# Rehab Officer Checklist

**Command:** _____

### Location of Rehab Sector:

- ❑ Establish Rehab in a safe location, away from smoke, gases, fumes or any other environmental hazards
- ❑ Ensure that Rehab Area is easily accessible to personnel and their equipment
- ❑ Locate Rehab Area in a shady area if possible during warm / hot weather
- ❑ Mark entry and exit points with barrier tape, cones or other methods
- ❑ Ensure that there is easy access and egress for transporting vehicles
- ❑ Consider a municipal bus in inclement weather
- ❑ Set up near SCBA filling station
- ❑ Consider multiple Rehab Areas if indicated
- ❑ Notify IC or Operations of Rehab vehicle or personnel needs

### Accountability:

- ❑ Members reporting to Rehab should enter and exit as a Team
- ❑ Collect Passports from all Companies entering the Rehab Area
- ❑ Document names of all Company members and time in to Rehab Area

### Initial Evaluation:

- ❑ Upon entering Rehab Area, all personnel should remove SCBA's, hoods, gloves and bunker gear
- ❑ Evaluate level of consciousness and general appearance of all personnel, recognize signs of heat stress
- ❑ Look for signs of physical as well as psychological / emotional stress
- ❑ Inquire as to any complaints or injuries
- ❑ Obtain heart rate, blood pressure and temperature of all personnel
- ❑ Obtain lung sounds and EKG if indicated
- ❑ Observe for any abnormal findings or trends such as excessive salivation, diarrhea, blurred vision, burning eyes and irritated skin, that may indicate exposure to chemicals (Immediately notify IC so appropriate actions may be taken)
- ❑ Document all findings on Rehab form / board
- ❑ Assign Personnel to the Rest / Rehydration / Nourishment Station or to Medical Evaluation / Treatment Area if indicated by findings

### Medical Evaluation / Treatment

- ❑ Personnel with complaints, injuries, abnormal vitals or findings shall be further evaluated medically, treated and transported to the hospital if indicated
- ❑ For incidents involving firefighter / EMS personnel injuries or fatalities, multiple victims, children, or extended rescue operations, contact CID Team and assign to Rehab
- ❑ Notify IC if any personnel are transported from the scene

### Rest / Rehydration / Nourishment:

- ❑ Have personnel wash hands and face prior to eating or drinking
- ❑ Provide cooling / heating procedures as indicated (water misters, fans, portable heaters, etc.)
- ❑ Provide water and appropriate electrolyte / carbohydrate replacements (Approx. 12 to 32 oz. over 20 minute)
- ❑ Avoid excessively hot or cold fluids (fluids should be cool or warm, as indicated, not hot or ice cold)
- ❑ Avoid carbonated beverages
- ❑ Have personnel monitor their own urine as an indicator of water balance - Normal urine should appear almost clear in color and without much odor. If urine is noted to be dark, deep yellow, or possesses a strong odor, immediately rehydrate and send to Medical Evaluation / Treatment Area, provide ALS care and transport to hospital for further medical evaluation
- ❑ Provide nutrients including carbohydrates, proteins, and fats with carbohydrates being the most prevalent (consider fruits such as bananas, oranges and apples as well as appropriate snack bars)
- ❑ Ensure that any cold foods are maintained at <40˚ F and hot foods at >140˚ F to avoid risk of food-borne diseases

### Reevaluation:

- ❑ After at least 20 minutes of cooling, rest, rehydration and nourishment, personnel shall be re-evaluated medically to determine if they are fit for reassignment. Those with abnormal vital signs or symptoms shall be treated and transported to a hospital if indicated

### Reassignment:

- ❑ Personnel who are properly rested, rehydrated and medically cleared may be discharged for reassignment.
- ❑ Document the times that Companies leave the Rehab Area
- ❑ Ensure that Companies collect their Passports when leaving the Rehab Area
- ❑ Keep the IC or Operations informed as to the status of the Companies in Rehab, injured personnel, and those available for reassignment

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| Initial Evaluation | Rest Rehydration Nourishment | Rest Rehydration Nourishment | Medical Evaluation Treatment Area | To Hospital |
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(NOTE: use wet erase pen or grease pencil only)

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