

Emergency Rehabilitation Guidelines:

Key Points:

Rehab should occur for events, including drills, fire ground operations, hazardous materials incidents, lengthy extrications and any other event where personnel are wearing protective gear and fluid loss is a concern.

- **When a person arrives at rehab with no significant complaints:**

- Encourage the person to drink at least 8 ounces of fluid.
- Encourage the person to doff protective gear
- An EMT or higher should do a visual evaluation for signs of heat exhaustion or fatigue. If the person exhibits any signs of heat exhaustion or fatigue, take their vital signs.
- If any vital sign is outside listed parameters the person shall rest for a minimum of 10 minutes with continued oral hydration and active cooling (wet towels).
- If vital signs return to within the parameters, the person may be released for duty.
- If vitals remain outside parameters after 30 minutes, transport to the hospital should be initiated.

- **When a person arrives at rehab with a chief complaint:**

- Chest pain, SOB, altered mental status-Follow the appropriate protocol. This person may not return to duty.
- Irregular pulse mandates ALS intervention, cardiac monitoring, and removal from duty or the event.
- A PCR should be written on any person requiring medical treatment and/or transport.
- More aggressive treatment should be used during extremes of temperature.
- Consider carbon monoxide poisoning during prolonged exposure to smoke.
- Document names and vital signs for each person evaluated during the incident.
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If any question exists regarding the treatment of a patient according to this protocol, contact the appropriate base hospital for advice.