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## CERT RESPONDER REHABILITATION

### INSTRUCTOR GUIDE

## IOWA TAILORING OF FEMA MAY 2012 DOCUMENT

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In this module you will learn about:

- **Introduction and Overview.** What responder rehab is. The physiological stress on responders. The purpose of responder rehab. The CERT's role in responder rehab.
- **Physiological Threats to Responders.** The heat and cold stresses on responders: 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 responder rehab.
- Identify the purpose of responder rehab.
- Describe the physiological threats to responders.
  - Identify the primary causes of injury to responders.
  - 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 responder rehab.
  - Explain how to set up a safe responder 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 responder rehab.
  5. Explain how to provide responders with relief from the incident and environmental conditions.
  6. Describe how to encourage rehydration in responders.
  7. Identify types of nourishment to provide at responder rehab.
  8. Describe signs to watch out for when monitoring the physical status of responders.
  9. Explain what CERT members should do if they recognize signs of a distressed responder.
  10. Describe the systems used to account for the rehab team and the fire team.
  11. Describe the order of operations for responder rehab.
  12. Demonstrate the ability to perform various functions of responder rehab.

**SCOPE** The topics that will be discussed in this module are:

- Introduction and Overview
- Physiological Threats to Responders
- The Incident Scene
- The Rehab Area
- The Rehab Process
- Module Summary

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**ESTIMATED  
COMPLETION  
TIME** 4 hours with exercises  
2 hours without exercises

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**TRAINING  
METHODS** 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 responder rehab is, the physiological stress on responders, the purpose of responder rehab, and the CERT's role in responder rehab.

In the Physiological Threats to Responders section, the instructor and class explore the stresses on a responder: 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 responder demonstrates all the gear that a firefighter wears. Participants try on and handle the gear.

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.

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.

### 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 responder rehab area. The instructor then provides an overview of rehab operations and provides more details on each:

1. CERT members are mobilized for responder 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. Responders 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 responder is distressed
11. Responders 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.

## COMMUNITY EMERGENCY RESPONSE TEAM RESPONDER REHABILITATION

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### RESOURCES REQUIRED

- *Community Emergency Response Team Responder Rehab* Instructor Guide (for instructors)
- *Community Emergency Response Team Responder Rehab* Participant Manual (for participants)
- PowerPoint slides

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### 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

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### PREPARATION

1. Identify potential liability issues for CERT volunteers assisting with responder 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 Responders**

In the second section, Physiological Threats to Responders, 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 responder role- players.

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

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### PARTICIPANT PREREQUISITES

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

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### INSTRUCTOR QUALIFICATIONS

Instructors for the *CERT Responder 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 responder with instructional experience and familiarity with CERT.

If the primary instructor for the *CERT Responder 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 with exercises is as follows:

Introduction and Overview .....	30 minutes
Physiological Threats to Responders .....	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)	

A suggested time plan for this module without exercises is as follows:

Introduction and Overview .....	10 minutes
Physiological Threats to Responders .....	30 minutes
The Incident Scene .....	20 minutes
The Rehab Area .....	20 minutes
The Rehab Process .....	35 minutes
Module Summary .....	5 minutes
Total Time: 4 hours (includes 10 minutes for break)	

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**ORIGINAL DOCUMENT 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)

John Moede  
Scottsdale (AZ) Emergency Manager

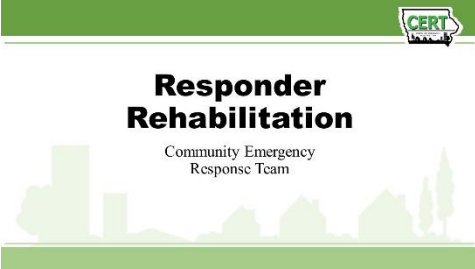
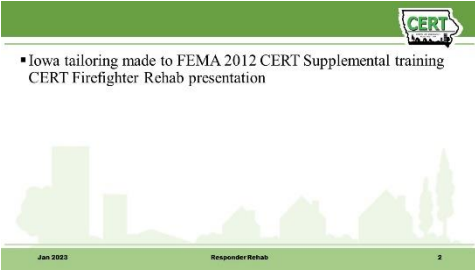

Dr. Denise Smith  
Skidmore College (NY) Professor  
Illinois Fire Service Research Scientist

Robert Swofford  
Spartanburg County (SC) Emergency Management Research  
Analyst/CERT Coordinator

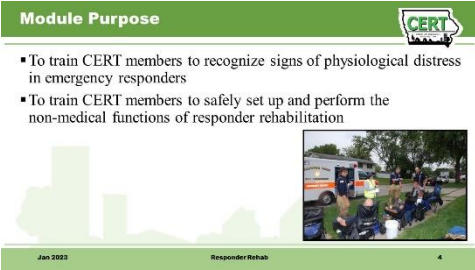
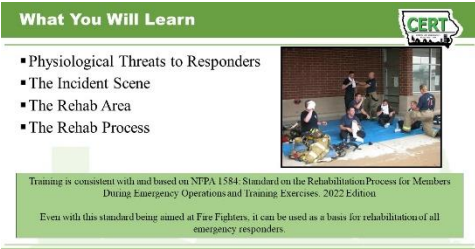
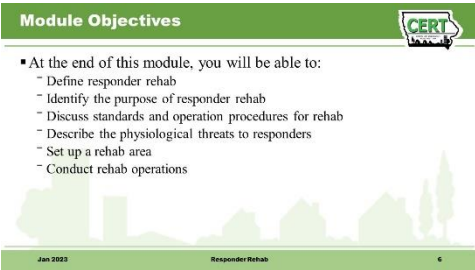

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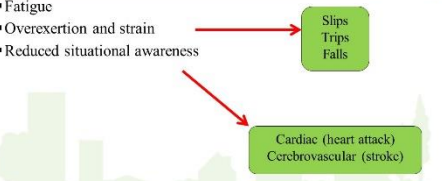
# CERT Responder Rehabilitation

