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Fire Ground Rehab



Try to establish the rehab area out of the elements with some type of chair, an electric PPV fan provides a nice active cooling during warm weather months

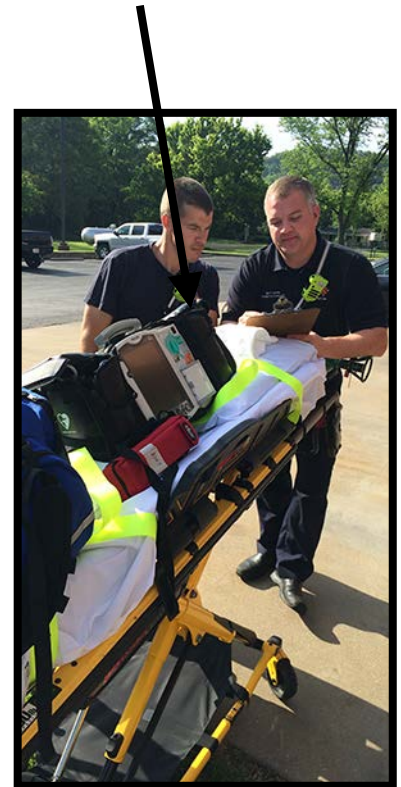


On-Scene rehab is usually tasked to a medic unit or specialty unit depending on department, it should not be discounted and become as routine as pulling a line for every working fire

Make sure that rehab is an active process, the bags and stretcher should be out of the rig and ready for response if needed, remember it is our people that we are taking care of during rehab



If possible obtain a SpCO reading which tells the amount of carbon monoxide in the blood



Vital signs are a key component to rehab, each member should have a blood pressure, pulse rate, oxygen saturation, respiratory rate and temperature taken and record



Make sure there is plenty of cold water, each member going through rehab should drink at least one bottle of water before being released, sports drinks can augment the fluid resuscitation but nothing replaces good old fashioned water

