

AG24 Rehabilitation

Objectives:

- To assess and treat responders at working scenes

General Information:

- Rated Perceived Exertion (RPE) scale (NFPA 1584)
 - a) 1 No exertion
 - b) 2 Very light
 - c) 3 Light
 - d) 4
 - e) 5 Somewhat hard
 - f) 6
 - g) 7 Hard heavy
 - h) 8
 - i) 8.5 Very hard
 - j) 9
 - k) 9.5 Extremely hard
 - l) 10 Maximal exertion
- Active Cooling
 - a) Cooling vest, chair or other direct cooling devices
 - b) Place arms in ice water
 - c) Should take place in a shaded area
 - d) Allow patients to cool off gradually before moving them to an air conditioned environment
- Passive cooling
 - a) Remove protective gear
 - b) Rest in shaded and/or air conditioned environment
 - c) Cool water misters
- Rehydration should be with water or sports drink
 - a) Powdered sports drinks should be mixed at half-strength
 - b) Single serve sports drinks should be full strength
- Patients removed from the incident or transported to a medical facility warrant PPCR documentation
- Implement Hyperthermia protocol as necessary



Warnings/Alerts:

- Patients with signs/symptoms of heat stroke (see hyperthermia protocol) should be transported immediately with active cooling en route

OMD Notes:

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References:

NFPA 1584 2007
USFA 314, 2008 edition

Performance Indicators:

Activity Level	RPE Scale	Initial and Ongoing Vital Signs	Ambient Temperature
Patient Temperature	Cooling Method		

AG24--Rehabilitation Protocol