INSTRUCTOR GUIDANCE	CONTENT
 <p><b>Display Slide 1</b></p>	<p><b><i>Introduction and Overview</i></b></p> <p><b>Welcome and Introductions</b></p> <p>Welcome the participants to the <i>CERT Responder 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><b>Display Slide 2</b></p>	<p>This is a tailoring and update made by the Iowa CERT Support Committee of a 2012 FEMA developed training package.</p>
 <p><b>Display Slide 3</b></p>	<p><b>Administrative Announcements</b></p> <p>Make any necessary announcements such as:</p> <ul style="list-style-type: none"> <li>• Schedule of breaks for this session</li> <li>• Emergency exits</li> <li>• Restroom locations, smoking policy, silencing cell phones, etc.</li> <li>• Module completion requirements (must attend entire session)</li> </ul>



## COMMUNITY EMERGENCY RESPONSE TEAM RESPONDER REHABILITATION

INSTRUCTOR GUIDANCE	CONTENT
<p><b>Module Purpose</b></p> <ul style="list-style-type: none"><li>▪ To train CERT members to recognize signs of physiological distress in emergency responders</li><li>▪ To train CERT members to safely set up and perform the non-medical functions of responder rehabilitation</li></ul>  <p>Jan 2023 Responder Rehab 4</p> <p><b>Display Slide 4</b></p>	<p><b>Module Purpose</b></p> <p>Explain that the purpose of the <i>CERT Responder Rehab</i> module is two-fold:</p> <ul style="list-style-type: none"><li>• To train CERT members to recognize signs of physiological distress in responders</li><li>• To train CERT members to safely set up and perform the non-medical functions of responder rehabilitation</li></ul>
<p><b>What You Will Learn</b></p> <ul style="list-style-type: none"><li>▪ Physiological Threats to Responders</li><li>▪ The Incident Scene</li><li>▪ The Rehab Area</li><li>▪ The Rehab Process</li></ul>  <p>Training is consistent with and based on NFPA 1584: Standard on the Rehabilitation Process for Members During Emergency Operations and Training Exercises, 2022 Edition.</p> <p>Even with this standard being aimed at Fire Fighters, it can be used as a basis for rehabilitation of all emergency responders.</p> <p>Jan 2023 Responder Rehab 5</p> <p><b>Display Slide 5</b></p>	<p><b>What You Will Learn</b></p> <p>List the topics that will be covered in the module:</p> <ul style="list-style-type: none"><li>• Physiological Threats to Responders</li><li>• The Incident Scene</li><li>• The Rehab Area</li><li>• The Rehab Process</li></ul>
<p><b>Module Objectives</b></p> <ul style="list-style-type: none"><li>▪ At the end of this module, you will be able to:<ul style="list-style-type: none"><li>~ Define responder rehab</li><li>~ Identify the purpose of responder rehab</li><li>~ Discuss standards and operation procedures for rehab</li><li>~ Describe the physiological threats to responders</li><li>~ Set up a rehab area</li><li>~ Conduct rehab operations</li></ul></li></ul>  <p>Jan 2023 Responder Rehab 6</p> <p><b>Display Slide 6</b></p>	<p><b>Module Objectives</b></p> <p>Say that, at the end of this module, participants will be able to:</p> <ul style="list-style-type: none"><li>• Define responder rehab.</li><li>• Identify the purpose of responder rehab.</li><li>• Describe the physiological threats to responders.</li><li>• Describe the primary components of firefighting.</li><li>• Set up a rehab area.</li><li>• Conduct rehab operations.</li></ul>
<p><b>What Do You Think?</b></p> <ul style="list-style-type: none"><li>▪ What is responder rehab?</li></ul>  <p>Jan 2023 Responder Rehab 7</p> <p><b>Display Slide 7</b></p> <p>Conduct a short discussion based on this question.</p>	<p><b>What Do You Think?</b></p> <p>Ask participants:</p> <p>What is responder rehab?</p>

## COMMUNITY EMERGENCY RESPONSE TEAM RESPONDER REHABILITATION



INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="159 279 630 541"><p><b>Responder Rehabilitation</b></p><ul style="list-style-type: none"><li>▪ Process of providing<ul style="list-style-type: none"><li>- Relief from environmental conditions</li><li>- Rest and recovery</li><li>- Cooling or re-warming</li><li>- Food and fluid replacement</li><li>- Medical monitoring and treatment<ul style="list-style-type: none"><li>- Performed by EMS</li></ul></li><li>- Accountability</li></ul></li></ul><p>Jan 2023 Responder Rehab 8</p></div> <p><b>Display Slide 8</b></p>	<p>Provide a definition of responder rehabilitation.</p> <ul style="list-style-type: none"><li>• Responder rehabilitation is the process of providing rest, rehydration, nourishment, and medical evaluation to members who are involved in extended or extreme incident scene operations.</li></ul>
<div data-bbox="159 642 630 905"><p><b>Why Is Rehab Needed?</b></p><p>Responding to an incident is strenuous work!</p><p>Jan 2023 Responder Rehab 9</p></div> <p><b>Display Slide 9</b></p>	<p><b>Physiological Stress of Firefighting</b></p> <p>Explain why rehab is needed.</p> <ul style="list-style-type: none"><li>• Firefighting is hot and strenuous work.</li><li>• The combination of high temperatures, hard work, and heavy equipment makes it hard for a body to cool through normal sweating.</li><li>• As a result, dehydration occurs and heat builds up.</li><li>• The body's core temperature rises.</li><li>• This causes heat stress.</li></ul>
<div data-bbox="159 1119 630 1381"><p><b>Effects of Heat Stress</b></p><ul style="list-style-type: none"><li>▪ Fatigue</li><li>▪ Overexertion and strain</li><li>▪ Reduced situational awareness</li></ul><p>Jan 2023 Responder Rehab 10</p></div> <p><b>Display Slide 10</b></p>	<p>Describe the effects of heat stress.</p> <ul style="list-style-type: none"><li>• Fatigue</li><li>• Overexertion and strain</li><li>• Reduced situational awareness</li></ul>

