
CERT FIREFIGHTER REHAB

In this module you will learn about:

- **Introduction and Overview.** What firefighter rehab is. The physiological stress on firefighters. The purpose of firefighter rehab. The CERT's role in firefighter rehab.
- **Physiological Threats to Firefighters.** The heat and cold stresses on firefighters: what causes them and what the symptoms are. Three other conditions that CERT members need to be alert to: dehydration, altered mental state, and cardiac events.
- **The Incident Scene.** A snapshot of what happens at the scene of a fire.
- **The Rehab Area.** A discussion of what the rehab area is: the characteristics of a good location, what facilities might serve as a rehab area, the supplies and equipment that are needed, and the requirements for laying out the rehab area.
- **The Rehab Process.** A step-by-step discussion of what happens and what CERT members do in the rehab area.

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**LEARNING
OBJECTIVES/
PERFORMANCE
OUTCOMES**

At the conclusion of this module, the participants will be able to:

- Define firefighter rehab.
- Identify the purpose of firefighter rehab.
- Describe the physiological threats to firefighters.
 - Identify the primary causes of injury to firefighters.
 - Identify the primary injuries resulting from firefighting.
- Describe the primary components of firefighting.
- Set up a rehab area.
 - Identify the characteristics required of a rehab location.
 - Identify the types of equipment and supplies needed for firefighter rehab.
 - Explain how to set up a safe firefighter rehab operation.
- Conduct rehab operations.
 1. Describe how to maintain personal safety at the fire scene.
 2. Identify how rehab fits into the Incident Command structure.
 3. Describe the responsibilities of the rehab leader.
 4. Describe the rest and recovery component of firefighter rehab.
 5. Explain how to provide firefighters with relief from the incident and environmental conditions.
 6. Describe how to encourage rehydration in firefighters.
 7. Identify types of nourishment to provide at firefighter rehab.
 8. Describe signs to watch out for when monitoring the physical status of firefighters.
 9. Explain what CERT members should do if they recognize signs of a distressed firefighter.
 10. Describe the systems used to account for the rehab team and the fire team.
 11. Describe the order of operations for firefighter rehab.
 12. Demonstrate the ability to perform various functions of firefighter rehab.

SCOPE	The topics that will be discussed in this module are: <ul style="list-style-type: none">• Introduction and Overview• Physiological Threats to Firefighters• The Incident Scene• The Rehab Area• The Rehab Process• Module Summary
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ESTIMATED COMPLETION TIME	4 hours
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TRAINING METHODS	<p>In the Introduction and Overview section, the instructor welcomes participants to the training session, facilitates participant introductions, and reviews the module purpose, objectives, and agenda. The instructor then conducts a discussion of what firefighter rehab is, the physiological stress on firefighters, the purpose of firefighter rehab, and the CERT's role in firefighter rehab.</p> <p>In the Physiological Threats to Firefighters section, the instructor and class explore the stresses on a firefighter: heat stress and cold stress. In particular, three conditions are highlighted that are related to heat and cold stress: dehydration, altered mental state, and cardiac events. At the end of this section, a firefighter demonstrates all the gear that a firefighter wears. Participants try on and handle the gear.</p> <p>In The Incident Scene section, the instructor talks about 2-3 fires he or she has fought to give CERT members an appreciation for the fire scene: what happens and what it feels like.</p> <p>In The Rehab Area section, the instructor and class look at specifics about the rehab area: the characteristics of a good location, what facilities might serve as a rehab area, the supplies and equipment that are needed, and the requirements for laying out the rehab area. This section should be modified as needed to be consistent with local policies and procedures.</p>
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TRAINING METHODS (CONTINUED)

The section ends with an exercise in which the instructor reads four scenarios and participants respond to three questions about each scenario:

- What do you need to consider when looking for a rehab area location?
- What kind of facility might be available?
- What supplies will you need?

In the final section, The Rehab Process, the instructor first reviews CERT safety in the firefighter rehab area. The instructor then provides an overview of rehab operations and provides more details on each:

1. CERT members are mobilized for firefighter rehab
2. CERT members arrive in personal protective equipment (PPE)
3. Incident Commander (IC) chooses a rehab leader
4. Rehab location chosen
5. CERT members set up rehab area
6. Firefighters sign in
7. Gear is removed and water is provided
8. Emergency Medical Services (EMS) provides medical assessment
9. Rest and recovery activities
10. If a firefighter is distressed
11. Firefighters sign out

This section concludes with a large-group (10 people) activity in which participants role play setting up and running a rehab area.

This section must be tailored to be consistent with local policies and procedures. Note that participants will use the sample *Rehab Area Check-In/Check-Out Sheet* and *Incident Rehab – Individual Rehabilitation Report* form from the Participant Manual during this activity. If participants will use local forms, provide blank copies.

RESOURCES REQUIRED

- *Community Emergency Response Team Firefighter Rehab Instructor Guide* (for instructors)
- *Community Emergency Response Team Firefighter Rehab Participant Manual* (for participants)
- PowerPoint slides 0 to 62

EQUIPMENT

The following equipment is required for this module:

- A computer with PowerPoint software
- A computer projector and screen
- Masking tape
- Easel pad and easel or whiteboard
- Markers
- A firefighter in full gear
- Bunker coats, if possible

PREPARATION

1. Identify potential liability issues for CERT volunteers assisting with firefighter rehab.
2. Coordinate with the Fire Chief or designee before the training is given.
 - a. Inform the Fire Chief or designee of the services CERT members would be able to provide after taking this training.
 - b. Ask the Fire Chief or designee to review the training to see if it aligns with the needs of the fire department.
3. Review this module and add local information wherever requested.

Introduction and Overview

In the first section, Introduction and Overview, the instructor provides details about the role CERT members will play locally in rehab. You will need to identify what those roles will be.

**PREPARATION
(CONTINUED)**

Physiological Threats to Firefighters

In the second section, Physiological Threats to Firefighters, arrange for a firefighter to demonstrate his or her full gear and tank. The purpose of the demonstration is for CERT members to understand how heavy the gear is, how difficult it is to remove, and how it should be removed. The firefighter should explain what he or she is wearing and how it is removed (CERT members may need to assist with removal in rehab). He or she should demonstrate:

- Protective garments (gear)
- Helmet
- Hood
- Eye/face protection
- Gloves
- Footwear
- Respiratory protective devices
- SCBA (self-contained breathing apparatus)

Participants should be able to pick up and handle the equipment.

The Incident Scene

CERT members have limited understanding of the fire scene. Prepare 2-3 descriptions of fires you have fought to give CERT members an appreciation for the fire scene: what happens, what it feels like.

The Rehab Area and The Rehab Process

The fourth section, The Rehab Area, and the fifth section, The Rehab Process, are generic. Modify them to make them consistent with local policy and procedures.

PREPARATION (CONTINUED)

For example, you will need to know:

- How the CERT will be activated (pagers, phone system, etc.)
- When the CERT will be activated (for every fire, only after the fire has been burning a certain amount of time, etc.)
- How the rehab equipment will be supplied and how resources will be replenished
- The role CERT will play in rehab (setting up, choosing location, checking vitals, etc.)

The Rehab Process Activity

If possible, provide 2-3 coats per group for the firefighter role-players.

4. Determine when to take a 20-minute break. A good time would be right before the fourth section, The Rehab Area.

PARTICIPANT PREREQUISITES

Participants must have completed *CERT Basic Training* and *FEMA ICS-100, Introduction to Incident Command System (ICS)*.

INSTRUCTOR QUALIFICATIONS

Instructors for the *CERT Firefighter Rehab* module should have the following qualifications:

- Familiarity with CERT
- Anatomy and physiology background
- Fire service background
- Familiarity with the local emergency management system
- Instructional experience

The ideal instructor for this module is a CERT instructor with a background in fire service or a firefighter with instructional experience and familiarity with CERT.

If the primary instructor for the *CERT Firefighter Rehab* module has not completed *CERT Basic Training* and *CERT Train-the-Trainer*, it is recommended that either the CERT Program Manager or a CERT-qualified instructor also be present in the classroom.

NOTES

A suggested time plan for this module is as follows:

Introduction and Overview	30 minutes
Physiological Threats to Firefighters	45 minutes
The Incident Scene	20 minutes
The Rehab Area	20 minutes
Activity: Establishing a Rehab Area	25 minutes
The Rehab Process	45 minutes
Activity: Rehab Area Operations.....	50 minutes
Module Summary.....	5 minutes
Total Time: 4 hours (includes 20 minutes for breaks)	

REMARKS

The National CERT Program would like to thank the following people who participated in a focus group to develop this training module:

Craig A. Haigh
Hanover Park (IL) Fire Chief
University of Illinois Fire Service Institute Field Staff Instructor

Clark Hurlburt
Hamden (CT) Dep. Fire Chief (ret)


