

Activity: Rehab Area Operations

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

Time: 50 minutes

Instructions:

1. Refer participants to the instructions in the Participant Manual on how the activity will run.
2. Walk through the instructions, making sure that everyone understands how the activity will unfold.
3. Start the activity.
 - a. Identify initial roles: 3-4 minutes
 - b. Set up rehab area: no more than 5 minutes
 - c. Process responders: about 25 minutes
4. Stop the activity after 35 minutes.
5. Conduct the debrief (15 minutes).

Debrief:

Ask these questions:

1. In your role as responder, 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 responder exhibit stress? How was it handled?

Ask participants to find a chair for the Module Summary.

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 responders
 - 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 responders
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 responders 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 responder should be cleared to return to the fire after 2-3 minutes in the rehab area.
6. After a responder exits, he or she should replace one of the rehab team members who then becomes a responder.
7. The activity concludes when everyone has had a chance to be a responder.