

# MABAS DIVISION II



## REHAB Forms

These documents are to be submitted to IC at conclusion of incident  
These documents are to be considered confidential medical records.

# HEAT

## HEAT STRESS INDEX

		Relative Humidity								
		10%	20%	30%	40%	50%	60%	70%	80%	90%
<b>T E M P E R A T U R E  F</b>	104	98	104	110	120	132				
	102	97	101	108	117	125				
	100	95	99	105	110	120	132			
	98	93	97	101	106	110	125			
	96	91	95	98	104	108	120	128		
	94	89	93	95	100	105	111	122		
	92	87	90	92	96	100	106	115	122	
	90	85	88	90	92	96	100	106	114	122
	88	82	86	87	89	93	95	100	106	115
	86	80	84	85	87	90	92	96	100	109
	84	78	81	83	85	86	89	91	95	99
	82	77	79	80	81	84	86	89	91	95
	80	75	77	78	79	81	83	85	86	89
	78	72	75	77	78	79	80	81	83	85
	76	70	72	75	76	77	77	77	78	79
	74	68	70	73	74	75	75	75	76	77

Note: Add 10F when protective clothing is worn and add 10F when in direct sunlight.

Humidity Index F	Danger Category	Injury or Threat
Below 60 F	None	Little or no danger under normal circumstances
80 – 90 F	Caution	Fatigue possible if exposure is prolonged and there is physical activity
90 – 105 F	Extreme Caution	Heat cramps and heat exhaustion possible if exposure is prolonged and there is physical activity
105 – 130 F	Danger	Heat cramps or exhaustion likely, heat stroke possible if exposure is prolonged and there is physical activity
Above 130 F	Extreme Danger	Heat Stroke Imminent!!

# COLD

## WIND CHILL INDEX

		Temperature Degrees Fahrenheit													
		45	40	35	30	25	20	15	10	5	0	-5	-10	-15	
W	5	43	37	32	27	22	16	11	6	0	-5	-10	-15	-21	
	I	10	34	28	22	16	10	3	-3	-9	-15	-22	-27	-34	-40
N	15	29	23	16	9	2	-5	-11	-18	-25	-31	-38	-45	-51	
	D	20	26	19	12	4	-3	-10	-17	-24	-31	-39	-46	-53	-60
S	25	23	16	8	1	-7	-15	-22	-29	-36	-44	-51	-59	-66	
	P	30	21	13	6	-2	-10	-18	-25	-33	-41	-49	-56	-64	-71
E	35	20	12	4	-4	-12	-20	-27	-35	-43	-52	-58	-67	-75	
	D	40	19	11	3	-5	-13	-21	-29	-37	-45	-53	-60	-69	-76
D	45	18	10	2	-6	-14	-22	-30	-38	-46	-54	-62	-70	-78	

Wind Chill Temperature °F		Danger
A	Above -25 F	Little danger for properly clothed personnel
B	-25F / -75F	Danger, flesh may freeze
C	Below -75F	Flesh may freeze in 30 seconds

## **INCIDENT SCENE REHABILITATION MEDICAL ASSESSMENT CRITERIA**

### **MENTAL STATUS:**

- Alert and oriented on arrival at rehab

**If any alteration in mental status – Provide Immediate Transport**

### **HEART RATE:**

- < 110 BPM = Within normal limits
- > 110 BPM = Close monitoring required by medical personnel

**Normal = < 100 BPM five minutes after arrival in Rehab**

### **SKIN CONDITION:**

- May be somewhat flushed on arrival. Should be improved five minutes after arrival in Rehab.
- If skin remains flushed or is unusually dry, monitor patient for signs of heat stress/stroke.

### **BLOOD PRESSURE:**

- Systolic Pressure < 150 and Diastolic Pressure < 100
- Systolic Pressure > 150 and Diastolic Pressure  $\geq$  100 = Close monitoring by medical personnel

**Normal: Systolic Pressure < 140 and Diastolic Pressure < 90 five minutes after arrival in Rehab**

**Abnormal: Systolic Pressure >140 or Diastolic > 90 after 15 minutes in Rehab – Consider Transport**

### **RESPIRATIONS:**

- < 26 = Within normal limits
- < 20 = Five minutes after arrival in Rehab

**Abnormal:  $\geq$  26 after 5 minutes in Rehab**

### **TEMPERATURE:**

- < 100.6 = Within normal limits
- > 100.6 up to 100.9 = Close monitoring required by medical personnel
- > 101 = Transport to – Provide Immediate Transport

# REHAB FLOW CHART

## INITIAL ACTIONS

1. Collect Passport
2. Document: "Firefighters Name" and "Time In"
3. Remove Protective Equipment (Be sensitive to environmental conditions and sheltering)
4. Baseline assessment:
  - Mental Status
  - Skin Condition
  - Vitals: Pulse, Blood Pressure, Respirations, Temperature

Medical Assessment within normal limits?

1. Hydrate orally with 16 oz of fluid.
2. Implement passive cooling measures with sensitivity toward environment.
3. Rest for 10 minutes
4. Medically Assessment within normal limits?

Release from Rehab

Medical Assessment not within normal limits?

1. Consider the need to move to EMS Protocol.
2. Implement active cooling.
3. Hydrate with 32 oz of fluid.
4. Rest for 20 minutes
5. Medically reassess every 5 minutes until baseline assessment returns to normal.

Medical Assessment within normal limits?

Release from Rehab

Medical Assessment not within normal limits?

1. Consider the need to move to EMS Protocol.
2. Continue active cooling.
3. Continue hydration adding a commercially prepared sport drink.
4. Rest for 10 minutes
5. Assess Glucose level
  - If hypoglycemic, provide nourishment
6. Medically reassess every 5 minutes until baseline assessment returns to normal.

Medical Assessment within normal limits?

Release from Rehab

Medical Assessment not within normal limits?

1. Move to EMS Protocol
2. Transport for medical evaluation at E.R.
3. Notify I/C with name of FF and Department

**Firefighters returning for second round of rehab should be hydrated with sports drink and provided nourishment.**



# MABAS DIVISION II

## Incident Rehab - Individual Rehabilitation Report

*Submit to IC at conclusion of incident*

Incident Location \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_ Rehab Officer \_\_\_\_\_

Name	Time In/Out	# SCBA Cylinders	Exam Period	BP	Pulse	Resp	Temp	Skin	COOLING / HEATING	HYDRATION / NOURISHMENT	MEDICAL COMPLAINTS	Trans. Y / N
			INITIAL									
			10 Min.									
			20 Min.								(Glucose _____)	
			30 Min.								(Glucose _____)	
			INITIAL									
			10 Min.									
			20 Min.								(Glucose _____)	
			30 Min.								(Glucose _____)	
			INITIAL									
			10 Min.									
			20 Min.								(Glucose _____)	
			30 Min.								(Glucose _____)	
			INITIAL									
			10 Min.									
			20 Min.								(Glucose _____)	
			30 Min.								(Glucose _____)	
			INITIAL									
			10 Min.									
			20 Min.								(Glucose _____)	
			30 Min.								(Glucose _____)	