

### **ENSURE ADEQUATE RESOURCES:**

- [ ] Adequate personnel to manage firefighters in need of rehab.
  - [ ] EMS as a resource for rehab.
  - [ ] Secure all consumables necessary for rehab:
    - ✓ Potable drinking water for hydration
    - ✓ Sports drinks (electrolytes and calories) for longer incidents (> one hour)
    - ✓ Active cooling materials
    - ✓ Medical monitoring equipment (bp cuffs, stethoscopes, CO device, etc.)
    - ✓ Food
    - ✓ Means to wash hands and face
    - ✓ Blankets and warm, dry clothing for winter months
    - ✓ Bathroom materials
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### **RESPONSIBILITIES:**

- [ ] Ensure the Rehab Policy is followed.
  - [ ] Don the Rehab Vest.
  - [ ] Identify an appropriate site for rehab:
    - ✓ It is large enough to accommodate the number of personnel expected (Including EMS Personnel for Medical Monitoring)
    - ✓ It has a separate area for personnel to remove PPE
    - ✓ It is **accessible** for ambulances and EMS personnel
    - ✓ It is removed from all toxic atmospheres (exhaust fumes and smoke)
    - ✓ It provides protection from inclement weather
    - ✓ It has access to hydration supplies and active cooling methods
    - ✓ It is away from spectators and the media
    - ✓ It is scalable and can expand and contract as the incident demands
    - ✓ It provides an entrance and exit to ensure adequate flow
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- [ ] Manage the process of rehab:
    - ✓ Ensure personnel in rehabilitation receive at least 10 to 20 minutes of rest
    - ✓ Ensure personnel rehydrate themselves
    - ✓ Ensure personnel are actively cooled (where required)
    - ✓ Maintain accountability and remain within rehabilitation at all times
    - ✓ Inform the IC if a member requires transportation to a medical facility
    - ✓ Inform the IC if crews are requiring additional time to rehab (accountability)
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- [ ] Documentation:
    - ✓ During the rehab process minimal documentation is suggested
      - **Crew**
      - **Time in**
      - **Time Out**
    - ✓ If a firefighter requires medical treatment follow local protocols

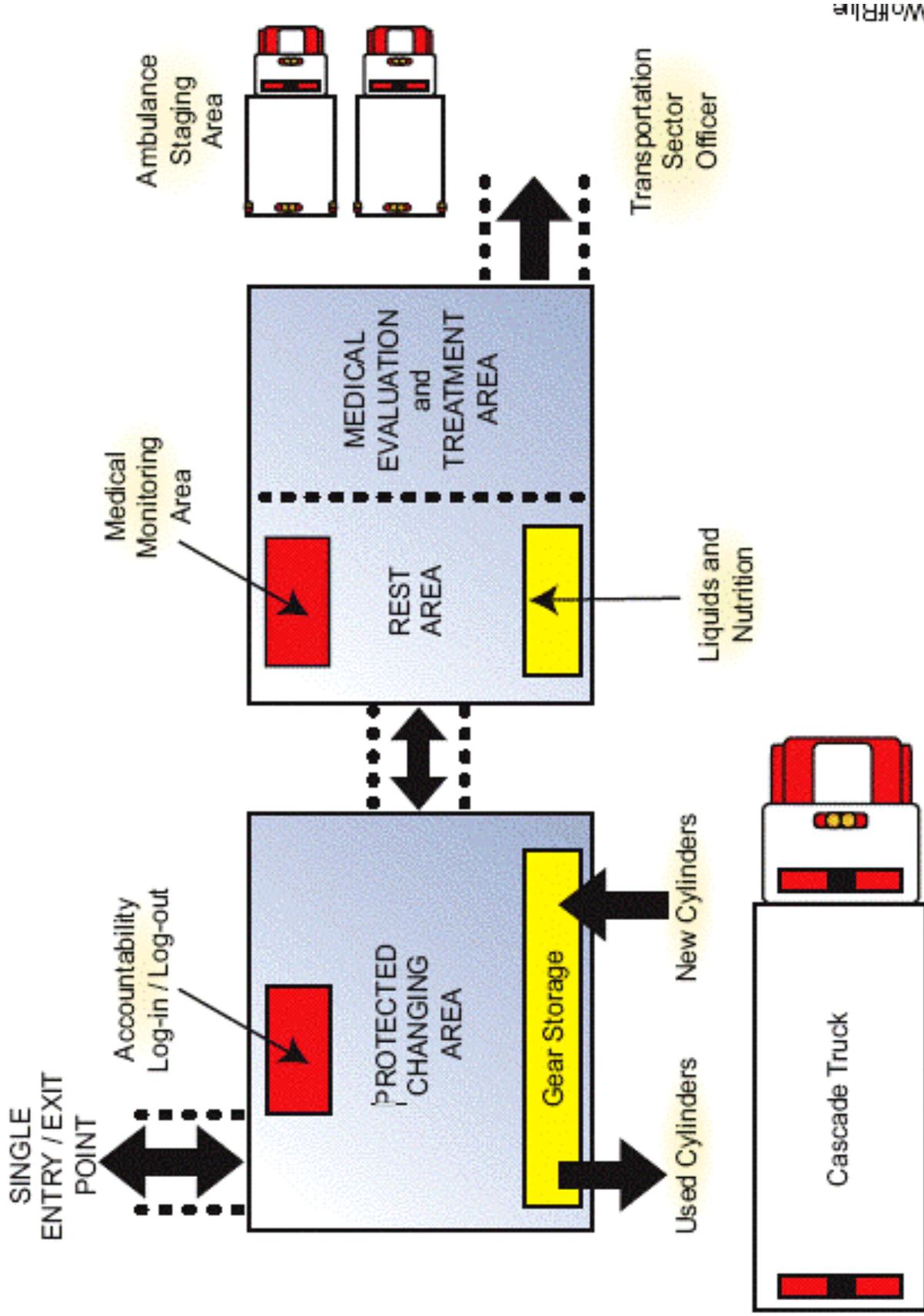


Figure 8: Example of rehab sector layout.