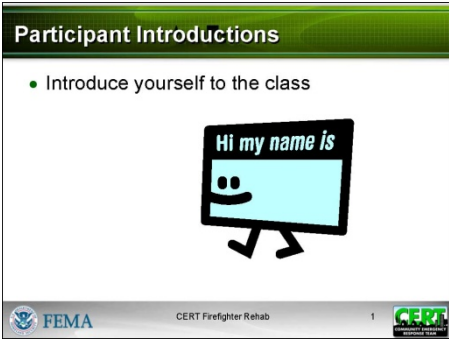
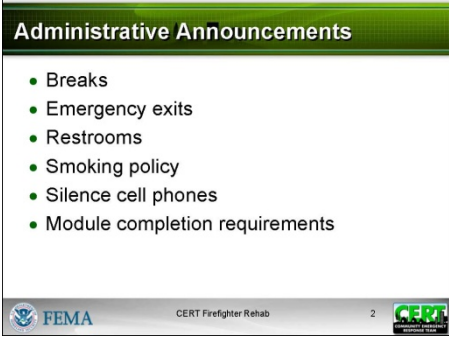
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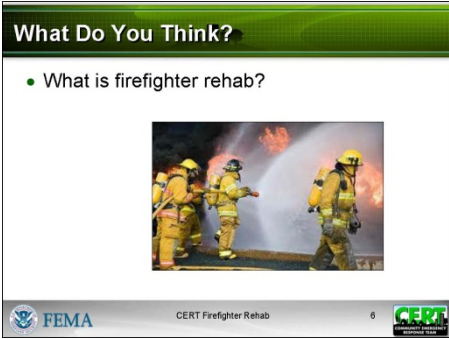
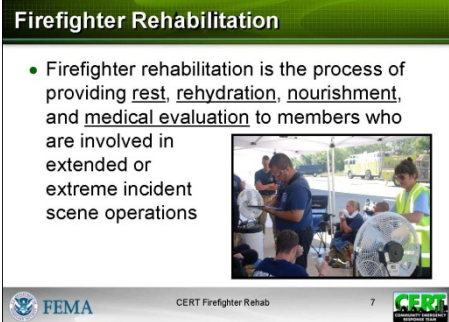
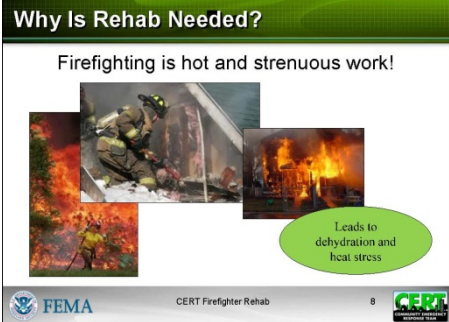
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Analyst/CERT Coordinator

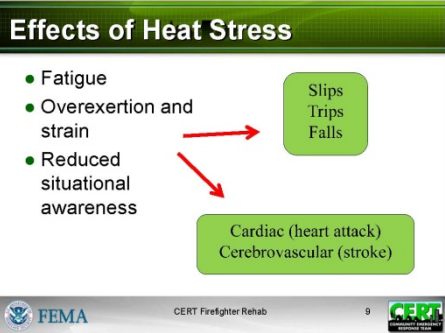

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CERT Firefighter Rehab

INSTRUCTOR GUIDANCE	CONTENT
 <p>Community Emergency Response Team</p> <p>FEMA citizen corps</p> <p>Display Slide 0</p>	<p>Introduction and Overview</p> <p>Welcome and Introductions</p> <p>Welcome the participants to the <i>CERT Firefighter Rehab</i> supplemental training.</p> <p>Introduce yourself and provide some background information about your past experience with the fire service and with CERT.</p> <p>Ask other instructors to introduce themselves in the same way.</p>
 <p>Participant Introductions</p> <ul style="list-style-type: none"> Introduce yourself to the class <p>Hi my name is</p> <p>FEMA CERT</p> <p>Display Slide 1</p>	<p>Participant Introductions</p> <p>Develop a class roster by passing around a sheet of paper and asking the participants to write down their contact information, or having them check in on a roster already developed from pre-registration information.</p> <p>If participants do not already know each other, have participants introduce themselves by giving their names.</p>
 <p>Administrative Announcements</p> <ul style="list-style-type: none"> Breaks Emergency exits Restrooms Smoking policy Silence cell phones Module completion requirements <p>FEMA CERT</p> <p>Display Slide 2</p>	<p>Administrative Announcements</p> <p>Make any necessary announcements such as:</p> <ul style="list-style-type: none"> Schedule of breaks for this session Emergency exits Restroom locations, smoking policy, silencing cell phones, etc. Module completion requirements (must attend entire session)

INSTRUCTOR GUIDANCE	CONTENT
<p>Module Purpose</p> <ul style="list-style-type: none"> To train CERT members to recognize signs of physiological distress in firefighters To train CERT members to safely set up and perform the non-medical functions of firefighter rehabilitation  <p>FEMA CERT Firefighter Rehab 3</p>	<p>Module Purpose</p> <p>Explain that the purpose of the <i>CERT Firefighter Rehab</i> module is two-fold:</p> <ul style="list-style-type: none"> To train CERT members to recognize signs of physiological distress in firefighters To train CERT members to safely set up and perform the non-medical functions of firefighter rehabilitation
<p>Display Slide 3</p> <p>What You Will Learn</p> <ul style="list-style-type: none"> Physiological Threats to Firefighters The Incident Scene The Rehab Area The Rehab Process  <p>Training is consistent with and based on NFPA 1584: Standard on the Rehabilitation Process for Members During Emergency Operations and Training Exercises, 2008 Edition</p> <p>FEMA CERT Firefighter Rehab 4</p>	<p>What You Will Learn</p> <p>List the topics that will be covered in the module:</p> <ul style="list-style-type: none"> Physiological Threats to Firefighters The Incident Scene The Rehab Area The Rehab Process
<p>Display Slide 4</p> <p>Module Objectives</p> <p>At the end of this module, you will be able to:</p> <ul style="list-style-type: none"> Define firefighter rehab Identify the purpose of firefighter rehab Describe the physiological threats to firefighters Describe the primary components of firefighting Set up a rehab area Conduct rehab operations <p>FEMA CERT Firefighter Rehab 5</p>	<p>Module Objectives</p> <p>Say that, at the end of this module, participants will be able to:</p> <ul style="list-style-type: none"> Define firefighter rehab. Identify the purpose of firefighter rehab. Describe the physiological threats to firefighters. Describe the primary components of firefighting. Set up a rehab area. Conduct rehab operations.
<p>Display Slide 5</p>	

INSTRUCTOR GUIDANCE	CONTENT
<p>What Do You Think?</p> <ul style="list-style-type: none"> What is firefighter rehab? 	<p>What Do You Think?</p> <p>Ask participants:</p> <ul style="list-style-type: none"> What is firefighter rehab?
<p>Display Slide 6</p> <p>Conduct a short discussion based on this question.</p>	
<p>Firefighter Rehabilitation</p> <ul style="list-style-type: none"> Firefighter rehabilitation is the process of providing <u>rest</u>, <u>rehydration</u>, <u>nourishment</u>, and <u>medical evaluation</u> to members who are involved in extended or extreme incident scene operations 	<p>Provide a definition of firefighter rehabilitation.</p> <ul style="list-style-type: none"> Firefighter rehabilitation is the process of providing rest, rehydration, nourishment, and medical evaluation to members who are involved in extended or extreme incident scene operations.
<p>Display Slide 7</p>	
<p>Why Is Rehab Needed?</p> <p>Firefighting is hot and strenuous work!</p> 	<p>Physiological Stress of Firefighting</p> <p>Explain why rehab is needed.</p> <ul style="list-style-type: none"> Firefighting is hot and strenuous work. The combination of high temperatures, hard work, and heavy equipment makes it hard for a body to cool through normal sweating. As a result, dehydration occurs and heat builds up. The body's core temperature rises. This causes heat stress.
<p>Display Slide 8</p>	

INSTRUCTOR GUIDANCE	CONTENT
<p>Effects of Heat Stress</p> <ul style="list-style-type: none"> • Fatigue • Overexertion and strain • Reduced situational awareness  <p>Display Slide 9</p>	<p>Describe the effects of heat stress.</p> <ul style="list-style-type: none"> • Fatigue • Overexertion and strain • Reduced situational awareness <p>Explain that the effects of heat stress lead to the two leading causes of injury and death for firefighters:</p> <ul style="list-style-type: none"> • Slips, trips, and falls • Cardiac (heart attack) or cerebrovascular (stroke) events <p>Describe additional stress factors.</p> <ul style="list-style-type: none"> • Sometimes this hot work is done in very hot or very cold conditions • Fitness of the firefighter. Risk factors include hypertension, high lipids, high blood glucose, overweight/obesity, inactivity, and smoking.
<p>Additional Stress Factors</p> <ul style="list-style-type: none"> • Sometimes this hot work is done in very hot or very cold conditions • Fitness of the firefighter: <ul style="list-style-type: none"> ▪ Hypertension ▪ High lipids ▪ High blood glucose ▪ Overweight/obesity ▪ Inactivity ▪ Smoking  <p>Display Slide 10</p>	

INSTRUCTOR GUIDANCE	CONTENT
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The Facts

- About 80,000 firefighters are injured every year

Karter, M.J., *Patterns of Firefighter Fireground Injuries*, NFPA 2009

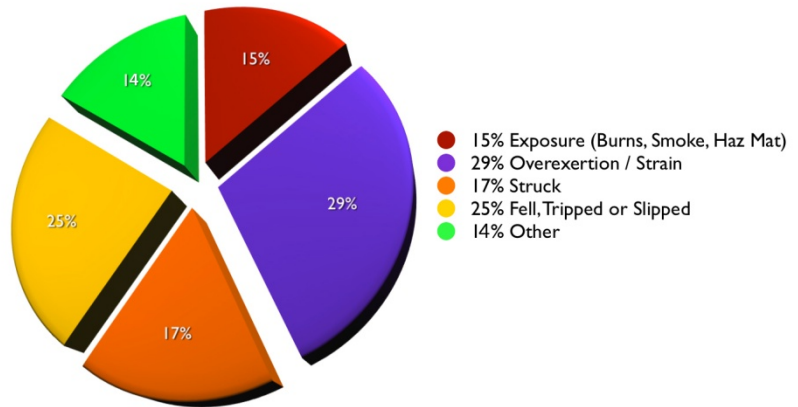
FEMA CERT Firefighter Rehab 11

Display Slide 11

Citation: Karter, M.J., *Patterns of Firefighter Fireground Injuries*, NFPA 2009

Give statistics on annual firefighter injuries and deaths, according to the National Fire Protection Association (NFPA).

- About 80,000 firefighters are injured every year.



