



# San Benito County Emergency Medical Services Agency

## EMERGENCY WORKER REHABILITATION

Policy : 4300  
Effective : May 1, 2014  
Reviewed : March 1, 2014

### **I. Overview**

Emergency responder rehabilitation is designed to ensure the physical and mental well being of members operating at the scene of an emergency. Emergency responder rehabilitation is an essential element at the incident scene designed to prevent serious and life-threatening conditions such as heat stroke and heart attack. Fire ground rehab is the term used for the care given to emergency workers while performing their duties at an emergency scene. It includes monitoring vital signs, hydrating and nourishing responders, and identifying those responders who may safely return to the line, or who may need additional rehab time or further medical care.

### **II. Policy**

- A. Emergency worker rehabilitation shall be activated in any emergency operation or training exercise where strenuous activity or exposure to environmental extremes exist.
- B. This policy is guided by the Hollister Fire Department Policy 9-1-18, "Incident Rehabilitation."
- C. Rehabilitation will be coordinated through the structure and chain of command/accountability stipulated by the Incident Command System.
- D. Rehabilitation may be coordinated and administered by an EMT or paramedic so designated by the Incident commander, and may include the use of all personnel qualified to perform their respective rehab assignments.

### **III. Oversight**

The EMS Agency has ultimate oversight authority over the clinical evaluation algorithm used in this policy, and will intermittently review it and make recommendations to the Hollister Fire Department as warranted.