## COMMUNITY EMERGENCY RESPONSE TEAM RESPONDER REHABILITATION




INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="159 262 630 529"><p><b>Additional Stress Factors</b></p><ul style="list-style-type: none"><li>▪ Sometimes this hot work is done in very hot or very cold conditions</li><li>▪ Factors that affect the fitness of the responder:<ul style="list-style-type: none"><li>~ Hypertension</li><li>~ High lipids</li><li>~ High blood glucose</li><li>~ Overweight/obesity</li><li>~ Inactivity</li><li>~ Smoking</li></ul></li></ul><p>Jan 2023      Responder Rehab      11</p></div> <p><b>Display Slide 11</b></p>	<p>Explain that the effects of heat stress lead to the two leading causes of injury and death for responders:</p> <ul style="list-style-type: none"><li>• Slips, trips, and falls</li><li>• Cardiac (heart attack) or cerebrovascular (stroke) events</li></ul> <p>Describe additional stress factors.</p> <ul style="list-style-type: none"><li>• Sometimes this hot work is done in very hot or very cold conditions and that adds additional stress.</li><li>• Always to be considered is the fitness of the responder. Risk factors include hypertension, high lipids, high blood glucose, overweight/obesity, inactivity, and smoking.</li></ul>
<div data-bbox="159 766 630 1033"><p><b>Purpose of Rehab</b></p><ul style="list-style-type: none"><li>▪ Improves performance</li><li>▪ Decreases likelihood of on scene injury or death</li><li>▪ 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</li></ul><p>Jan 2023      Responder Rehab      12</p></div> <p><b>Display Slide 12</b></p>	<p><b>Purpose of Rehab</b></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"><li>• Responder rehab improves performance.</li><li>• Responder rehab decreases the likelihood of on scene injury or death.</li><li>• Done properly, responder 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.</li></ul>






## COMMUNITY EMERGENCY RESPONSE TEAM RESPONDER REHABILITATION





INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="159 279 631 541"><p><b>Rehabilitation Standard</b></p><ul style="list-style-type: none"><li>▪ National Fire Protection Association NFPA 1584</li><li>▪ Standard on the Rehabilitation Process for Members During Emergency Operations and Training Exercises<ul style="list-style-type: none"><li>1.1 Scope. This standard establishes the minimum criteria for developing and implementing a rehabilitation process for fire department members at incident scene operations and training exercises.</li></ul></li></ul><p><small>Source: <a href="https://www.nfpa.org/codes-and-standards/all-codes-and-standards/list-of-codes-and-standards-by-code-number/nfpa-codes/2022">https://www.nfpa.org/codes-and-standards/all-codes-and-standards/list-of-codes-and-standards-by-code-number/nfpa-codes/2022</a></small></p><p>Jan 2023      Responder Rehab      13</p></div> <p><b>Display Slide 13</b></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><b>NFPA 1584 Guidelines</b></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. 2022 Edition.</p>
<div data-bbox="159 1003 631 1266"><p><b>Key components of NFPA 1584</b></p><ol style="list-style-type: none"><li>1) Relief from climactic conditions</li><li>2) Rest and recovery</li><li>3) Cooling or rewarming</li><li>4) Re-hydration</li><li>5) Calorie and electrolyte replacement</li><li>6) Medical monitoring</li><li>7) EMS treatment in accordance with local protocol</li><li>8) Member accountability</li><li>9) Release from rehab to return to duty</li></ol><p>Jan 2023      Responder Rehab      14</p></div> <p><b>Display Slide 14</b></p>	<p>Say that NFPA 1584 provides key components that make up rehabilitation.</p> <ol style="list-style-type: none"><li>1) Relief from climactic conditions</li><li>2) Rest and recovery</li><li>3) Cooling or rewarming</li><li>4) Re-hydration</li><li>5) Calorie and electrolyte replacement</li><li>6) Medical monitoring</li><li>7) EMS treatment in accordance with local protocol</li><li>8) Member accountability</li><li>9) Release from rehab to return to duty</li></ol>

# COMMUNITY EMERGENCY RESPONSE TEAM RESPONDER REHABILITATION

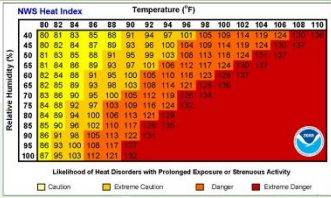

INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="159 262 634 531"> <p><b>NFPA 1584 Key Terminology</b></p>  <ul style="list-style-type: none"> <li>▪ <b>Rehabilitation:</b> <ul style="list-style-type: none"> <li>- An intervention designed to mitigate against the physical (body), physiological, and emotional (mind) stress of firefighting to sustain a member's energy, improve performance, and decrease the likelihood of on-scene injury or death.</li> </ul> </li> <li>▪ <b>Recovery:</b> <ul style="list-style-type: none"> <li>- The process of returning a member's physiological and psychological (mind) states to levels that indicate the person is able to perform additional emergency tasks, be reassigned, or released without any adverse effects.</li> </ul> </li> </ul> <p>Jan 2023      Responder Rehab      15</p> </div> <p><b>Display Slide 15</b></p>	<p>Review the definition of these key terms used in the standard.</p> <p><b>Rehabilitation:</b></p> <p>An intervention designed to mitigate against the physical (body), physiological, and emotional (mind) stress of firefighting to sustain a member's energy, improve performance, and decrease the likelihood of on-scene injury or death.</p> <p><b>Recovery:</b></p> <p>The process of returning a member's physiological and psychological (mind) states to levels that indicate the person is able to perform additional emergency tasks, be reassigned, or released without any adverse effects.</p>
<div data-bbox="159 798 634 1066"> <p><b>Guidelines for Operation of Rehab</b></p>  <ul style="list-style-type: none"> <li>▪ <i>Your served agencies need to have Standard Operating Procedures (SOP) or Standard Operating Guidelines (SOG) in place covering responder rehabilitation.</i></li> <li>▪ <i>This needs to be practiced with all parties operating under the same plan!</i></li> <li>▪ The CERT team provides assistance to operate the responder rehabilitation following the agencies plan. Such as: <ul style="list-style-type: none"> <li>- Manpower</li> <li>- Equipment</li> <li>- Setting up / tearing down the rehab site</li> <li>- Supplies</li> </ul> </li> </ul> <p>Jan 2023      Responder Rehab      16</p> </div> <p><b>Display Slide 16</b></p>	<p>Your local CERT program /team must have Standard Operating Procedures (SOP) or Standard Operating Guidelines (SOG) in place covering responder rehabilitation.</p>
<div data-bbox="159 1161 634 1430"> <p><b>Guidelines for Operation of Rehab</b></p>  <ul style="list-style-type: none"> <li>▪ The CERT team must train with the agencies so all parties know what is expected of them</li> <li>▪ Consider a city, county or regional resource for the operation of responder rehabilitation provided by CERT team(s)</li> </ul> <p>Jan 2023      Responder Rehab      17</p> </div> <p><b>Display Slide 17</b></p>	<p>Setting up and operating a rehabilitation site must be practiced regularly so all parties know what is expected of them. Thos also ensure all needed equipment and supplies are ready.</p> <p>Depending on the size of your team and the frequency of needed a rehab site established, a regional resource may be an optimal way to provide this service.</p>