The Facts (cont'd)

- About 100 firefighters die each year
- Cardiac or cerebrovascular events are approximately 50% of all annual line of duty deaths

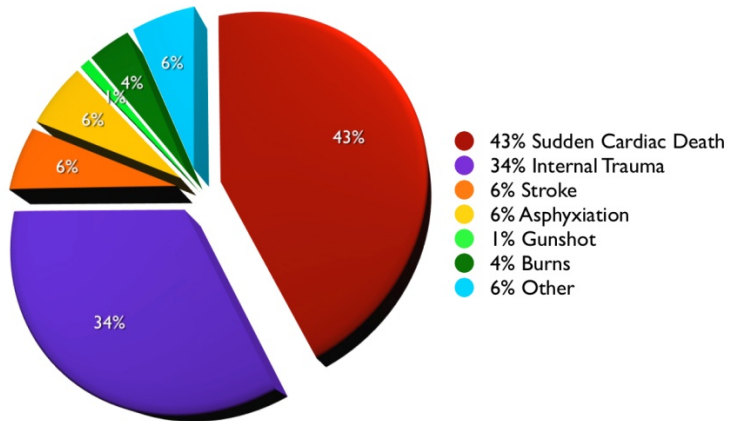
National Fire Protection Association 2009


FEMA CERT Firefighter Rehab 12

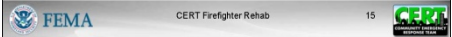

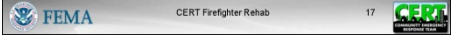
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Citation: National Fire Protection Association

- About 100 firefighters die each year.
 - Cardiac or cerebrovascular events account for approximately 50% of all annual line of duty deaths.




INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="159 302 604 638"> <p>Purpose of Rehab</p> <ul style="list-style-type: none"> Improves performance Decreases likelihood of onscene injury or death Ensures that physical and mental condition of members does not deteriorate to point that affects safety of each member or that jeopardizes safety and integrity of operation <p>FEMA CERT Firefighter Rehab 13</p> </div> <p>Display Slide 13</p>	<p>Purpose of Rehab</p> <p>Say that the firefighting community is working to reduce the stress of firefighting. One way is to provide rehab during a fire.</p> <ul style="list-style-type: none"> Firefighter rehab improves performance. Firefighter rehab decreases the likelihood of onscene injury or death. Done properly, firefighter rehab ensures that the physical and mental condition of members operating at the scene of an emergency or a training exercise does not deteriorate to a point that affects the safety of each member or that jeopardizes the safety and integrity of the operation.
<div data-bbox="159 974 604 1289"> <p>NFPA 1584 Guidelines</p> <ul style="list-style-type: none"> Two guidelines for company or crew rehabilitation in terms of work-to-rest ratio and/or self-contained breathing apparatus (SCBA) usage  <p>FEMA CERT Firefighter Rehab 14</p> </div> <p>Display Slide 14</p> <p>NFPA stands for National Fire Protection Association. NFPA's mission is to reduce the worldwide burden of fire and other hazards on the quality of life by providing and advocating consensus codes and standards, research, training, and education.</p>	<p>NFPA 1584 Guidelines</p> <p>Explain that this training is consistent with and based on NFPA 1584: Standard on the Rehabilitation Process for Members During Emergency Operations and Training Exercises. 2008 Edition.</p> <p>Say that NFPA 1584 provides the following two guidelines for company or crew rehabilitation in terms of work-to-rest ratio and/or self-contained breathing apparatus (SCBA) usage:</p>

INSTRUCTOR GUIDANCE	CONTENT
<p>NFPA 1584 Guideline #1</p> <ul style="list-style-type: none"> • The company or crew must self-rehab (rest with hydration) for at least 10 minutes following: <ul style="list-style-type: none"> ▪ Depletion of one 30-minute SCBA cylinder ▪ Or after 20 minutes of intense work without wearing an SCBA • Company Officer (CO) or crew leader must ensure that all members are fit to return to duty before resuming operations 	<p><i>Guideline #1:</i> The company or crew must self-rehab (rest with hydration) for at least 10 minutes following the depletion of one 30-minute SCBA cylinder or after 20 minutes of intense work without wearing an SCBA. The Company Officer (CO) or crew leader must ensure that all assigned members are fit to return to duty before resuming operations.</p>
<p>Display Slide 15</p>	
<p>NFPA 1584 Guideline #2</p> <ul style="list-style-type: none"> • Company or crew must enter formal rehab area, drink appropriate fluids, be medically evaluated, and rest for minimum of 20 minutes after any of the following: <ul style="list-style-type: none"> ▪ Depletion of two 30-minute SCBA cylinders ▪ Depletion of one 45- or 60-minute SCBA cylinder ▪ Whenever encapsulating chemical protective clothing is worn ▪ Following 40 minutes of intense work without SCBA 	<p><i>Guideline #2:</i> The company or crew must enter a formal rehab area, drink appropriate fluids, be medically evaluated, and rest for a minimum of 20 minutes after any of the following:</p> <ul style="list-style-type: none"> • Depletion of two 30-minute SCBA cylinders • Depletion of one 45- or 60-minute SCBA cylinder • Whenever encapsulating chemical protective clothing is worn • Following 40 minutes of intense work without an SCBA
<p>Display Slide 16</p>	
<p>Variation on Guidelines 1-2</p> <ul style="list-style-type: none"> • If members enter rehab area prior to going through two 30-minute SCBA cylinders (or any other of the criteria listed in Guideline #2): <ul style="list-style-type: none"> ▪ Still must be medically evaluated and drink fluids ▪ However, rest period may be lowered to only 10 minutes, if they are fit to return to duty 	<p><i>Variation</i></p> <p>Explain that, according to NFPA 1584, if members enter the rehab area prior to going through two 30-minute SCBA cylinders (or any other of the criteria listed above in Guideline #2):</p> <ul style="list-style-type: none"> • They still must be medically evaluated and drink fluids. • However, their rest period may be lowered to only 10 minutes before they are allowed to return to duty, if they are fit to do so.
<p>Display Slide 17</p>	<p>Note that the class will have an opportunity later in the module to check out a self-contained breathing apparatus and other personal protective equipment used by firefighters.</p>



INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="159 306 237 380" data-label="Image"> </div> <div data-bbox="159 478 604 810" data-label="Complex-Block"> <p>Physiological Threats to Firefighters</p> <ul style="list-style-type: none"> ● Prolonged exposure to thermal conditions <ul style="list-style-type: none"> ■ Heat ■ Cold ● Firefighter PPE  <p>FEMA CERT Firefighter Rehab 20</p> </div> <p data-bbox="159 827 402 863">Display Slide 20</p> <div data-bbox="159 926 604 1262" data-label="Complex-Block"> <p>Heat Stress</p> <ul style="list-style-type: none"> ● <u>Heat cramps</u> or muscle spasms ● <u>Heat exhaustion</u> <ul style="list-style-type: none"> ■ Heavy sweating and loss of body fluids ■ Increased blood flow to skin, decreased blood flow to vital organs ● <u>Heat stroke</u> <ul style="list-style-type: none"> ■ Temperature reaches over 104°F. or higher ■ Brain damage and death may result <p>FEMA CERT Basic Training Unit 1: Disaster Preparedness 21</p> </div> <p data-bbox="159 1278 402 1314">Display Slide 21</p>	<p data-bbox="630 302 1406 373">Ask if there are any questions about what rehab is and its purpose.</p> <p data-bbox="630 478 1281 520"><i>Physiological Threats to Firefighters</i></p> <p data-bbox="630 537 1386 718">Remind participants that you spoke earlier about the stresses on a firefighter. Those threats include prolonged exposure to extreme thermal conditions as well as the firefighter’s personal protective equipment (PPE).</p> <p data-bbox="630 735 1421 840">It’s important to look at those conditions in more detail so CERT members understand what they will see in the rehab area.</p> <p data-bbox="630 926 812 961">Heat Stress</p> <p data-bbox="630 980 771 1016"><i>Definition</i></p> <p data-bbox="630 1035 1438 1140">Say that heat stress is a group of conditions caused by overexposure to or overexertion in excess environmental temperatures.</p> <p data-bbox="630 1159 1417 1268">Remind participants that they learned about heat stress in <i>CERT Basic Training</i>. Types of heat stress in increasing severity include:</p> <ul style="list-style-type: none"> ● <u>Heat cramps</u> or muscle spasms ● <u>Heat exhaustion</u>, when working in extreme heat causes heavy sweating and loss of body fluids. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. ● <u>Heat stroke</u>, when the individual’s temperature reaches 104°F. or higher and the body’s temperature control system shuts down. The body temperature can rise so high that brain damage and death may result.



INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="159 302 604 636" style="border: 1px solid black; padding: 5px;"> <p>What Do You Think?</p> <ul style="list-style-type: none"> How might you know that someone is suffering from heat stress? <p style="font-size: small;">FEMA CERT Firefighter Rehab 24</p> </div> <p>Display Slide 24</p> <p>Brainstorm a list of symptoms. This was covered in <i>CERT Basic Training</i> Unit 4.</p> <p>After the discussion, refer participants to the list in the Participant Manual.</p>	<p>What Do You Think?</p> <p>Ask participants:</p> <ul style="list-style-type: none"> How might you know that someone is suffering from heat stress? <p><i>Symptoms</i></p> <p>The following are symptoms of heat stress:</p> <ul style="list-style-type: none"> “Beet red” face Heavy sweating Lack of perspiration Headache Muscle cramping Nausea or vomiting Altered mental state Shortness of breath Dizziness Extreme weakness or exhaustion Seizure

INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="159 302 604 636"> <p>Is Cold Stress Possible?</p> <ul style="list-style-type: none"> • What is the outside temperature? • How windy is it? <p>Temperatures between 32°F and 55°F can cause cold injuries.</p>  <p>FEMA CERT Firefighter Rehab 25</p> </div> <p>Display Slide 25</p>	<p>Cold Stress</p> <p><i>Causes</i></p> <p>Say that issues related to cold are primarily frostbite, slips, and falls. It doesn't take sub-freezing temperatures to make the mixture of wet and cold very dangerous. Temperatures between 32°F and 55°F can cause cold injuries. Here are some questions that CERT members in a firefighter rehab should ask themselves:</p> <ul style="list-style-type: none"> • What is the outside temperature? The colder the temperature the greater chance of localized cold injuries. • How windy is it? The wind increases the transfer of heat away from a person's body. It also can harm exposed skin.
<div data-bbox="159 1003 604 1337"> <p>What Do You Think?</p> <ul style="list-style-type: none"> • How might you know that someone is suffering from cold stress? <p>FEMA CERT Firefighter Rehab 26</p> </div> <p>Display Slide 26</p> <p>Brainstorm a list of symptoms. This was covered in <i>CERT Basic Training</i> Unit 4.</p>	<p>What Do You Think?</p> <p>Ask participants:</p> <ul style="list-style-type: none"> • How might you know that someone is suffering from cold stress?


