

How do you become a Volunteer?

If you desire to become a member of the REHAB 23 Team and have a desire and the time to support our Wilson County First Responders,

Contact:

Bob Pergler
Vice President / Operations Officer
Cell (805) 791-1134
Email – rapergler@gmail.com

Jim Carroll
Membership
Cell (615) 943-7020
Email – rpmjim53@gmail.com

How do you make a donation to support REHAB 23?

Contact:

Linn Yeager
President / Marketing & Public Relations
Cell (615) 974-7501
Email – yeags2012@gmail.com

WCESRA is a registered Tennessee Charitable Organization as of Sept 2013. ID Number: CO23487

Wilson County Emergency Services Rehab Association (WCESRA) is a 501(c)(3) organization (Fed ID 46-3727045). Thus all contributions may be tax deductible. Consult with your tax advisor.



REHAB 23
PO Box 123
Mt Juliet, TN
37121
Phone (615) 974-7501

www.rehab23.org

Follow us on Facebook:
[www.Facebook.com/](http://www.Facebook.com/WilsonCounty/ESRA)
WilsonCounty/ESRA

REHAB 23

Supporting Wilson County First Responders



Wilson County
Emergency Services
Rehab Association
(WCESRA)

REHAB 23 MISSION

To provide needed support to the First Responders (Firefighters / Law Enforcement / EMTs) in Wilson County available 24/7/365



What is REHAB 23?

- An Independent **ALL VOLUNTEER** organization dedicated to providing First Responders rehabilitation. A process of providing **rest, rehydration, nourishment**, and a place for **medical evaluation** to members who are involved in extended or extreme incident scene operations
- Two REHAB vehicles: a converted ambulance and a support mini-van.

Governed by 8 Member Board of Directors - Totally funded by donations and grants

Why is REHAB 23 needed?

Firefighting - The greatest short surge physiologic demands of any profession:

- 10% firefighter time spent on fireground
- **50% of deaths & 66% of injuries occur on scene**
- Firefighters carry 60 - >100 lbs of equipment into structure fire
- Temperature in a fully engaged structure fire can go up to 500 degrees. Typical temperature is 3-400 degrees
- **All First Responders, Firefighters, Law Enforcement are subject to heat and cold stress and must receive Rehab**



Firefighters/EMT

What does REHAB 23 do?

- "Restore condition of good health"
- Mitigate effects of physical & emotional stress of firefighting:
 - Sustain or restore work capacity
 - Improve performance
 - Decrease injuries

- Prevent deaths
- Relief from climatic conditions
 - Heated/Air Conditioned Vehicle
- Rest and recovery
 - Covered area, chairs
- Cooling or re-warming
 - Misting fans, A/C,
 - Blankets, Cooling Towels
- Re-hydration
 - Water, Gatorade etc
 - Coffee
- Calorie and electrolyte replacement
 - Snacks, meals
- Provide space on vehicle for:
 - Medical Monitoring
 - Member accountability
 - Release

We need more VOLUNTEERS!

Since our beginning in June 2013, REHAB 23 has responded to 100% of all calls for support Wilson County First Responders. To maintain this enviable record requires more Volunteers from throughout Wilson County to offer their time and support.

Currently REHAB 23 has approximately 45 members responding to all calls and support events.



Law Enforcement