

BULLETIN

NO.: 21-036

DATE: March 4, 2021

TO: All Personnel

FROM: Chris Heiser, Deputy Chief, Emergency Medical Services

SUBJECT: Incident Personnel Rehabilitation (Rehab)

COVID-19 has changed the way we must conduct rehab on incidents. To help facilitate a standard rehab process, the attached Incident Personnel Rehabilitation (Rehab) Standard Operating Procedure (SOP) was developed to provide direction to Incident Commanders. This SOP shall be followed anytime rehab is established with or without Duty Medical Support.

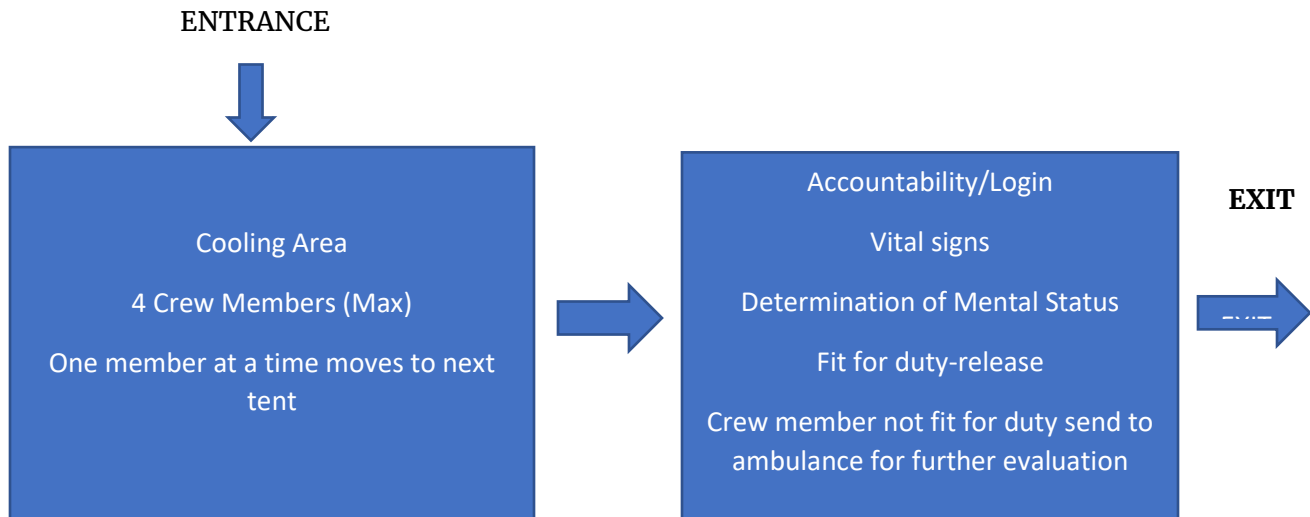
Please contact Duty Medical Support with any questions or recommendations.

Incident Personnel Rehabilitation (Rehab) Standard Operating Procedure

Steps:

1. Incident Commander designates a Rehab Officer, radio channel, and assigns unit/crews to rehab.
2. Crews who have been assigned to rehab will wait at their apparatus until called by the Rehab Officer to enter the rehab process (monitor radio channel).
3. All crew members reporting to rehab MUST be wearing a mask.
4. Only one crew will enter rehab at a time. To limit congregating, crew members will immediately exit rehab and return to their apparatus when released from rehab.
5. Company officers shall enforce mask use and limit crew members from congregating in the rehab area.

Tent Layout:



- Use banner tape to identify flow paths.
- Set up out of smoke and apparatus exhaust.

Cooling Area:

- Staffed with one rehab person in PPE (gloves, mask, eye protection) who will explain rehab process to incoming crew.
- Chairs are separated by 6 feet.
- Rehab person will hand out cold towels with tongs and will disperse drinking water bottles (limit hands in coolers).
- Crew members remain in cooling area for minimum of 20 minutes before moving to next tent.
- Crew members will place used towels and water bottles in trash can before moving to next tent.
- Rehab person disinfects chairs and changes gloves in between groups.

Accountability/Login:

- Medical screening locations should be far enough away from the cooling location to offer fire personnel privacy and confidentiality.
- Assess one crew member at a time in the Accountability/Login area.
- Rehab personnel to wear PPE (gloves, mask, eye protection).

Incident Personnel Rehabilitation (Rehab) Standard Operating Procedure

- Obtain vitals, temperature, Co2 reading and document on Rehab Log (FD41).
- Fit for duty, release from rehab.
 - Follow vital sign parameters on Rehab Package (EMS-119).
- Not fit for duty, escort crew member to ambulance for additional evaluation.
 - Follow procedures on Rehab Package (EMS-119).
- Disinfect equipment and change gloves between crew members.
- Disinfect ambulance between crew members.

Large Incidents:

- Request additional EMS staff including B33.
- Request additional ambulances.
- Coordinate with Logistics for additional coolers, chairs, and tents.
- Consider multiple rehab locations.

Equipment:

- Pop-up tents x 2.
- Chairs x 5 (four in cooling area & one in accountability).
- 5-gallon bucket with cold towels and tongs (to remove towels).
- Boxes of exam gloves.
- Disinfectant wipes or spray bottles.
- Paper towels for spray bottles.
- Masks for rehab personnel.
- Additional BP cuffs, stethoscopes, Co2 monitors, thermometers to rotate between disinfecting.
- Extra batteries.
- Clock/Timer (portable).
- Tarps to provide additional shade/protection on tents.
- Lights, generator, and fuel.
- Pens, paper, clipboards, and Rehab Packages (EMS-119).
- Banner tape.

Demobilization:

- Disinfect all equipment before repackaging.
- Trash is secured and given to Logistics for disposal.
- Restock at Storeroom 42-A/EMS cache.
- Submit Rehab Report (FD-40) and Rehab Logs (FD41) to Fire HR using the yellow envelope (EMS-119).