INSTRUCTOR GUIDANCE	CONTENT
<p>A firefighter wearing full gear and tank should explain what he or she is wearing and how it is removed. The firefighter should demonstrate:</p> <ul style="list-style-type: none"> • Protective garments • Helmet • Hood • Eye/face protection • Gloves • Footwear • Respiratory protective devices • SCBA (self-contained breathing apparatus) <p>When the firefighter is done, participants should be able to try on and handle the equipment.</p>	<p><i>Signs of a Cardiac Event</i></p> <ul style="list-style-type: none"> • Altered mental status • Ashen/gray/white skin color • Chest pain • Jaw pain • Unexplained neck/shoulder/arm pain • Headache • Nausea/vomiting • Shortness of breath • Excessive perspiration • Heartburn/indigestion • Person may say “I just don’t feel well” or “I just don’t feel right” • Holding fist to chest is the universal sign of cardiac stress <p>Firefighter PPE Demonstration</p> <p>Explain that PPE is critical gear for firefighter safety. However, PPE is also extremely heavy and hot. PPE becomes even hotter in the extreme heat of a fire.</p>

INSTRUCTOR GUIDANCE	CONTENT
<p data-bbox="159 310 237 382"></p> <div data-bbox="159 478 605 814"> <p data-bbox="168 499 376 525">The Incident Scene</p> <p data-bbox="168 783 250 808">FEMA</p> <p data-bbox="331 783 425 800">CERT Firefighter Rehab</p> <p data-bbox="516 783 529 800">28</p> <p data-bbox="548 783 602 814"></p> </div> <p data-bbox="159 831 402 865">Display Slide 28</p> <div data-bbox="159 1003 605 1339"> <p data-bbox="168 1024 298 1050">Fire Factors</p> <ul data-bbox="185 1071 444 1150" style="list-style-type: none"> • Type and extent of incident • Length of time to fight fire • Environmental elements <p data-bbox="168 1308 250 1333">FEMA</p> <p data-bbox="331 1308 425 1325">CERT Firefighter Rehab</p> <p data-bbox="516 1308 529 1325">29</p> <p data-bbox="548 1308 602 1339"></p> </div> <p data-bbox="159 1356 402 1390">Display Slide 29</p>	<p data-bbox="630 306 1386 373">Ask if there are any questions about the physiological threats to firefighters.</p> <p data-bbox="630 483 974 516"><i>The Incident Scene</i></p> <p data-bbox="630 541 698 575">Ask:</p> <ul data-bbox="630 596 1409 663" style="list-style-type: none"> • How many of you have ever been on the scene of a fire? <p data-bbox="630 898 1432 966">Say that you want to help people who are unfamiliar with a fire scene understand what it is like.</p> <p data-bbox="630 1003 1425 1113">Explain that there is an unlimited range of fire situations. What one might find at a fire scene will depend on several factors:</p> <ul data-bbox="630 1134 1192 1642" style="list-style-type: none"> • Type and extent of incident <ul data-bbox="678 1184 1062 1428" style="list-style-type: none"> ○ Single-family residence ○ Commercial ○ High-rise ○ Wildland ○ Hazmat • Length of time to fight fire <ul data-bbox="678 1499 1192 1533" style="list-style-type: none"> ○ Depends on the extent of the fire • Environmental elements <ul data-bbox="678 1604 997 1638" style="list-style-type: none"> ○ Climatic conditions

INSTRUCTOR GUIDANCE	CONTENT
<p>Talk about 2-3 fires that you have fought to give CERT members an appreciation for the fire scene: what happens, what it feels like. (Take about 10 minutes.)</p>  <p>Expect many questions from participants. Limit the discussion to 5 minutes.</p>  <p>Display Slide 30</p> <p>This section is generic. Make this section consistent with local policy.</p>	<p>Explain that, regardless of the scene, firefighting follows the same protocols:</p> <ul style="list-style-type: none"> • Provide fire support (truck work/ladder) <ul style="list-style-type: none"> ○ Rescue ○ Salvage ○ Overhaul ○ Ventilation • Extinguish the fire (engine work/water) <p>Ask if there are any questions about the incident scene.</p> <p><i>The Rehab Area</i></p> <p>Say that, before learning what to do in the rehab area, CERT members need to understand what the rehab area is. This section covers the following topics:</p> <ul style="list-style-type: none"> • Location • Facilities • Equipment and Supplies • Setup

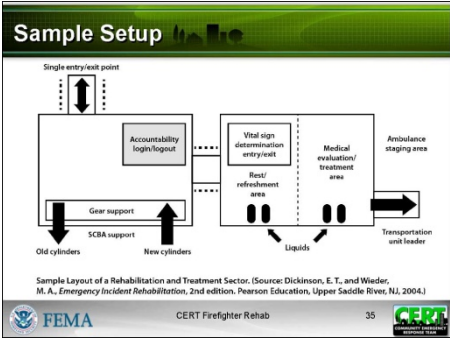
INSTRUCTOR GUIDANCE	CONTENT
<p>Explain the protocol in your local area.</p> <div data-bbox="159 516 605 850" style="border: 1px solid black; padding: 5px;"> <p>Location Approved by IC</p> <ul style="list-style-type: none"> • Protects from the elements (hot and cold) • Provides refuge from the incident • Provides protection from the prevailing environmental conditions (exhaust, smoke, toxins) • Is large enough to accommodate multiple crews and rehabilitation personnel • Is located near or with EMS <p align="center">  <small>CERT Firefighter Rehab</small> <small>31</small>  </p> </div> <p>Display Slide 31</p>	<p>Explain that, in some fire departments, CERTs will come in and assist with a rehab unit that is already set up. In other fire departments, CERTs may set up and run the rehab themselves, under directions from the Incident Commander (IC).</p> <p>Location</p> <p>Say that in most situations the IC will specify where to set up the rehab area. However, there may be occasions where the CERT is told to set up the rehab area. Here are the requirements for the rehab area location:</p> <ul style="list-style-type: none"> • It must be approved by the IC. • It must protect from the elements. <ul style="list-style-type: none"> ○ For hot environments, it must include shade and/or air conditioning and a place to sit. ○ For cold or wet environments, it must provide dry protected areas out of the wind, heated areas, and a place to sit. • It must provide refuge from the incident. <ul style="list-style-type: none"> ○ It must be a sufficient distance from the effects of the operation that firefighters can safely remove their PPE and can be afforded physical and mental rest. • It must provide protection from the prevailing environmental conditions. <ul style="list-style-type: none"> ○ Free from exhaust fumes, smoke, and toxins • It must be large enough to accommodate multiple crews and rehabilitation personnel. <ul style="list-style-type: none"> ○ Rehabilitation personnel include Emergency Medical Services (EMS) and CERT members. • It must be located near or with EMS. <ul style="list-style-type: none"> ○ There will be medical monitoring at the rehab area. ○ There must be easy access to medical treatment and transport if necessary.

INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="159 302 604 636"> </div> <p>Display Slide 32</p>	<p><i>Multiple Locations</i></p> <p>Explain that, If the location becomes inundated with smoke, the IC must be alerted and the location must be changed.</p> <p>Tell participants there may be a need for more than one location:</p> <ul style="list-style-type: none"> • If the incident is big • If there are barriers that keep firefighters from getting to the rehab area <p>Say that, if there is more than one rehab area, each area is given a geographic name consistent with its location at the incident site. For example: Rehab North is on the north side of the incident.</p>
<div data-bbox="159 947 604 1276"> </div> <p>Display Slide 33</p> <p>Conduct a discussion, asking participants to think of the best options first and then others.</p> <p>Add any local policy/guidance.</p> <p>PM, P. 13</p> <p>Refer participants to the list in the Participant Manual.</p>	<p>Facilities</p> <p>Ask participants:</p> <ul style="list-style-type: none"> • What facility/structure would be good for a rehab area? <p><i>Options for Rehab Facilities</i></p> <ul style="list-style-type: none"> • Preexisting structures (lobby, building, garage) • Tent or awning • Tarps • Large tree or overhang • School or municipal bus, or any enclosed vehicle


INSTRUCTOR GUIDANCE	CONTENT
<p>Remind participants that the facility must meet the requirements discussed earlier (see Location).</p>  <p>Display Slide 34</p> <p>PM. P. 14</p> <p>Add any local policy/guidance.</p> <p>Be sure to identify equipment and supplies that are or will be supplied by the local fire department.</p>	<p>Remind participants that the facility must meet the requirements discussed earlier (see Location).</p> <p>Equipment and Supplies</p> <p>Review with participants the list of supplies and equipment that are needed for rehab. CERT members should know that all of these supplies are not always available.</p> <ul style="list-style-type: none"> • Cover <ul style="list-style-type: none"> ○ Awnings or tents ○ Tarps • Seating <ul style="list-style-type: none"> ○ Folding chairs ○ Benches with a back • Cooling and heating <ul style="list-style-type: none"> ○ Buckets and freezers for ice and water ○ Fans or misting machines ○ Forearm immersion equipment ○ Portable heaters ○ Blankets and towels • Washing equipment <ul style="list-style-type: none"> ○ Basins ○ Soap ○ Water ○ Towels ○ Hand sanitizer

