of Breath
- Syncope / Confusion
- Nausea / Vomiting
- Request for any Reason

Initial Process

1. Personnel logged into Responder Rehabilitation Section
2. VS Assessed and Recorded / Orthostatic Vital Signs
3. Pulse oximetry and SPCO (if available)
4. Personnel assessed for signs / symptoms

Use in conjunction with General Rehabilitation Protocol

20 Minute Rest Period

Pulse Rate > 85 % NFPA Age Predicted Maximum

YES

A

Normal Saline Bolus
500 mL IV / IO
Maximum 2 L
Titrate to HR ≤ 100
An
SBP ≥ 100 mmHg

NO

Systolic BP ≥ 160
Or
Diastolic BP ≥ 100

YES

NO

Respirations < 8 or > 40

YES

NO

Pulse oximetry < 90 %
SPCO > 10 %

YES

NO

Temperature ≥ 100.6

YES

NO

Discharge Responder from General Rehabilitation Section

Reports for Reassignment

No improvement after 30 minutes of additional rehabilitation

Mandatory Rest Period
Rehydration is Most Important
Re-evaluate in 10 minutes

Notify Destination or Contact Medical Control

Special Operations Section

Pearls

- * **Rehabilitation officer has full authority in deciding when responders may return to duty.**
- * Utilized when responder is not appropriate for General Rehabilitation Protocol.
- * May be utilized with adult responders on fire, law enforcement, rescue, EMS and training scenes.
- * Responders taking anti-histamines, blood pressure medication, diuretics or stimulants are at increased risk for cold and heat stress.
- * Rehabilitation Section is an integral function within the Incident Management System.
- * Establish section such that it provides shelter, privacy and freedom from smoke or other hazards.