

## Responder Rehabilitation Guide For Medical Monitoring

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Dept: \_\_\_\_\_

### Step 1 Responder Enters Rehab

If answer is YES to any question in Step 1,

Send to EMS for evaluation

- |  |          |
|--|----------|
| 1) Is pulse greater than 220-age?                                | Yes / No |
| 2) Is CO greater than 10%?                                       | Yes / No |
| 3) Do you have Chest Pain, SOB, Nausea or Dizziness?             | Yes / No |
| 4) Do they have an altered mental status or difficulty speaking? | Yes / No |
| 5) Does responder look or feel sick?                             | Yes / No |

### Step 2 Hydration and Replenishment Cycle

- ✓ Rest 10 minute per cycle
- ✓ Cooling Remove gear; consider active cooling  
(wet towels, mister, immersion chairs, etc.)
- ✓ Heating As needed
- ✓ Hydration 12 oz of water over 10 minutes
- ✓ *Lack of gradual improvement may warrant a 2<sup>nd</sup> cycle in rehab.*

If responder's condition does not improve, or worsens,

Send to EMS for evaluation

### Step 3 Prior to Leaving Rehab

If answer is YES to any question in Step 3,

Send to EMS for evaluation

- |  |          |
|--|----------|
| 1) Do you have Chest Pain, SOB, Nausea or Dizziness?             | Yes / No |
| 2) Do they have an altered mental status or difficulty speaking? | Yes / No |
| 3) Does responder look or feel sick?                             | Yes / No |
| 4) Is skin hot to touch?   | Yes / No |

### Step 4 Responder Disposition

- |   |          |
|---|----------|
| ✓ If pulse is less than 110 → <b>Return to Duty</b>   | Yes / No |
| ✓ If pulse equal to or greater than 110 →<br><b>Repeat Rehab cycle 1 time and re-evaluate (20 min. total)</b> | Yes / No |
| ✓ Re-Check: If pulse is less than 110 → <b>Return to Duty</b>   | Yes / No |
| ✓ If pulse equal to or greater than 110 →<br><b>Send to EMS for evaluation</b>                                | Yes / No |

### Max Heart Rate Guide

Age	MHR	Age	MHR
18	202	42	178
19	201	43	177
20	200	44	176
21	199	45	175
22	198	46	174
23	197	47	173
24	196	48	172
25	195	49	171
26	194	50	170
27	193	51	169
28	192	52	168
29	191	53	167
30	190	54	166
31	189	55	165
32	188	56	164
33	187	57	163
34	186	58	162
35	185	59	161
36	184	60	160
37	183	61	159
38	182	62	158
39	181	63	157
40	180	64	156
41	179	65	155

### Signs and Symptoms Guide

Heat Symptoms
Exhaustion
Rapid Heart Rate
Headache
Flushed Skin
Cramping
Weakness
Sunburn
Dehydration
Nausea
Short of Breath
Absence of Sweating
Mental Confusion
Seizure

Cold Symptoms
Headache
Numbness
Waxy Pale Skin
Dehydration
Mental Confusion
Low Blood Pressure
Blisters
Muscle Rigidity

### Carbon Monoxide Guide

0-5%	Consider Normal
5-10%	Consider Normal in a Smoker
> 10%	Abnormal in Any Person
>15%	Significantly Abnormal in any Person Treatment Mandated