COMMUNITY EMERGENCY RESPONSE TEAM FIREFIGHTER REHAB

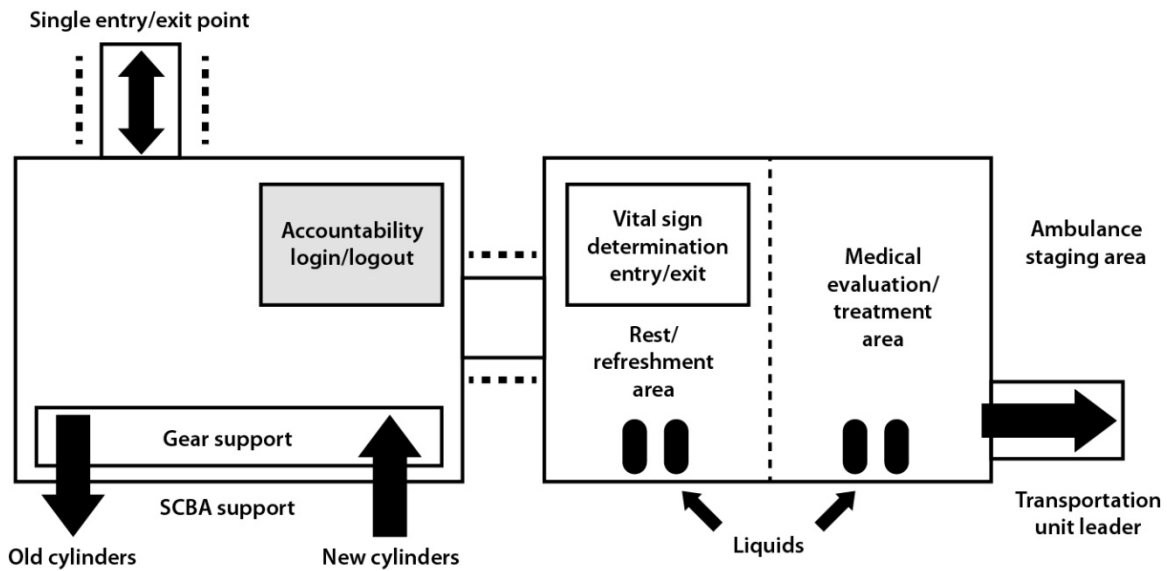
INSTRUCTOR GUIDANCE	CONTENT
	<ul style="list-style-type: none">• Other<ul style="list-style-type: none">○ Flood lights○ Clipboards, forms, writing implements○ Cups (hot and cold)○ Beverage serving equipment○ Paper towels○ Electrical generating equipment○ Large clock○ Traffic cones, signs, fireline tape○ Sanitary facilities○ Trash receptacles• Dry gloves, socks, and sweatshirts• Food<ul style="list-style-type: none">○ Nutritious food that is calorie dense or contains a mix of carbohydrate and protein○ Examples: power bars, protein bars, meal replacement bars, granola bars, trail mix, frozen peanut butter and jelly sandwiches, hot soup (in cold weather)• Beverages<ul style="list-style-type: none">○ Water○ Sports drinks (for electrolyte replacement)○ Hot fluids in cold weather (coffee, tea, hot chocolate, hot lemonade, hot cider)○ Fluids at a range of temperatures (room temperature, cold, iced)

INSTRUCTOR GUIDANCE	CONTENT
<p>The following food and beverages should not be provided:</p> <ul style="list-style-type: none"> • Caffeinated and carbonated beverages • Simple sugars (candy, baked goods) (absorbed too quickly) • Complex carbohydrates (raw fruit, vegetables, whole grains, beans) (take too long to digest) • Tobacco  <p>Display Slide 35 PM, P.16</p> <p>Add any local policy/guidance on the layout of the rehab area.</p> <p>Defer any discussion about process and procedures (how and what to do) to the next section, The Rehab Process.</p> <p>The layout graphic is also included on the next page of the Instructor Guide.</p>	<p>The following food and beverages should not be provided:</p> <ul style="list-style-type: none"> • Caffeinated and carbonated beverages • Simple sugars (candy, baked goods) (absorbed too quickly) • Complex carbohydrates (raw fruit, vegetables, whole grains, beans) (take too long to digest) • Tobacco <p>Sample Setup</p> <p>Discuss the layout of the rehabilitation area and treatment area on the slide and in the Participant Manual.</p> <p>Emphasize that this sample shows what areas are needed, but the layout will vary depending on the incident location and the facilities available.</p> <p>Make the following points:</p> <p><i>Entry/exit</i></p> <ul style="list-style-type: none"> • There should be a single point of entry to and exit from the rehab area. <p><i>Accountability login/logout</i></p> <ul style="list-style-type: none"> • Firefighters will be checked in and out. <p><i>Gear storage area and hand washing area</i></p> <ul style="list-style-type: none"> • Firefighters must remove soiled gear and wash or sanitize hands before entering the rest and refreshment area. • Firefighters may need some assistance removing gear. <p><i>Vital sign determination entry/exit</i></p> <ul style="list-style-type: none"> • All firefighters are evaluated as they enter the rehab area and before they leave the rehab area.



COMMUNITY EMERGENCY RESPONSE TEAM FIREFIGHTER REHAB

INSTRUCTOR GUIDANCE	CONTENT
	<p><i>Rest/recovery area</i></p> <ul style="list-style-type: none"> • Food and beverages are provided. • There is a place for firefighters to sit. • Cooling and heating are provided as needed. <p><i>Medical evaluation/treatment area and ambulance staging area</i></p> <ul style="list-style-type: none"> • Self-explanatory <p>Ask if there are any questions about the rehab area: location, facility, equipment and supplies, and setup.</p>

PM, P. 16	Sample Rehab Area Layout
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Sample Layout of a Rehabilitation and Treatment Sector. (Source: Dickinson, E. T., and Wieder, M. A., *Emergency Incident Rehabilitation*, 2nd edition. Pearson Education, Upper Saddle River, NJ, 2004.)

INSTRUCTOR GUIDANCE	CONTENT
<p>Activity</p> <p>Establishing a Rehab Area</p> <p>25 minutes:</p> <ul style="list-style-type: none"> As a group, consider four scenarios Discuss responses to questions about scenarios  <p>FEMA CERT Firefighter Rehab 36</p> <p>Display Slide 36</p> <p>PM, P.18</p> <p>The worksheet is also provided on the next page of the Instructor Guide with suggested answers in <i>italics</i>. The answers do not appear in the Participant Manual.</p> <p>NOTE: The supply list does not have to be a comprehensive list. Focus on the key supplies, especially those that will be particular to the scenario.</p> 	<p>Wildland Fires</p> <p>Say that, if a CERT is ever called to assist in a wildland fire, Incident Command will tell the CERT where the rehab should be located and how the rehab will be run.</p> <p>Activity: Establishing a Rehab Area</p> <p>Purpose: The purpose of this activity is to give participants an opportunity to think about how they would establish a rehab area. This is an activity for the whole class.</p> <p>Time: 25 minutes</p> <p>Instructions:</p> <ol style="list-style-type: none"> Refer participants to the worksheet in the Participant Manual. Explain that you will read each of the scenarios. As a group, participants will discuss responses to each of the questions. Participants can record the responses on the worksheet if they want. <p>Debrief:</p> <p>Remind participants that where and how you set up the rehab area depends on the incident, the weather, and the surrounding area.</p> <p>Ask if there are any questions about the rehab area and how to set it up.</p>

PM, P. 18

Establishing a Rehab Area

Instructions: The instructor will read each scenario. As a group, you will discuss responses to each of the questions.

Scenario #1:

A single-family home in a suburban neighborhood is on fire. Houses in this neighborhood are about 50 feet apart. There are no driveways. The house is near the intersection with another quiet street. The temperature is in the 50s.

What do you need to consider when looking for a rehab area location?

- *Access to fireground*
- *Far enough to be away from smoke*
- *Street can be blocked off easily but there can be access for EMS*

What kind of facility might be available?

- *Sidewalk or front yard of another house*
- *Street*
- *Under tree*
- *Somebody's porch*

What supplies will you need?

- *Seating*
- *Tarps*
- *Water*
- *Sports drinks*
- *Food*
- *Hand washing equipment (may be able to get a hose)*
- *Portable toilets (unless neighbor has one that can be easily accessed)*

Scenario #2:

Several floors of a six-story apartment building are on fire. The building is between two moderately busy four-lane roads in a mixed commercial and residential area. It is a hot and humid day.

What do you need to consider when looking for a rehab area location?

- *Access to fireground*
- *Need shade and the coolest place possible*
- *Accessible to EMS*
- *Far enough to be away from smoke*
- *Large enough for several crews*
- *May need at least two rehab areas, one on each street*

What kind of facility might be available?

- *Parking garage*
- *Store with air conditioning*
- *Lobby of another high-rise*

What supplies will you need?

- *Tarps*
- *Water*
- *Sports drinks*
- *Food*
- *Hand washing equipment*
- *Misting machines or fans*
- *Forearm immersion equipment*
- *Portable toilets (unless able to have access to one at commercial establishment)*

Scenario #3:

A tanker truck and several cars have crashed on an interstate highway in a fairly rural area. It is a windy day – steady at 25 mph from the southwest. The temperature is in the 40s. The tanker contents are unknown.

What do you need to consider when looking for a rehab area location?

- *Access to fireground*
- *Should be on western side of crash (depending on location of exits, this may not be accessible to EMS)*
- *Large enough for several crews*
- *Protection from wind, smoke, and possible fumes*

What kind of facility might be available?

- *Tent*
- *Bus*

What supplies will you need?

- *Seating*
- *Tarps*
- *Water*
- *Sports drinks*
- *Food*
- *Hand washing equipment*
- *Portable toilets*
- *Dry gloves, socks, and sweatshirts*

Scenario #4:

There is a fire in a free standing shopping mall surrounded by parking lots. The fire is in the northeast corner, involving three stores. The temperature is in the upper 20s. Light snow and sleet are falling.

What do you need to consider when looking for a rehab area location?



- *Access to fireground*
- *Protection from snow/sleet and from cold*
- *Accessible to EMS*
- *Far enough to be away from smoke*
- *Large enough for several crews*
- *May need several rehab areas, depending on how fire can be accessed*

What kind of facility might be available?