# COMMUNITY EMERGENCY RESPONSE TEAM RESPONDER REHABILITATION

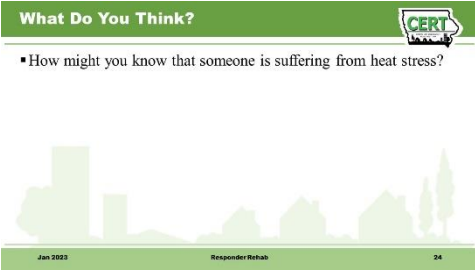
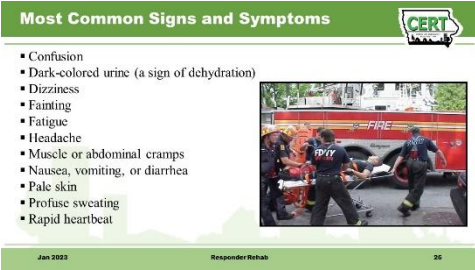
INSTRUCTOR GUIDANCE	CONTENT
<p><b>CERT Members and Rehab</b></p> <ul style="list-style-type: none"> <li>■ CERT members will provide critical service that directly affects health and safety of responders               <ul style="list-style-type: none"> <li>- Rest and recovery</li> <li>- Relief from incident, environmental conditions</li> <li>- Rehydration</li> <li>- Nourishment</li> <li>- Documentation</li> <li>- Resources</li> </ul> </li> </ul>  <p>Jan 2023      Responder Rehab      18</p> <p><b>Display Slide 18</b></p> <p>Provide details about the role CERT members will play locally in rehab.</p>	<p><b>CERT Members and Rehab</b></p> <p>Say that many fire departments may need additional help to effectively handle the rehab when responding to an incident. So they are turning to their CERTS for help.</p> <p>Explain that CERT members will provide a critical service that directly affects the health and safety of responders.</p> <ul style="list-style-type: none"> <li>• Rest and recovery</li> <li>• Relief from incident, environmental conditions</li> <li>• Rehydration</li> <li>• Nourishment</li> <li>• Documentation</li> <li>• May assist with medical monitoring</li> </ul>
<p><b>What Do You Think?</b></p> <ul style="list-style-type: none"> <li>■ What are some other situations where rehab could be necessary?</li> </ul>  <p>Jan 2023      Responder Rehab      19</p> <p><b>Display Slide 19</b></p> <p>Conduct a short discussion based on this question. Responses should include any extended and/or extreme incident scene operation, e.g., crime scene investigation, criminal standoff situations, civil unrest situations, search operations, and support for major events (sporting, parades, festivals, conventions).</p>	<p><b>What Do You Think?</b></p> <p>Tell participants that what they learn in this training can be used for other types of rehab.</p> <p>Ask participants:</p> <ul style="list-style-type: none"> <li>• What are some other situations where rehab could be necessary?</li> </ul> <p>Tell participants that, if they can do responder rehab, they can do any kind of rehab.</p>
	<p>Ask if there are any questions about what rehab is and its purpose.</p>

INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="159 262 630 531"> <div> Physiological Threats to Responders  </div> <ul style="list-style-type: none"> <li>▪ Prolonged exposure to thermal conditions <ul style="list-style-type: none"> <li>~ Heat</li> <li>~ Cold</li> </ul> </li> <li>▪ Personal Protective Equipment</li> <li>▪ Event duration</li> <li>▪ Physiological stresses</li> <li>▪ Exertion</li> </ul>  <div> Jan 2023 Responder Rehab 19 </div> </div> <p><b>Display Slide 20</b></p>	<p><b><i>Physiological Threats to Responders</i></b></p> <p>Remind participants that you spoke earlier about the stresses on a responder. Those threats include prolonged exposure to extreme thermal conditions as well as the responder's personal protective equipment (PPE).</p> <p>It's important to look at those conditions in more detail so CERT members understand what they will see in the rehab area.</p>
<div data-bbox="159 625 630 894"> <div> Heat Stress  </div> <ul style="list-style-type: none"> <li>▪ Heat cramps or muscle spasms</li> <li>▪ Heat exhaustion <ul style="list-style-type: none"> <li>~ Heavy sweating and loss of body fluids</li> <li>~ Increased blood flow to skin, decreased blood flow to vital organs</li> </ul> </li> <li>▪ Heat stroke <ul style="list-style-type: none"> <li>~ Temperature reaches over 104°F or higher</li> <li>~ Brain damage and death may result</li> </ul> </li> </ul>  <div> Jan 2023 Responder Rehab 20 </div> </div> <p><b>Display Slide 21</b></p>	<p><b>Heat Stress</b></p> <p><i>Definition</i></p> <p>Say that heat stress is a group of conditions caused by overexposure to or overexertion in excess environmental temperatures.</p> <p>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"> <li>• <u>Heat cramps</u> or muscle spasms</li> <li>• <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.</li> <li>• <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.</li> </ul>

