

Emergency Responder Rehab Guidelines

Rehabilitation Data Collection/Documentation

- Rehab Entry and Exit Time
- Personnel Name
- Company Assignment
- Work Time and/or # Cylinders with capacity
- Vital Signs: BP, HR, R, Body Temp, Skin, Time Taken
- Additional Assessment
- Hydration Amount & Type
- Rehab Disposition

Responders must enter formal rehab area, receive a medical evaluation, and rest with hydration for a minimum of 20 minutes following:

- depletion of two 30-minute SCBA cylinders;
- depletion of one 45- or 60-minute SCBA cylinder;
- whenever encapsulating chemical protective clothing is worn; and
- following 40 minutes of intense work w/o SCBA.

Personnel in rehab shall rest for at least 20 minutes prior to being released from rehab to return to duty status. Continued rehabilitation should consist of additional monitoring of vital signs every 5-10 minutes, providing rest & fluids for rehydration

Rehab Assessment

- ⇒ General Appearance
- ⇒ Level/degree of exposure
- ⇒ Blood Pressure
- ⇒ Pulse
- ⇒ RPE Scale

Criteria to stay in rehab >20minutes:

- Pulse >100 bpm
- Blood Pressure:
< 100 systolic or > 160 systolic
or
> 90 diastolic, or

Criteria for entry to Medical Eval/Tx Area

- Pulse >120 bpm
- Blood Pressure:
 - > 200 systolic or
 - > 110 diastolic, or
 - < 90 systolic
- Temperature >99.5°F
- Any injuries
- Any serious medical complaint

Carbon Monoxide oximeter reading will normally be < 5% in nonsmokers, and < 8% in smokers.
Responders cannot leave the Rehab Area until the CO level on the monitor is below 5%.

Level (%)	Signs and Symptoms	Pre-hospital Treatment
0-4	Minor headache	Observe
5-9	Headache	100% oxygen, reassess after 10 minutes on 100% oxygen
10-19	Dyspnea, headache	100% oxygen, transport
20-29	Headache, nausea, dizziness	100% oxygen, transport
30-39	Severe headache, vomiting, altered LOC	100% oxygen, transport
40-49	Confusion, syncope, tachycardia	100% oxygen, transport
50-59	Seizures, shock, apnea, coma	Airway, 100% oxygen, transport
60-up	Coma, death	Airway, 100% oxygen, transport

Rate of Perceived Exertion Scale (RPE)

- 1 No exertion at all or Extremely light
- 2 Very light
- 3 Light
- 4
- 5 Somewhat hard
- 6
- 7 Hard Heavy
- 8
- 8.5 Very Hard
- 9
- 9.5 Extremely Hard
- 10 Maximum Exertion

From NFPA 1584

Criteria for Hospital Transport

- ⇒ Vital signs unresponsive to treatment
- ⇒ Injuries that need care
- ⇒ Suspicious symptoms