- *Vehicle in parking lot*
- *Interior area of mall, near exit (to get to EMS)*

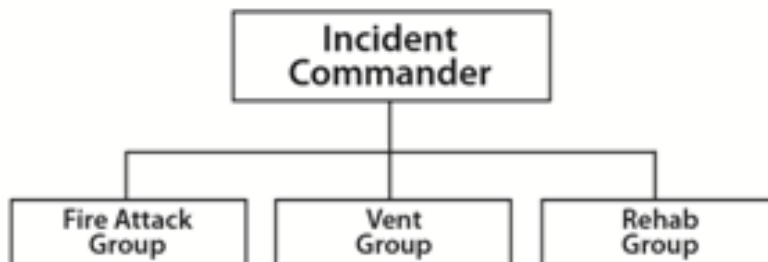
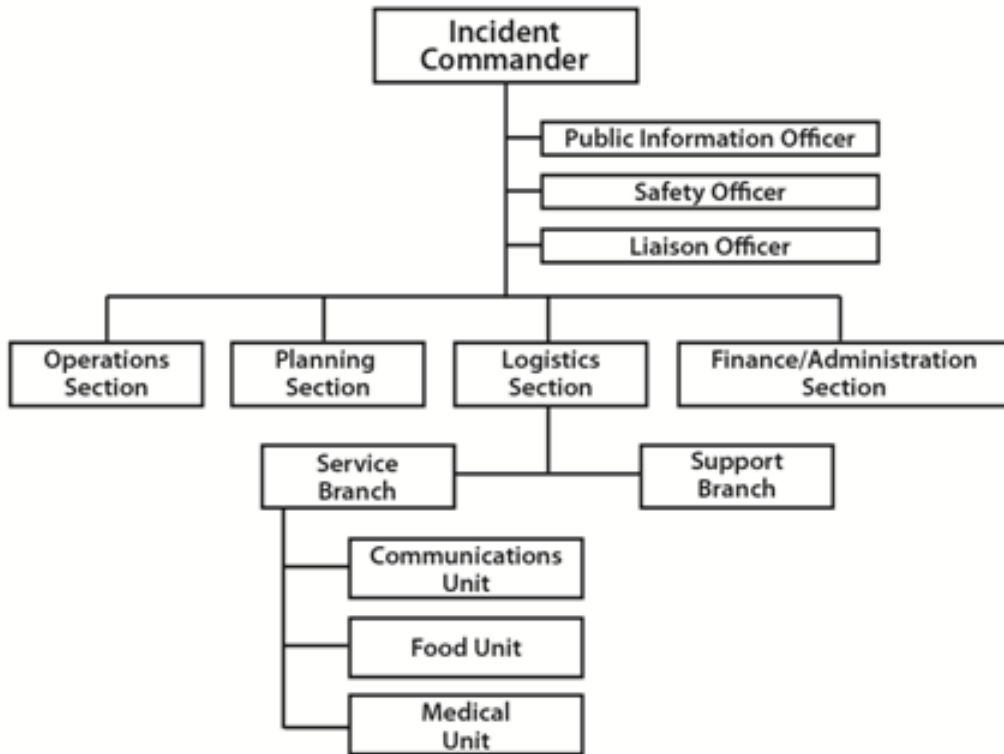
What supplies will you need?

- *Seating*
- *Tarps*
- *Water*
- *Sports drinks*
- *Food*
- *Hand washing equipment*
- *Blankets, heaters*
- *Dry gloves, socks, and sweatshirts*
- *Portable toilets (unless able to have access to one at mall)*
-

INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="159 302 604 636"> <p>Rehab Operations</p> <ul style="list-style-type: none"> ● Review of training up to this point <ul style="list-style-type: none"> ■ Why firefighters need rehab ■ What rehab area looks like ● Final section <ul style="list-style-type: none"> ■ What happens in each part of rehab area ■ CERT members' roles  <p>FEMA CERT Firefighter Rehab 37</p> </div> <p>Display Slide 37</p> <div data-bbox="159 751 604 1085"> <p>CERT Safety</p> <ul style="list-style-type: none"> ● PPE <ul style="list-style-type: none"> ■ Reflective vests and gloves ■ Hard hats not needed, but keep nearby ● Avoid smoke; may contain chemicals ● Wear exam gloves to remove firefighter's gear <ul style="list-style-type: none"> ■ Gear may contain hazardous material ● Rehab yourselves <p>FEMA CERT Firefighter Rehab 38</p> </div> <p>Display Slide 38</p> 	<p><i>The Rehab Process</i></p> <p>Tell participants that they now have some background on rehab, including:</p> <ul style="list-style-type: none"> ● Why firefighters need rehab ● What the rehab area looks like <p>Say that in this final section of the training participants will learn what happens in each part of the rehab area and what the CERT members' roles are.</p> <p>CERT Safety</p> <p>Remind participants that the CERT member's first responsibility is personal safety. So, before discussing rehab operations, you want to talk about CERT safety in the rehab area.</p> <ul style="list-style-type: none"> ● PPE <ul style="list-style-type: none"> ○ Wear reflective vests and gloves. ○ Hard hats are not needed in the rehab area, but keep them nearby in case of flying debris. ● Avoid smoke as it may contain hazardous chemicals. ● Wear exam gloves to remove a firefighter's gear. <ul style="list-style-type: none"> ○ The gear may contain hazardous material. ● Rehab for CERT members <ul style="list-style-type: none"> ○ Team members may be working long hours. ○ Take breaks and replenish food and water. <p>Ask if there are any questions about CERT safety.</p>

INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="159 302 604 636" style="border: 1px solid black; padding: 5px;"> <p>Overview of Rehab Operations</p> <ul style="list-style-type: none"> • Reminder <ul style="list-style-type: none"> ▪ Training based on NFPA 1584, Standard on the Rehabilitation Process for Members During Emergency Operations and Training Exercises. 2008 Edition </div> <p>Display Slide 39</p> <p>PM, P. 23</p> <p>Explain local policy and procedures if they differ from this.</p>	<p>Overview of Rehab Operations</p> <p>Remind participants that a standard operating guideline for rehab has been developed by the National Fire Protection Association (NFPA). This training is based on that operating guideline – NFPA 1584 Standard on the Rehabilitation Process for Members During Emergency Operations and Training Exercises. 2008 Edition.</p> <p><i>Rehab and Incident Command Structure (ICS)</i></p> <p>Before providing an overview of rehab operations, refer participants to the two flowcharts in the Participant Manual and on the next page of the Instructor Guide.</p> <p>Explain that in a large operation, rehab operations will fall under the Medical Unit. In a small operation, rehab could fall directly under the IC.</p>

PM, P. 23	Rehab and Incident Command Structure (ICS)
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COMMUNITY EMERGENCY RESPONSE TEAM FIREFIGHTER REHAB



INSTRUCTOR GUIDANCE	CONTENT
<p>PM, P. 24</p> <p>Walk through the overview that is in the Participant Manual and on the next page of the Instructor Guide.</p>	<p>Explain that you will provide an overview of rehab operations and you will then go back and discuss each step in more detail.</p>

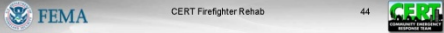
PM, P. 24


Putting It All Together (Order of Rehab Operations)

1. CERT members are mobilized for firefighter rehab.
2. CERT members arrive on the scene dressed in PPE.
3. The IC chooses a rehab leader.
4. If setup is required, the IC chooses a rehab location or directs CERT members to choose a location.
5. CERT members set up a rehab area with the equipment and supplies that are available.
6. As firefighters head to the rehab area, CERT members direct them where to enter and sign them in.
7. CERT members assist with gear removal and offer water immediately.
8. EMS provides medical assessment while CERT members record data.
9. CERT members continually do the following in the rest and recovery area:
 - a. Offer beverages and nutrition.
 - b. Provide cooling and heating as appropriate.
 - c. Monitor for signs of distress.
10. If a firefighter is distressed:
 - a. CERT members alert rehab leader immediately.
 - b. The firefighter is moved to the medical area.
11. Firefighters ready to go back to active duty are signed out by CERT members and leave through the rehab exit area.






INSTRUCTOR GUIDANCE	CONTENT
<p>1. CERT members are mobilized</p> <ul style="list-style-type: none"> • CERT <u>never</u> self-deploys for rehab • CERT will be notified by Incident Command through local protocol when it is needed for firefighter rehab  <p>FEMA CERT Basic Training Unit 1: Disaster Preparedness 40</p> <p>Display Slide 40</p> <p>As you provide additional details about each of the steps of rehab operations, be sure to adjust the details to fit local protocols.</p>	<p>1. CERT members are mobilized</p> <p>Emphasize that firefighter rehab is <u>never</u> mobilized through self-deployment. The CERT will be notified by Incident Command through local protocol when it is needed for firefighter rehab.</p>
<p>2. CERT members arrive in PPE</p> <ul style="list-style-type: none"> • Report to Incident Command Post  <p>FEMA CERT Firefighter Rehab 41</p> <p>Display Slide 41</p>	<p>2. CERT members arrive in PPE</p> <p>Remind participants that appropriate PPE includes reflective vest, gloves, and helmet.</p> <p>Explain that CERT members report to the Incident Command Post.</p>
<p>3. IC chooses a rehab leader</p> <ul style="list-style-type: none"> • Best if it is firefighter, for credibility with firefighters • Responsibilities <ul style="list-style-type: none"> ▪ Safety of rehab team ▪ Setup, operations, and stand down ▪ Notifying EMS when firefighter needs additional assistance ▪ Handling logistics; ensuring sufficient supplies ▪ Having plan for replenishing water and supplies <p>FEMA CERT Firefighter Rehab 42</p> <p>Display Slide 42</p>	<p>3. IC chooses a rehab leader</p> <p>Explain that, following NIMS/ICS protocol, the IC designates a supervisor/leader for the rehab area. This person is the liaison to the IC.</p> <ul style="list-style-type: none"> • Ideally, a firefighter will be in charge of the rehab area, as firefighters may not listen to a CERT member or EMS member telling them not to go back into the fire. However, this may not always be possible.

