12A – FIREGROUND REHABILITATION CONCEPTS ADULT

EMERGENCY MEDICAL RESPONDER

EMT

EMT-INTERMEDIATE 85

ADVANCED EMT

PARAMEDIC

Indications:

Active fireground operations in which physiologic stress is exerted upon firefighters.

Contraindications:

None

Clinical Pearls:

1. Fireground operations place significant physiologic stress upon firefighters. Even in seemingly "normal" weather (absence of temperature extremes, absence of precipitation) during operations on even terrain, conducted by ample numbers of firefighters, the elevated body temperatures and physical stress experienced from exertion while wearing heavy protective clothing should not be underestimated. Early and effective rehabilitation promotes desired firefighter safety on the fireground.

2. The "basics" of effective fireground rehabilitation include:
   a. medical monitoring of fire fighters at rehab entry, during rehab, and at rehab release;
   b. returning body temperatures to near normal (cooling in heat; warming in cold);
   c. hydration and electrolyte replacement;
   d. Incident Command support of preventing fire fighter return to fireground duty until medically appropriate.

3. Fireground rehabilitation operations conducted by EMS organizations should be performed in close cooperation with involved fire departments and with knowledge of the rehabilitation policies of those fire departments. Section 19 contains current fireground rehabilitation policies utilized by the Tulsa Fire Department as resource documents in assisting other EMS organizations and fire departments in Oklahoma (courtesy Tulsa Fire Department).

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4. In addition to the medical literature references for this protocol, additional fireground rehabilitation resources are available through the US Fire Administration, National Fire Protection Agency, International Association of Fire Chiefs, and International Association of Firefighters. Suggested resources that may prove helpful in designing and conducting effective fireground rehabilitation operations include:

   U.S. Fire Administration, Emergency Incident Rehabilitation, February 2008
   https://www.usfa.fema.gov/downloads/pdf/publications/fa_314.pdf

   NFPA 1584: Standard on the Rehabilitation Process for Members During Emergency Operations and Training Exercises, 2015 Edition

   www.firerehab.com