



# POLICY AND PROCEDURE

No. 28-02

## MONTGOMERY COUNTY FIRE AND RESCUE COMMISSION

EFFECTIVE DATE:

2/1/95

TITLE  
EMERGENCY INCIDENT PERSONNEL REHABILITATION

PAGE 1 OF 4

### MONTGOMERY COUNTY FIRE AND RESCUE COMMISSION GUIDELINE

### EMERGENCY INCIDENT PERSONNEL REHABILITATION

Issued by: Montgomery County Fire and Rescue Commission

Authority: Montgomery County Code Section 21-4B(e)

Effective Date: February 1, 1995

**SUMMARY:** This personnel rehabilitation guideline is established to ensure the health and safety and monitor the physical welfare of fire and rescue services personnel at emergency incidents.

**Sec. 1. Applicability.** This guideline applies to all fire, rescue, and emergency medical service operational units, the Department of Fire and Rescue Services, the fire and rescue corporations, and all fire, rescue and emergency medical services personnel, both career and volunteer, operating on an incident.

#### Sec. 2. Definitions.

- a. **Rehabilitation.** The monitoring and restoration of vital and diagnostic signs for fire and rescue personnel during service delivery.
- b. **Rehab Officer.** Individual responsible for establishing, organizing and controlling the rehab sector during an emergency incident. RADIO DESIGNATION: REHAB; VEST COLOR: BLUE WITH TWO WHITE STRIPES.
- c. **Rehab Sector.** Work area located away from the incident area where personnel will be provided fluids, food, medical evaluation and rest.

#### Sec. 3. Procedure.

- a. Consider establishing a restricted access, smoke/containment free **rehab sector**.
  1. When the humidity reaches 96 or the air temperature is below 32 F;
  2. On all full assignment fire incidents where a Task Force or greater alarm is required;



# POLICY AND PROCEDURE

## MONTGOMERY COUNTY FIRE AND RESCUE COMMISSION

No. 28-02

EFFECTIVE DATE:

2/1/95

TITLE  
EMERGENCY INCIDENT PERSONNEL REHABILITATION

PAGE 1 OF 4

3. On any incident entailing 45-60 minutes or more of strenuous activity;
  4. On hazardous materials incidents requiring entry teams;
  5. At the direction of the Incident Commander, or
  6. Wherever an individual depletes two 30 minute or one 60 minute SCBA while working on an incident.
- b. Personnel should try to maintain proper hydration at all times.
- c. A medic unit should be assigned to the **rehab sector** when available.
- d. Consider using:
1. Corporation auxiliary units for fluid replacement and food;
  2. Buses, schools, theaters and auditoriums to provide shelter from heat, cold and rain; and
  3. Additional units to provide staffing to record pulse rates and times of entry and exit in the **rehab sector**.
- e. Units must report to the **rehab officer** when directed by the Incident Commander or designee. Crew names, unit numbers, time of entry and time of expected return to operations must be recorded.
- f. Personnel will have pulse rates recorded and will observe for signs and symptoms of heat stress, chest pain, shortness of breath, or other ill effects when entering the **rehab area**. If these signs and symptoms are absent, personnel will have their pulse rate taken and will begin hydration. Personnel with pulse rates greater than 140 bpm will have oxygen administered. The **rehab officer** will determine when further EMS treatment is necessary and whether full vital signs are to be taken. After fifteen minutes of hydration and rest, personnel whose pulse rates exceed 140 bpm will be sent to the treatment area for further evaluation. Personnel with other symptoms, i.e., chest pain, should be sent to the treatment area.
- g. The **rehab officer** will advise the command post on the number of personnel ready to return to operations.



# POLICY AND PROCEDURE

No. 28-02

## MONTGOMERY COUNTY FIRE AND RESCUE COMMISSION

EFFECTIVE DATE:

2/1/95

TITLE  
EMERGENCY INCIDENT PERSONNEL REHABILITATION

PAGE 1 OF 4

### Sec. 4. Responsibility.

- a. The Incident Commander is responsible for:
  - 1. Establishing a **rehab sector** as necessary;
  - 2. Developing a schedule for rehabilitating personnel on the scene; and
  - 3. Appointing a **rehab officer** when required.
  
- b. The **rehab officer** is responsible for:
  - 1. Establishing the necessary smoke and containment free **rehab sector**;
  - 2. Coordinating the movement of personnel through **rehabilitation**; and
  - 3. Limiting access to the **rehab sector** to rehab personnel and crews undergoing **rehabilitation**.
  
- c. Unit officers are responsible for:
  - 1. Monitoring the physical condition of their personnel
  - 2. Advising the sector officer or Incident Commander when any member of their crew exhibits signs of exhaustion or dehydration;
  - 3. Reporting to the **rehab sector** when directed, maintaining crew unity; and
  - 4. Reporting to the next work assignment in a timely manner, maintaining crew unity.

**Sec. 5. Effective Date.** This guideline is effective on February 1, 1995.

### Attachments:

- A- Rehab Sector Instruction Sheet for Personnel Checklist
- B- Rehab Sector Flow Chart
- C.1- Instructions for Rehab Control Officer's Checklist
- C.2- Rehab Control Officer's Check sheet
- D- Rehab Sector Personnel Check sheet



# POLICY AND PROCEDURE

MONTGOMERY COUNTY  
FIRE AND RESCUE COMMISSION

No. 28-02

EFFECTIVE DATE:

2/1/95

TITLE  
EMERGENCY INCIDENT PERSONNEL REHABILITATION

PAGE 1 OF 4

Attest:

Signature on File  
Gordon Aoyagi, Chairman  
Fire and Rescue Commission

2-1-95  
Date