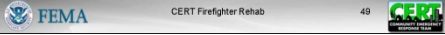
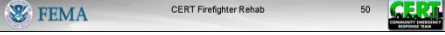
INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="159 751 605 1087" style="border: 1px solid black; padding: 5px;"> <p>Rehab Team Accountability</p> <ul style="list-style-type: none"> ● Accountability is key component of NFPA 1584 standard operating guideline ● Accountability system for rehab team <ul style="list-style-type: none"> ■ Rehab leader knows who to report to ■ Names of all team members are recorded ■ Rehab leader briefs team members on roles and tasks ■ All documentation is returned to rehab leader at end of operation <p align="left">  CERT Firefighter Rehab 43  </p> </div> <p>Display Slide 43</p>	<p><i>Rehab Leader Responsibilities</i></p> <ul style="list-style-type: none"> ● Responsible for the safety of the rehab team ● Responsible for setup, operations, and stand down ● Notifies EMS when a firefighter needs additional assistance ● Handles logistics and ensures that there are sufficient supplies ● Has a plan in place for replenishing water and supplies <p><i>Rehab Team Accountability</i></p> <p>Say that accountability is a key component of the NFPA 1584 standard operating guideline. There must be an accountability system for the rehab team.</p> <ul style="list-style-type: none"> ● The rehab leader knows who to report to. ● The names of all team members are recorded. ● The rehab leader briefs team members on their roles and tasks. ● All documentation is returned to the rehab leader at the end of the operation.


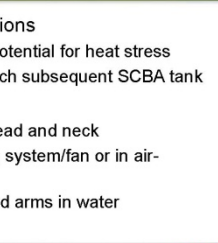

INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="159 302 604 636" style="border: 1px solid black; padding: 5px;"> <p>4. Rehab location chosen</p> <ul style="list-style-type: none"> • Protects from the elements (hot and cold) • Provides refuge from the incident • Provides protection from environmental conditions (exhaust, smoke, toxins) • Is large enough to accommodate multiple crews and rehabilitation personnel • Is located near or with EMS • Is approved by IC  </div> <p>Display Slide 44</p> <p>This slide is animated. The responses below appear on the second click.</p> <p>This is a review question. Responses should include:</p> <ul style="list-style-type: none"> • Protects from the elements (hot and cold) • Provides refuge from the incident • Provides protection from the prevailing environmental conditions (exhaust, smoke, toxins) • Is large enough to accommodate multiple crews and rehabilitation personnel • Is located near or with EMS • Is approved by IC 	<p>4. Rehab location chosen</p> <p>Say that the requirements for the rehab area have already been covered.</p> <p>Ask:</p> <ul style="list-style-type: none"> • What characteristics are required for a rehab location?


INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="159 302 604 636" style="border: 1px solid black; padding: 5px;"> <p>5. Set up rehab area</p> <ul style="list-style-type: none"> ● What separate areas are needed? ● What are the critical supplies to have?  <p>FEMA CERT Firefighter Rehab 45</p> </div> <p>Display Slide 45</p> <p>Use these questions to conduct a group discussion. There will probably be some differences of opinion of what is critical.</p> <ol style="list-style-type: none"> 1. At a minimum, there should be an entry/exit point and separate areas for removing gear and food/drink/monitoring. 2. At a minimum, the rehab area should have drinking water, a place to sit, some protection from the elements, and a way to cool people down. 	<p>5. Set up rehab area</p> <p>Say that the rehab area is set up with supplies that are already available.</p> <p>Remind participants that the list of needed supplies was discussed earlier.</p> <p>Ask:</p> <ol style="list-style-type: none"> 1. Based on what you know so far, what separate areas are needed? 2. Based on what you know so far, what are the critical supplies to have?


INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="159 302 604 636" style="border: 1px solid black; padding: 5px;"> <p>6. Firefighters sign in</p> <ul style="list-style-type: none"> ● Establish clear directions to point of entry ● All firefighters must sign in <ul style="list-style-type: none"> ▪ Names and arrival times are recorded on <i>Rehab Area Check-In/Check-Out Sheet</i> </div> <p>Display Slide 46</p> <p>PM, P. 27</p> <p>Substitute local procedure if difference from this and local form if available.</p>	<p>6. Firefighters sign in</p> <p>Explain that CERT members may need to establish a way or a person to direct firefighters to the correct entry point where they will need to sign in.</p> <p>Just as with the rehab team, there must be an accountability system for the firefighters.</p> <ul style="list-style-type: none"> ● Firefighters check in as they arrive at the rehab area. ● The names of the firefighters and their arrival times are recorded on an official rehab check-in and check-out sheet. <p>Refer participants to the sample <i>Rehab Area Check-In/Check-Out Sheet</i> in the Participant Manual and on the next page in the Instructor Guide.</p>

INSTRUCTOR GUIDANCE	CONTENT
<p>7. Gear is removed; water is offered</p> <ul style="list-style-type: none"> ● Offer water immediately ● Provide help with removing gear <ul style="list-style-type: none"> ■ Firefighters should “dress down” by removing bunker coats, helmets, and hoods, and by opening bunker pants to promote cooling ● Direct firefighters to wash or sanitize hands and face before moving into rest and recovery area <p> CERT Firefighter Rehab 47 </p> <p>Display Slide 47</p>	<p>7. Gear is removed; water is provided</p> <p>Say that water should be offered immediately.</p> <p>Say that as soon as the firefighter checks in, he or she removes his or her gear, including the empty SCBA cylinder.</p> <ul style="list-style-type: none"> ● Firefighters should “dress down” by removing their bunker coats, helmets, and hoods, and by opening their bunker pants to promote cooling. ● CERT members may need to help with gear removal, making sure to wear gloves. <p>Tell participants that firefighters should wash or sanitize their hands and face before moving into the rest and refreshment area. This prevents contaminating food and beverages with remnants of the fire.</p>
<p>8. EMS provides medical assessment</p> <ul style="list-style-type: none"> ● As firefighter enters rest and recovery area, EMS personnel will check vitals (heart rate, blood pressure, respiration, and pulse) ● CERT member may be asked to assist by recording vitals <p></p> <p> CERT Firefighter Rehab 48 </p> <p>Display Slide 48</p> <p>PM, P. 29</p> <p>Substitute local procedure if different from this and local form that CERT members would use to assist in EMS assessment.</p>	<p>8. EMS provides medical assessment</p> <p>Explain that, as the firefighter enters the rest and nourishment area, EMS personnel will do an initial assessment of vital signs (heart rate, blood pressure, respiration, and pulse). A CERT member may be asked to assist by recording the vitals.</p> <p>Say that this assessment is repeated every 10 minutes.</p> <p>Refer participants to a sample report, <i>Incident Rehab – Individual Rehabilitation Report</i>, in the Participant Manual and on the next page in the Instructor Guide.</p>

INSTRUCTOR GUIDANCE	CONTENT
<p>9. Rest and recovery activities</p> <ul style="list-style-type: none"> ● Firefighters need to rest in rehab area for at least 10-20 minutes ● They should sit, if at all possible ● Three CERT tasks: <ol style="list-style-type: none"> 1. Offer beverages and nutrition 2. Provide cooling and warming as appropriate 3. Monitor for signs of distress 	<p>9. Rest and recovery activities</p> <p>Explain that firefighters need to rest in the rehab area for at least 10-20 minutes. Having a large clock makes it easier to monitor time. During that time it is best if the firefighters can sit.</p> <p>Say that CERT members have three tasks in the rest and recovery area:</p> <ol style="list-style-type: none"> 1. Offer beverages and nutrition. 2. Provide cooling and warming as appropriate. 3. Monitor for signs of distress.
<p>Display Slide 49</p>	
<p>Offer Beverages and Nutrition</p> <ul style="list-style-type: none"> ● Rehydration <ul style="list-style-type: none"> ■ Have fluids available at all times ■ Always offer water ■ After first hour of firefighting, provide a sports drink containing electrolytes ● Nourishment <ul style="list-style-type: none"> ■ Have appropriate food available in rehab area ■ During long operations, encourage firefighters to eat 	<p><i>Rehydration</i></p> <p>Provide these guidelines.</p> <ul style="list-style-type: none"> ● Have fluids available at all times. <ul style="list-style-type: none"> ○ Firefighters are often dehydrated at the start of their work. ○ Firefighting activities cause profuse sweating. ○ Fluids must be replaced quickly and aggressively. ● Always offer water. ● After the first hour of firefighting, provide a sports drink containing electrolytes.
<p>Display Slide 50</p>	
	<p><i>Nourishment</i></p> <p>Provide these guidelines.</p> <ul style="list-style-type: none"> ● Have appropriate food available in the rehab area (see the section on Equipment and Supplies). ● During long operations, encourage firefighters to eat.

