



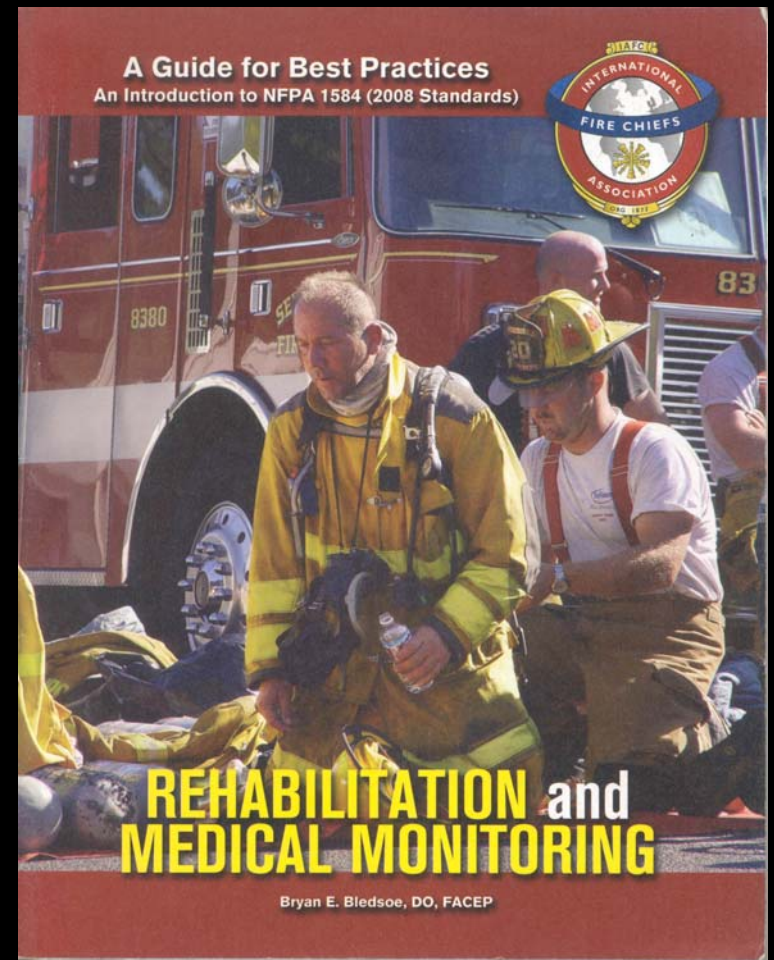
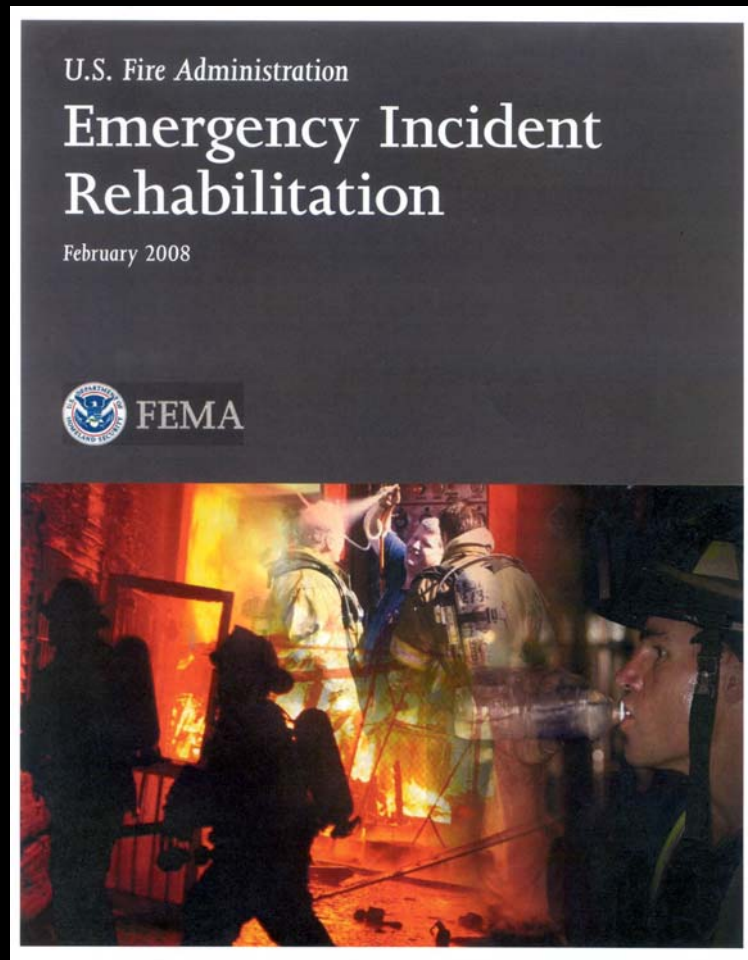
Department of Fire Services

Special Operations Unit



Rehabilitation and Medical Monitoring

Guidelines to follow



Keys to Success

Rehab begins before an incident occurs. Proper pre-hydration is key to the success in rehab.

