



County of Santa Clara Emergency Medical Services System

*Policy #700- S10
Rescuer Rehabilitation*

RESCUER REHABILITATION

Effective June 2012
Replaces New
Review November 2014

This protocol applies to those who are being attended to at the rehabilitation area. This protocol is for rehabilitation only. If the rescuers become patients then the appropriate protocol shall be followed.

- Report to Rehabilitation Area for evaluation.
- Assist Firefighters in Removing Protective Gear including but not limited to breathing apparatus, helmet, hood, and turnout jacket. Assist in maintaining normal body temperature by providing moist/cool towels, fans, misting systems, blanket etc.
- Obtain initial set of vital signs with must include a temperature and observe for any signs and symptoms of hypothermia or hyperthermia upon arrival at rehabilitation area.
 - Six conditions that EMS must assess in each member during rehabilitation:
 - a. Presence of chest pain, dizziness, shortness of breath, weakness (general and focal), nausea or headache.
 - b. General complaints such as muscle cramps or aches and pains
 - c. Signs and Symptoms of heat or cold-related stress
 - d. Changes in gait, balance, coordination, speech or behavior
 - e. Alertness, cognition and orientation to person, place and time
 - f. Any vital signs considered abnormal in local protocol (for either hypothermia or hyperthermia)
- Watch for signs of hypothermia during and after cooling measures. Treat with appropriate measures such as blanket and/or warm liquids
- Provide Oral Hydration unless the individual is actively vomiting. If nauseated, cautiously attempt gentle (sips) oral hydration.

- If available, allow electrolyte replacement. i.e. high potassium foods and snacks.
- After 10 minutes of rest, hydration, and passive cooling: Assess vital signs including pulse, blood pressure, and temperature. If pulse is greater than 110 beats per minute then:
- Either (1) Reassess vital signs in 10 minutes or (2) Ensure Physician Evaluation On-Scene or Transport to the Hospital if any of the criteria in Table 1 are present.
- After an additional 10 minutes of rest and hydration, reassess vital signs and (1) Release the Firefighter or (2) Ensure Physician Evaluation On-Scene or Transport to the Hospital if any of the criteria in Table 2 are present.

Vital Signs Guidelines	
Table 1	Table 2
Initial Vital Signs	Second/ Third Vital Signs
Transport/Physician Evaluation Required	Transport/Physician Evaluation Required
if	if
Pulse: Symptomatic Bradycardia/ Tachycardia or HR: <55 or >120/min	Pulse: Symptomatic Bradycardia/ Tachycardia or HR: <55 or >100/min
BP: Systolic <90mmHg or >180mmHg Diastolic >100mmHg	BP: Systolic <100mmHg or >150mmHg Diastolic > 90mmHg
RR: <10 or >28/min	RR: <10 or > 28/min
Temp: Tympanic > 101 F or <95 F	Temp: Tympanic >101 F or <95 F