INSTRUCTOR GUIDANCE	CONTENT
<p>Provide Cooling - Passive</p> <ul style="list-style-type: none"> Remove gear and allow the body to cool naturally Sit in shaded area Drink cool or iced fluids  <p>FEMA CERT Firefighter Rehab 51</p>	<p><i>Cooling</i></p> <p>Explain that there are two kinds of cooling:</p> <ul style="list-style-type: none"> Passive Active <p>Say that <u>passive</u> cooling is enough in many situations:</p> <ul style="list-style-type: none"> Remove gear and allow the body to cool naturally. Sit in a shaded area. Drink cool or iced fluids.
<p>Display Slide 51</p>	
<p>Provide Cooling - Active</p> <ul style="list-style-type: none"> Active cooling situations <ul style="list-style-type: none"> Whenever there is potential for heat stress After second and each subsequent SCBA tank Guidelines <ul style="list-style-type: none"> Put wet towels on head and neck Sit in front of misting system/fan or in air-conditioned area Submerge hands and arms in water  <p>FEMA CERT Firefighter Rehab 52</p>	<p>Say that some situations require <u>active</u> cooling:</p> <ul style="list-style-type: none"> Whenever there is the potential for heat stress (temperatures, conditions, and/or workload) After the second and each subsequent SCBA tank <p>Provide these guidelines for active cooling:</p> <ul style="list-style-type: none"> Apply wet towels around the firefighter's head and neck. Have firefighters sit in front of a misting system/fan or in an air-conditioned area. Submerge the firefighter's hands and arms in water. (NOTE: Do not add bleach to water as it can damage PPE.) This method has been found to lower core temperatures quickly.
<p>Display Slide 52</p>	
<p>Provide Cooling – Active (cont'd)</p>  <p>FEMA CERT Firefighter Rehab 53</p>	
<p>Display Slide 53</p>	

INSTRUCTOR GUIDANCE	CONTENT
<p>Provide Warming</p> <ul style="list-style-type: none"> Have firefighters move to dry, heated area protected from elements (wind, snow, rain) ONLY remove wet gear if there is heated area and warm, dry clothing available <ul style="list-style-type: none"> Offer dry socks or clothing if gear is removed Encourage firefighters to drink warm fluids <p>FEMA CERT Firefighter Rehab 54</p>	<p><i>Warming</i></p> <p>Provide these guidelines for how to help warm up firefighters:</p> <ul style="list-style-type: none"> Have firefighters move to a dry, heated area that is protected from the elements (wind, snow, rain). ONLY remove wet gear if there is a heated area and warm, dry clothing available. <ul style="list-style-type: none"> Offer dry socks or clothing if gear is removed. Encourage firefighters to drink warm fluids.
<p>Display Slide 54</p> <p>Monitor Physical Status</p> <ul style="list-style-type: none"> Expect firefighters to be hot, flushed, sweaty, and tired <ul style="list-style-type: none"> Conditions should improve pretty quickly Get sense of how firefighter looks when first leaving fire in order to gauge improvement <p>FEMA CERT Firefighter Rehab 55</p>	<p><i>Monitor physical status</i></p> <p>Explain that CERT members will continuously monitor a firefighter's physical status while he or she is in the rehab area as it can change suddenly.</p> <p>Say that firefighters coming out of a fire are expected to be hot, flushed, sweaty, and tired. However, conditions should improve pretty quickly. One tip is to get a sense of how the firefighter looks when first leaving the fire in order to gauge improvement.</p>
<p>Display Slide 55</p> <p>Check Mental Status</p> <ul style="list-style-type: none"> Can firefighter make eye contact? Is firefighter oriented to person, place, and time? Can firefighter respond coherently and logically?  <p>FEMA CERT Firefighter Rehab 56</p>	<ul style="list-style-type: none"> Check mental status <ul style="list-style-type: none"> See if the firefighter can make eye contact. Ask questions to see if the firefighter is oriented to person, place, and time. See if the firefighter can respond coherently and logically.

INSTRUCTOR GUIDANCE	CONTENT
<p>Watch for Signs of Distress</p> <ul style="list-style-type: none"> ● Look for signs of heat stress/dehydration ● In cold weather, look for signs of cold stress ● Watch for signs of a cardiac event  <p>FEMA CERT CERT Firefighter Rehab 57</p>	<ul style="list-style-type: none"> ● Watch for signs of distress. (See Physiological Threats to Firefighters for details on what to look for.) <ul style="list-style-type: none"> ○ Look for signs of heat stress/dehydration. ○ In cold weather, look for signs of cold stress. ○ Watch for signs of a cardiac event.
<p>Display Slide 57</p>	
<p>10. If a firefighter is distressed</p> <ul style="list-style-type: none"> ● If you see any indication that firefighter is in trouble, notify rehab leader immediately <ul style="list-style-type: none"> ■ Indication may be as simple as "I don't feel good" ● Rehab leader will notify EMS; may alert Incident Command ● EMS will then be responsible for treatment <p>FEMA CERT CERT Firefighter Rehab 58</p>	<p>10. If a firefighter is distressed</p> <p>Provide these guidelines:</p> <ul style="list-style-type: none"> ● If a CERT member sees any indication that a firefighter is in trouble, the CERT member must notify the rehab leader immediately. <ul style="list-style-type: none"> ○ The indication may be as simple as a firefighter saying, "I don't feel good." ● The rehab leader will notify EMS immediately and may alert Incident Command if appropriate. ● EMS will then be responsible for treatment.
<p>Display Slide 58</p>	
<p>Tailor to local policies and procedures.</p>	
<p>11. Firefighters sign out</p> <ul style="list-style-type: none"> ● All firefighters must sign out <ul style="list-style-type: none"> ■ Departure times are recorded on <i>Rehab Area Check-In/Check-Out Sheet</i> <p>FEMA CERT CERT Firefighter Rehab 59</p>	<p>11. Firefighters sign out</p> <p>Explain that the firefighters sign out at the same place they signed in.</p> <p>See sample <i>Rehab Area Check-In/Check-Out Sheet</i> in the Participant Manual.</p>
<p>Display Slide 59</p>	

INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="159 302 604 636"> <p>One Exception</p> <ul style="list-style-type: none"> Some jurisdictions may allow member of the rehab team to leave the rehab area If so, CERT members should provide water closer to the fire scene to assist firefighters with self-rehab <p>FEMA CERT 60</p> </div> <p>Display Slide 60</p> <p>Discuss local policy relating to CERT members assisting with self-rehab.</p> <div data-bbox="159 850 237 926"> </div> <div data-bbox="159 953 604 1287"> <p>Activity</p> <p>Rehab Area Operations</p> <p>55 minutes:</p> <p>Detailed instructions are provided in Participant Manual.</p> <ul style="list-style-type: none"> Identify initial roles: 3-4 minutes Set up rehab area: no more than 5 minutes Process firefighters: about 25 minutes <p>FEMA CERT 61</p> </div> <p>Display Slide 61</p> <p>PM, P.33</p> <p>Refer participants to the instructions in the Participant Manual. The instructions are also provided in the Instructor Guide on the page following the debrief instructions.</p>	<p>One Exception</p> <p>Tell participants that some jurisdictions may allow a member of the rehab team to leave the rehab area. If that is the case, CERT members should provide water closer to the fire scene to assist firefighters with self-rehab.</p> <p>Ask if there are any questions about the rehab process.</p> <p>Activity: Rehab Area Operations</p> <p>Purpose: The purpose of this activity is to practice setting up and running a rehab area.</p> <p>Time: 50 minutes</p> <p>Instructions:</p> <ol style="list-style-type: none"> Refer participants to the instructions in the Participant Manual on how the activity will run. Walk through the instructions, making sure that everyone understands how the activity will unfold. Start the activity. <ol style="list-style-type: none"> Identify initial roles: 3-4 minutes Set up rehab area: no more than 5 minutes Process firefighters: about 25 minutes Stop the activity after 35 minutes. Conduct the debrief (15 minutes).

INSTRUCTOR GUIDANCE	CONTENT
	<p><u>Debrief:</u></p> <p>Ask these questions:</p> <ol style="list-style-type: none">1. In your role as firefighter, did you feel taken care of?2. How did it feel to play the other roles?3. Were there challenges you did not expect?4. Did any firefighter exhibit stress? How was it handled? <p>Ask participants to find a chair for the Module Summary.</p>

PM, P. 33



Activity: Rehab Area Operations

Purpose: The purpose of this activity is to practice setting up and running a rehab area.

Instructions:

Break into groups of 10. Each group will do the following:

1. Identify a rehab leader.
2. Identify who will begin the activity in the following roles. NOTE: During the activity each person will play at least two roles:
 - a. Someone to check in and check out firefighters
 - b. Someone to work in the gear removal area
 - c. Someone to be an EMT
 - d. Someone to assist the EMT
 - e. Two people to work in the rest and recovery area
 - f. Three people to be firefighters
3. As a group, set up the rehab area. This should take no more than 5 minutes. You can use materials in the room.
 - a. Entry/exit point
 - b. Gear storage area
 - c. Initial medical assessment area
 - d. Rest and recovery area
4. When the area is set up, begin to process the firefighters by following steps 6-11 of the Order of Rehab Operations on p. xx in your Participant Manual. Also use the sample *Rehab Area Check-In/Check-Out Sheet* and *Incident Rehab – Individual Rehabilitation Report* form.
5. Each firefighter should be cleared to return to the fire after 2-3 minutes in the rehab area.
6. After a firefighter exits, he or she should replace one of the rehab team members who then becomes a firefighter.
7. The activity concludes when everyone has had a chance to be a firefighter.

INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="159 302 604 636" style="border: 1px solid black; padding: 5px;"> <p>Module Summary</p> <ul style="list-style-type: none"> ● Introduction and Overview ● Physiological Threats to Firefighters ● The Incident Scene ● The Rehab Area ● The Rehab Process <p style="font-size: small; margin-top: 5px;">  CERT Firefighter Rehab 62  </p> </div> <p data-bbox="159 653 402 688">Display Slide 62</p>	<p data-bbox="634 302 948 344">Module Summary</p> <p data-bbox="634 361 1325 432">Summarize the topics that were discussed in this module:</p> <ul style="list-style-type: none"> ● Introduction and Overview <ul style="list-style-type: none"> ○ Definition of firefighter rehab ○ Stresses on firefighters ○ Purpose of firefighter rehab ○ CERT’s role in firefighter rehab ● Physiological Threats to Firefighters <ul style="list-style-type: none"> ○ Heat stress ○ Cold stress ○ Resulting dehydration, altered mental state, and cardiac events ● The Incident Scene <ul style="list-style-type: none"> ○ What happens at the scene of a fire ● The Rehab Area <ul style="list-style-type: none"> ○ The characteristics of a good location ○ What facilities might serve as a rehab area ○ The supplies and equipment that are needed ○ The requirements for laying out the rehab area ● The Rehab Process <ul style="list-style-type: none"> ○ An overview and details of the steps of rehab operations <p data-bbox="634 1478 1419 1623">Explain to participants any next steps in qualifying them to assist in firefighter rehab. These will have been determined by the local fire department and the CERT program.</p>

COMMUNITY EMERGENCY RESPONSE TEAM FIREFIGHTER REHAB

INSTRUCTOR GUIDANCE	CONTENT
	<p>Closing</p> <p>Provide information on any upcoming training or other CERT activities.</p> <p>Present the certificates to participants, and thank them for attending the session.</p>

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