Following proper protocols and procedures everyone should be rotated through rehab including the command staff.

Proper accountability at incident will assure everyone has been sent to and released from Rehab. The company officer is crucial in being sure everyone is ready to go back to work.

Rehab vs. Canteen

- Rehab Truck will provide fluids, light snacks, medical monitoring, EMS equipment, and some clothing. Rehab also provide for environmentally controlled area for proper rehab. Remote rehab operations are available.
- Canteen will provide a variety of food and drinks



Need for Rehab

- Heat Stress
- Heat Exposure
- Physiological Stress
- Cold Stress

When to establish Rehab

- Guideline One
 - Crew must self rehab (rest with hydration) for 10 min. after one 30 min. bottle or 20 minutes of intense work without an SCBA.
- Guideline Two
 - Company or crew must enter a formal rehab, drink fluids, be medically monitored for 10 to 20 min after any of the following:
 - Depletion of 2 thirty min bottles, one 45 or 60 min bottle
 - After wearing an encapsulated suit
 - Following 40 min of intense work without an SCBA.



Firefighters want to be part of the action. If they are sitting in a rehab area and watching the incident, they are not afforded the chance to relax





What is the Rehab Unit Used For?

- **Provide an environment for rest and rehab for firefighters and crews**
- **Fluids**
- **EMS equipment**
- **Rehab supplies and forms**
- **Staff to set up and assist operations**
- **Misting equipment, heating equipment**
- **Ability to support the local EMS providers**

What DFS Will NOT Do!

DFS will not:

- **Provide medical monitoring for approval to return to work**
- **Fully take over Rehab Operations**
 - We will support and assist in any way possible
- **Provide ALS intervention**
 - EMS must be provided by the local jurisdiction

Criteria for vital signs

- Each Department can establish its own set that trigger when someone needs to be medically monitored.
- In general:
 - Pulse in excess of 120 bpm
 - Diastolic BP above 90 mmHg and
 - Systolic BP above 130 mmHg



- **Four Ice Machines**
- **Two Refrigerators**
- **One Coffee / Hot Water Machine**
- **Light Refreshments**
 - **Cookies and Crackers**
 - **Hot / Cold Liquids**





MASSACHUSETTS
DEPARTMENT OF
FIRE SERVICES



MASSACHUSETTS DEPARTMENT OF FIRE SERVICES

INCIDENT REHAB UNIT

INCIDENT REHAB UNIT

KEEP BACK
100 FEET

980J



- **2 Forward Entrances**
- **Rear Exit (EMS)**
- **Seasonal Misting Units**
- **Dry Deck Flooring**
- **Ventilation**
- **Well Illuminated**
- **Outside Operations Area**
- **EMS Equipment**
- **Rehab Supplies**



- **18 Seats**
- **Adjustable**
- **Offset for Leg Room**



Who Pays for a Response?

- Currently there is **NO** cost to any community for a response
- The Department of Fire Services is committed to helping out any community in their time of need
- If any event is reimbursable through state or federal funds, or for Hazardous Materials response with a responsible party, then associated costs will be billed to the responsible party



MASSACHUSETTS DEPARTMENT OF FIRE SERVICES

INCIDENT REHAB UNIT

MASSACHUSETTS
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IRRHQ

IF BACK
TO THE

How Do You Activate a Team?

- For immediate response, call MEMA at 508-820-2000
- For scheduled events, call the Special Ops Office at 978-567-3171

Department of Fire Services Incident Support Unit (ISU) Activation Procedure



The Department of Fire Services' Incident Support Unit is now available to support the Fire Service in the Commonwealth.

To request response from the unit, please call MEMA (Massachusetts Emergency Management Agency) at the Framingham Headquarters, 24 hours a day, seven days a week at:

508-820-2000

You will be asked the following:

- City, Town or Agency requesting the unit
- Contact name and phone number
- Nature of the incident
- Exact location for the Vehicle to stage

A phone call will be returned with the Status and ETA of the unit and team.

Considerations for Activation

- Call early
 - Consider travel time of vehicle
 - Routes of travel
 - Height of vehicle (REHAB 13'2" and ISU 11'10")
 - Weight of vehicle (GVW 54,000)
 - Length of Vehicle 40'
- Placement on scene
 - Hose layouts
 - Away from hazards
 - On a firm surface
 - Close to incident for use

The Bottom Line!

“The Health and Safety of Firefighters and other emergency responders is of paramount importance”

“Rehabilitation is the intervention designed to mitigate the effects of physiological and emotional stress of firefighting”

“We need to work together to provide the resources, training and implementation of proper rehab so that everyone goes home safe.”

Thank You!