# COMMUNITY EMERGENCY RESPONSE TEAM RESPONDER REHABILITATION

INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="159 275 631 541"> <p><b>Is Heat Stress Possible?</b></p> <p>■ Factors to consider when determining the probability of heat stress</p> <ul style="list-style-type: none"> <li>- What is the outside temperature?</li> <li>- How humid is it?</li> <li>- How windy is it?</li> <li>- Are they working in direct sunlight?</li> <li>- How close are they to the flame front?</li> <li>- Are they kneeling or crawling on hot surfaces?</li> <li>- Is this a chemical or flammable fuel fire?</li> </ul> </div> <p><b>Display Slide 22</b></p>	<p><b>Causes</b></p> <p>Say that the amount of heat exposure is affected by a number of things. Here are some questions that CERT members in a responder rehab should ask themselves:</p> <ul style="list-style-type: none"> <li>• What is the outside temperature? The hotter day will be worse.</li> <li>• How humid is it? The higher the relative humidity, the less evaporation can occur to remove heat.</li> <li>• How windy is it? Moving air transfers more heat than still air.</li> <li>• Are they working in direct sunlight? Exposure to direct sunlight will also increase apparent temperature by about 10°F.</li> <li>• How close are they to the flame front? Working inside a structure is hot work.</li> <li>• Are they kneeling or crawling on hot surfaces?</li> <li>• Is this a chemical or flammable fuel fire? Exposure is much more severe in those fires.</li> </ul>
<div data-bbox="159 1016 631 1283"> <p><b>National Weather Service Heat Index</b></p>  <p><b>Display Slide 23</b></p> </div>	<p>The NWS heat index chart serves as an essential tool in assessing the potential dangers of hot and humid weather.</p> <p>The chart is color-coded and easy to read. It features a range of temperature values along the top and humidity values down the left side. The intersection of a specific temperature and humidity value on the chart gives us the corresponding heat index value. This value is then associated with different risk levels, helping us understand the potential health risks associated with the given conditions.</p>
<div data-bbox="159 1457 631 1724"> <p><b>Water and Steam</b></p> <p>■ Water and steam transfer heat many times faster than air</p>  <p><b>Display Slide 24</b></p> </div>	<p>Point out that, in addition to the air temperature itself, water and steam transfer heat many times faster than air. This creates additional heat exposure for responders.</p>

## COMMUNITY EMERGENCY RESPONSE TEAM RESPONDER REHABILITATION


INSTRUCTOR GUIDANCE	CONTENT
<p><b>What Do You Think?</b></p> <p>▪ How might you know that someone is suffering from heat stress?</p>  <p>Jan 2023 Responder Rehab 24</p> <p><b>Display Slide 25</b></p> <p>Brainstorm a list of symptoms. This was covered in <i>CERT Basic Training</i>.</p> <p>After the discussion, refer participants to the list in the Participant Manual.</p>	<p><b>What Do You Think?</b></p> <p>Ask participants:</p> <ul style="list-style-type: none"><li>• How might you know that someone is suffering from heat stress?</li></ul>
<p><b>Most Common Signs and Symptoms</b></p> <ul style="list-style-type: none"><li>▪ Confusion</li><li>▪ Dark-colored urine (a sign of dehydration)</li><li>▪ Dizziness</li><li>▪ Fainting</li><li>▪ Fatigue</li><li>▪ Headache</li><li>▪ Muscle or abdominal cramps</li><li>▪ Nausea, vomiting, or diarrhea</li><li>▪ Pale skin</li><li>▪ Profuse sweating</li><li>▪ Rapid heartbeat</li></ul>  <p>Jan 2023 Responder Rehab 26</p> <p><b>Display Slide 26</b></p>	<p><b>Symptoms</b></p> <p>The following are symptoms of heat stress:</p> <ul style="list-style-type: none"><li>• “Beet red” face</li><li>• Heavy sweating</li><li>• Lack of perspiration</li><li>• Headache</li><li>• Muscle cramping</li><li>• Nausea or vomiting</li><li>• Altered mental state</li><li>• Shortness of breath</li><li>• Dizziness</li><li>• Extreme weakness or exhaustion</li><li>• Seizure</li></ul>



# COMMUNITY EMERGENCY RESPONSE TEAM RESPONDER REHABILITATION


INSTRUCTOR GUIDANCE	CONTENT
<p><b>Is Cold Stress Possible?</b></p> <ul style="list-style-type: none"> <li>What is the outside temperature?</li> <li>How windy is it?</li> </ul>  <p>Jan 2023 Responder Rehab 26</p> <p><b>Display Slide 27</b></p>	<p><b>Cold Stress</b></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 responder rehab should ask themselves:</p> <ul style="list-style-type: none"> <li>What is the outside temperature? The colder the temperature the greater chance of localized cold injuries.</li> <li>How windy is it? The wind increases the transfer of heat away from a person's body. It also can harm exposed skin.</li> </ul>
<p><b>National Weather Service Wind Chill</b></p>  <p>Jan 2023 Responder Rehab 27</p> <p><b>Display Slide 28</b></p>	<p>The NWS wind chill chart serves as a vital tool in assessing the potential risks of cold and windy weather. The chart is organized in a straightforward manner. It features a range of temperature values along the top and wind speed values down the left side. The intersection of a specific temperature and wind speed value on the chart gives us the corresponding wind chill value. This value is associated with different risk levels, helping us understand the potential dangers associated with specific weather conditions.</p>
<p><b>What Do You Think?</b></p> <ul style="list-style-type: none"> <li>How might you know that someone is suffering from cold stress?</li> </ul>  <p>Jan 2023 Responder Rehab 28</p> <p><b>Display Slide 29</b></p> <p>Brainstorm a list of symptoms. This was covered in <i>CERT Basic Training</i>.</p>	<p><b>What Do You Think?</b></p> <p>Ask participants:</p> <ul style="list-style-type: none"> <li>How might you know that someone is suffering from cold stress?</li> </ul>

# COMMUNITY EMERGENCY RESPONSE TEAM RESPONDER REHABILITATION

INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="159 262 633 529"> <p><b>Most Common Signs and Symptoms</b></p>  <ul style="list-style-type: none"> <li>▪ Fatigue</li> <li>▪ Confusion, poor judgment, slurred speech</li> <li>▪ Disorientation</li> <li>▪ Excessive shivering</li> <li>▪ Loss of coordination</li> <li>▪ Drowsiness</li> <li>▪ Pale skin color</li> <li>▪ Muscle stiffness</li> <li>▪ Later stages the skin turns blue</li> </ul> <p>Jan 2023 Responder Rehab 29</p> </div> <p><b>Display Slide 30</b></p> <p>After the discussion, refer participants to the list in the Participant Manual.</p>	<p><i>Symptoms</i></p> <p>The following are symptoms of cold stress:</p> <ul style="list-style-type: none"> <li>• Altered mental status/confusion</li> <li>• Extreme weakness/exhaustion</li> <li>• Headache</li> <li>• Numbness</li> <li>• Waxy, pale skin</li> <li>• Muscle rigidity</li> </ul>
<p>Review the three other conditions with participants. Discuss any questions.</p>	<p><b>Three Other Conditions</b></p> <p>Say that three other conditions have been mentioned that CERT members need to be alert for. These are:</p> <ul style="list-style-type: none"> <li>• Dehydration</li> <li>• Altered mental state</li> <li>• Cardiac event</li> <li>• <i>Signs of Dehydration</i></li> <li>• Explain that, other than expressions of thirst, signs of dehydration include low urine volume, urine with a strong odor, and urine of a dark color.</li> <li>• <i>Signs of Altered Mental State</i></li> <li>• Confusion</li> <li>• Disorientation (to self, time, place)</li> <li>• Loss of alertness</li> <li>• Poor judgment</li> <li>• Erratic thought process</li> <li>• Disruptions in perception and behavior</li> </ul>






