



LEAST RESISTANCE TRAINING CONCEPTS

PROCEDURE GUIDE No. 20-95

REHABILITATION

Issue Date: 1-17-2020



This Procedure Guide supersedes all previous guides in order to comply with the latest Lyon County, state and national training and operations standards.

Discussion:

Training exercises and field operations can be labor intensive, take considerable time, and responders can be exposed to heat or cold over long periods. Exposure to heat or cold can add to fatigue and impact the welfare of members, along with their ability to function reliably and safely. Ensuring that members have not suffering effects from exposure to excessive heat or cold, and providing rehabilitation (Rehab) as may be appropriate to prevent or mitigate the effects of heat or cold exposure, are required elements during training activities and Incident Action Plans.

1. Safety Policy:

- 1.1 Safety is the overarching priority in all responses. No procedure or protocol provided in any Procedure Guide shall supersede the use of sound judgment as may be appropriate to maximize incident safety.
- 1.2 The welfare of all responders is a critical safety priority and steps shall be taken as appropriate to prevent or mitigate stress resulting from exposure to heat or cold.

2 Responsibilities: Chain of Command:

- 2.1 Each response shall have an Incident Commander (IC) who will direct the activities being undertaken.
- 2.2 A qualified Safety Officer shall enforce applicable safety policies.
- 2.3 The IC or Safety Officer shall be responsible to see that rehab needs are properly assessed and addressed. These responsibilities may be delegated through the designation of a "Rehab Officer."
- 2.3.1 These responsibilities shall include developing a "Rehab Plan" when conditions warrant.
- 2.3.2 "Rehab" can be provided in the form of a formal agency Rehab Unit, or in the cab of a suitable response vehicle.
- 2.4 Any responder who exhibits signs of actual or potential environmental stress shall be taken off-line and be sent to Rehab until cleared by the Safety Officer or a qualified medic at-scene.