## COMMUNITY EMERGENCY RESPONSE TEAM RESPONDER REHABILITATION





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

INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="159 262 630 529"> <p><b>The Incident Scene</b></p>  </div> <p><b>Display Slide 31</b></p> <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> <div data-bbox="159 835 237 909">  </div> <p>Expect many questions from participants. Limit the discussion to 5 minutes.</p>	<p><b><i>The Incident Scene</i></b></p> <p>Ask:</p> <ul style="list-style-type: none"> <li>• How many of you have ever been on the scene of a fire?</li> <li>• Say that you want to help people who are unfamiliar with a fire scene understand what it is like.</li> <li>• Explain that, regardless of the scene, firefighting follows the same protocols: <ul style="list-style-type: none"> <li>○ Provide fire support (truck work/ladder)</li> <li>○ Rescue</li> <li>○ Salvage</li> <li>○ Overhaul</li> <li>○ Ventilation</li> <li>○ Extinguish the fire (engine work/water)</li> <li>○ Ask if there are any questions about the incident scene.</li> </ul> </li> </ul>
<div data-bbox="159 1064 630 1331"> <p><b>Incident Factors</b></p> <ul style="list-style-type: none"> <li>▪ Type and extent of incident</li> <li>▪ Length of time to fight fire or any other strenuous activity</li> <li>▪ Environmental elements</li> <li>▪ Emotional / psychological effects due to incident</li> </ul>  </div> <p><b>Display Slide 32</b></p>	<p>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 style="list-style-type: none"> <li>• Type and extent of incident</li> <li>• Single-family residence</li> <li>• Commercial</li> <li>• High-rise</li> <li>• Wildland</li> <li>• Hazmat</li> <li>• Length of time to fight fire</li> <li>• Depends on the extent of the fire</li> <li>• Environmental elements</li> <li>• Climatic conditions</li> </ul>


## COMMUNITY EMERGENCY RESPONSE TEAM RESPONDER REHABILITATION

INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="159 275 631 541"> <div> Rehabilitation Establishment  </div> <ul style="list-style-type: none"> <li>Formal Rehabilitation should be established on all incidents in which one or more of the following are present: <ul style="list-style-type: none"> <li>Operational period greater than forty-five (45) minutes.</li> <li>Greater than twenty (20) Operational Personnel on scene.</li> <li>Any incident in which an area (sector) has been determined Immediately Dangerous to Life and Health (IDLH).</li> <li>At the discretion of the Incident Commander or commanding officer.</li> </ul> </li> </ul> <div> Jan 2023 Responder Rehab 32 </div> </div> <p><b>Display Slide 33</b></p>	<p>NFPA 1584 states formal rehabilitation should be established on all incidents in which one or more of the following are present:</p> <ul style="list-style-type: none"> <li>Operational period greater than forty-five (45) minutes.</li> <li>Greater than twenty (20) Operational Personnel on scene.</li> <li>Any incident in which an area (sector) has been determined Immediately Dangerous to Life and Health (IDLH).</li> <li>At the discretion of the Incident Commander or commanding officer.</li> </ul>
<div data-bbox="159 768 631 1035"> <div> NFPA 1584 Guideline #1  </div> <ul style="list-style-type: none"> <li>The company or crew must self-rehab (rest with hydration) for at least 10 minutes following: <ul style="list-style-type: none"> <li>Depletion of one 30-minute SCBA cylinder</li> <li>Or after 20 minutes of intense work without wearing an SCBA</li> </ul> </li> <li>Company Officer (CO) or crew leader must ensure that all members are fit to return to duty before resuming operations</li> </ul> <div> Jan 2023 Responder Rehab 33 </div> </div> <p><b>Display Slide 34</b></p>	<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>
<div data-bbox="159 1129 631 1396"> <div> NFPA 1584 Guideline #2  </div> <ul style="list-style-type: none"> <li>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"> <li>Depletion of two 30-minute SCBA cylinders</li> <li>Depletion of one 45- or 60-minute SCBA cylinder</li> <li>Whenever encapsulating chemical protective clothing is worn</li> <li>Following 40 minutes of intense work without SCBA</li> </ul> </li> </ul> <div> Jan 2023 Responder Rehab 34 </div> </div> <p><b>Display Slide 35</b></p>	<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"> <li>Depletion of two 30-minute SCBA cylinders</li> <li>Depletion of one 45- or 60-minute SCBA cylinder</li> <li>Whenever encapsulating chemical protective clothing is worn</li> <li>Following 40 minutes of intense work without an SCBA</li> </ul>



# COMMUNITY EMERGENCY RESPONSE TEAM RESPONDER REHABILITATION

INSTRUCTOR GUIDANCE	CONTENT
<p><b>Variation on Guidelines 1-2</b></p>  <ul style="list-style-type: none"> <li>▪ 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"> <li>~ Still must be medically evaluated and drink fluids</li> <li>~ However, rest period may be lowered to only 10 minutes, if they are fit to return to duty</li> </ul> </li> </ul>  <p>Jan 2023 Responder Rehab 36</p> <p><b>Display Slide 36</b></p>	<p><b>Variation</b></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"> <li>• They still must be medically evaluated and drink fluids.</li> <li>• 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.</li> </ul> <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>
<p><b>The Rehab Area</b></p>  <ul style="list-style-type: none"> <li>▪ Location</li> <li>▪ Facilities</li> <li>▪ Equipment and Supplies</li> <li>▪ Setup</li> </ul>  <p>Jan 2023 Responder Rehab 36</p> <p><b>Display Slide 37</b></p> <p>This section is generic. Make this section consistent with local policy.</p>	<p><b>The Rehab Area</b></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"> <li>• Location</li> <li>• Facilities</li> <li>• Equipment and Supplies</li> <li>• Setup</li> </ul>
<p>Explain the protocol in your local area.</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>


## COMMUNITY EMERGENCY RESPONSE TEAM RESPONDER REHABILITATION

INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="159 275 618 533"> <p><b>Standard for Location of Rehab</b></p>  <ul style="list-style-type: none"> <li>• Be away from smoke or other irritant and provide comfortable breathing conditions removed from the hazards of the incident scene including smoke, vehicle exhaust, and excess noise.</li> <li>• Be completely segregated from media and spectators.</li> <li>• Provide protection from weather extremes (direct sun, rain, etc).</li> <li>• Be accessible to emergency medical transport vehicles.</li> <li>• Be of a size large enough to facilitate the expected number of personnel - including members working in the rehab area.</li> <li>• Have a separate area for doffing and storing PPE, and replacing air bottles.</li> <li>• Have an adequate supply of drinking water, sports drinks for electrolyte replacement and food for calorie replacement - especially during incidents longer than three hours.</li> </ul> <p><small>Jan 2023      Responder Rehab      37</small></p> </div> <p><b>Display Slide 38</b></p>	<p><b>Location</b></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"> <li>• It must be approved by the IC.</li> <li>• It must protect from the elements. <ul style="list-style-type: none"> <li>○ For hot environments, it must include shade and/or air conditioning and a place to sit.</li> <li>○ For cold or wet environments, it must provide dry protected areas out of the wind, heated areas, and a place to sit.</li> </ul> </li> <li>• It must provide refuge from the incident.</li> <li>• It must be a sufficient distance from the effects of the operation that responders can safely remove their PPE and can be afforded physical and mental rest.</li> <li>• It must provide protection from the prevailing environmental conditions. <ul style="list-style-type: none"> <li>○ Free from exhaust fumes, smoke, and toxins</li> </ul> </li> <li>• It must be large enough to accommodate multiple crews and rehabilitation personnel. <ul style="list-style-type: none"> <li>○ Rehabilitation personnel include Emergency Medical Services (EMS) and CERT members.</li> </ul> </li> <li>• It must be located near or with EMS. <ul style="list-style-type: none"> <li>○ There will be medical monitoring at the rehab area.</li> <li>○ There must be easy access to medical treatment and transport if necessary.</li> </ul> </li> </ul>


# COMMUNITY EMERGENCY RESPONSE TEAM RESPONDER REHABILITATION

INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="159 262 618 520"> <p><b>Multiple Locations</b></p> <ul style="list-style-type: none"> <li>▪ If location becomes inundated with smoke <ul style="list-style-type: none"> <li>▫ IC alerted and location changed</li> </ul> </li> <li>▪ If need more than one location <ul style="list-style-type: none"> <li>▫ Incident is big</li> <li>▫ There are barriers to accessing rehab area</li> </ul> </li> <li>▪ Naming convention <ul style="list-style-type: none"> <li>▫ Standard should be established in SOP / SOG</li> <li>▫ Direction from incident is a commonly used method</li> </ul> </li> </ul>  <p>Jan 2023      Responder Rehab      38</p> </div> <p><b>Display Slide 39</b></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> <ul style="list-style-type: none"> <li>• Tell participants there may be a need for more than one location:</li> <li>• If the incident is big</li> <li>• If there are barriers that keep responders from getting to the rehab area</li> </ul> <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="159 779 618 1037"> <p><b>Facilities</b></p>  <p>Jan 2023      Responder Rehab      39</p> </div> <p><b>Display Slide 40</b></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><b>Facilities</b></p> <p>Ask participants:</p> <ul style="list-style-type: none"> <li>• What facility/structure would be good for a rehab area?</li> <li>• <i>Options for Rehab Facilities</i></li> <li>• Preexisting structures (lobby, building, garage)</li> <li>• Tent or awning</li> <li>• Tarps</li> <li>• Large tree or overhang</li> <li>• School or municipal bus, or any enclosed vehicle</li> </ul> <p>Remind participants that the facility must meet the requirements discussed earlier (see Location).</p>

## COMMUNITY EMERGENCY RESPONSE TEAM RESPONDER REHABILITATION

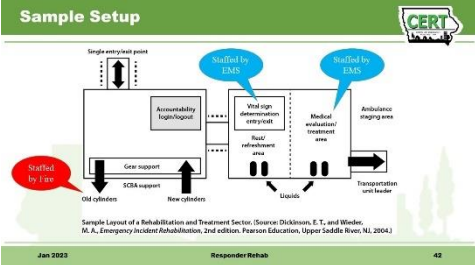

INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="159 275 634 543"><p>Equipment and Supplies</p><p>Jan 2023 Responder Rehab 46</p></div> <p><b>Display Slide 41</b></p> <p><b>PM. P. 14</b></p> <p>Add any local policy/guidance. Be sure to identify equipment and supplies that are or will be supplied by the local fire department.</p>	<p><b>Equipment and Supplies</b></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"><li>• Cover<ul style="list-style-type: none"><li>○ Awnings or tents</li><li>○ Tarps</li></ul></li><li>• Seating<ul style="list-style-type: none"><li>○ Folding chairs</li><li>○ Benches with a back</li></ul></li><li>• Cooling and heating<ul style="list-style-type: none"><li>○ Buckets and freezers for ice and water</li><li>○ Fans or misting machines</li><li>○ Forearm immersion equipment</li><li>○ Portable heaters</li></ul></li><li>• Blankets and towels</li><li>• Washing equipment<ul style="list-style-type: none"><li>○ Basins</li><li>○ Soap</li><li>○ Water</li><li>○ Towels</li><li>○ Hand sanitizer</li></ul></li></ul>

# COMMUNITY EMERGENCY RESPONSE TEAM RESPONDER REHABILITATION

INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="159 262 633 529"> <p><b>Supplies Needed for Rehabilitation</b></p>  <ul style="list-style-type: none"> <li>• Equipment bags</li> <li>• Tarps or flags to designate rehabilitation area</li> <li>• Clipboards, pens and post-it notes</li> <li>• Phone book/staff phone numbers</li> <li>• Rehabilitation notebook with baseline vitals</li> <li>• A watch with a second hand</li> <li>• Hand held radio</li> <li>• Sports drinks</li> <li>• Water without ice (if cold use hot beverages)</li> <li>• Scissors</li> <li>• Flashlight</li> <li>• Hand sanitizer</li> <li>• Towels</li> <li>• Ice packs/warm packs</li> <li>• Food, if prolonged scene time</li> <li>• Disposable drinking cups</li> <li>• Garbage bags</li> <li>• Ice chest with ice if possible</li> <li>• Pop up awning / sun shade</li> <li>• EMS Equipment, may be brought to site by EMS or part of Rehab equipment stash. Used by trained personnel only. <ul style="list-style-type: none"> <li>- Oxygen and airway adjuncts</li> <li>- Tympanic thermometer</li> <li>- Blood pressure cuff and stethoscope</li> <li>- Pulse OX</li> </ul> </li> </ul> <p>Jan 2023      Responder Rehab      41</p> </div> <p><b>Display Slide 42</b></p>	<ul style="list-style-type: none"> <li>• Other <ul style="list-style-type: none"> <li>○ Flood lights</li> <li>○ Clipboards, forms, writing implements</li> <li>○ Cups (hot and cold)</li> <li>○ Beverage serving equipment</li> <li>○ Paper towels</li> <li>○ Electrical generating equipment</li> <li>○ Large clock</li> <li>○ Traffic cones, signs, fireline tape</li> <li>○ Sanitary facilities</li> <li>○ Trash receptacles</li> <li>○ Dry gloves, socks, and sweatshirts</li> </ul> </li> <li>• Food <ul style="list-style-type: none"> <li>○ Nutritious food that is calorie dense or contains a mix of carbohydrate and protein</li> <li>○ Examples: power bars, protein bars, meal replacement bars, granola bars, trail mix, frozen peanut butter and jelly sandwiches, hot soup (in cold weather)</li> </ul> </li> <li>• Beverages <ul style="list-style-type: none"> <li>○ Water</li> <li>○ Sports drinks (for electrolyte replacement)</li> <li>○ Hot fluids in cold weather (coffee, tea, hot chocolate, hot lemonade, hot cider)</li> <li>○ Fluids at a range of temperatures (room temperature, cold, iced)</li> </ul> </li> <li>• The following food and beverages should not be provided: <ul style="list-style-type: none"> <li>○ Caffeinated and carbonated beverages</li> <li>○ Simple sugars (candy, baked goods) (absorbed too quickly)</li> <li>○ Complex carbohydrates (raw fruit, vegetables, whole grains, beans) (take too long to digest)</li> <li>○ Tobacco</li> </ul> </li> </ul>

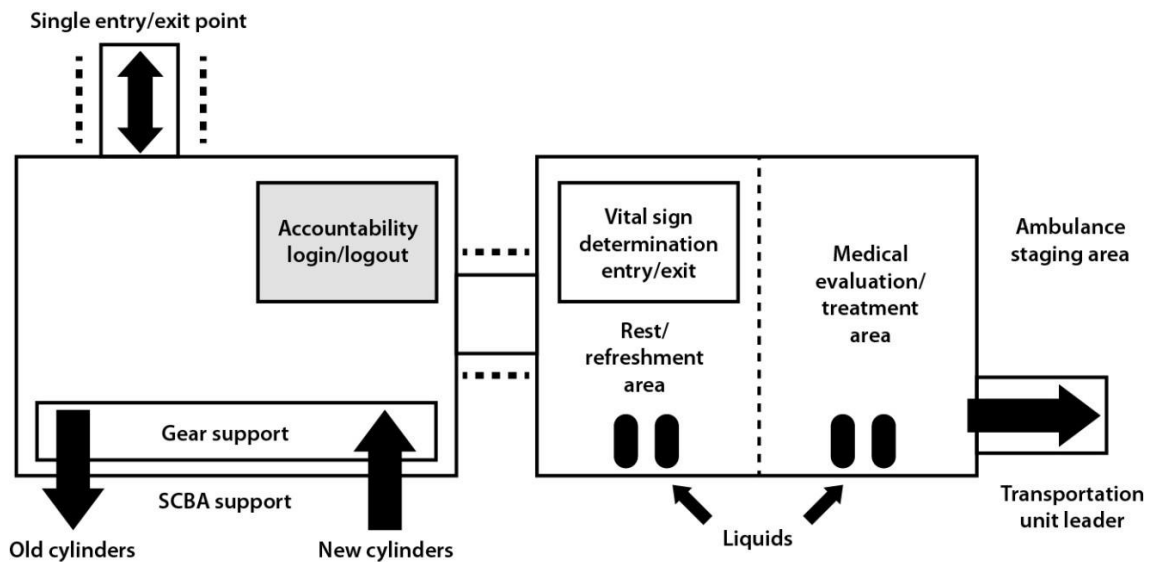


# COMMUNITY EMERGENCY RESPONSE TEAM RESPONDER REHABILITATION




INSTRUCTOR GUIDANCE	CONTENT
<p><b>Sample Setup</b></p>  <p><b>Display Slide 43</b></p> <p><b>PM, P.16</b></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><b>Sample Setup</b></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"> <li>• There should be a single point of entry to and exit from the rehab area.</li> </ul> <p><i>Accountability login/logout</i></p> <ul style="list-style-type: none"> <li>• Responders will be checked in and out.</li> <li>• <i>Gear storage area and hand washing area</i></li> <li>• Responders must remove soiled gear and wash or sanitize hands before entering the rest and refreshment area.</li> <li>• Responders may need some assistance removing gear.</li> </ul> <p><i>Vital sign determination entry/exit</i></p> <ul style="list-style-type: none"> <li>• All responders are evaluated as they enter the rehab area and before they leave the rehab area.</li> </ul> <p><i>Rest/recovery area</i></p> <ul style="list-style-type: none"> <li>• Food and beverages are provided.</li> <li>• There is a place for responders to sit.</li> <li>• Cooling and heating are provided as needed.</li> </ul> <p><i>Medical evaluation/treatment area and ambulance staging area</i></p> <ul style="list-style-type: none"> <li>• Self-explanatory</li> </ul>
	<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



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><b>Wildland Fires</b></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>
<div data-bbox="178 478 649 741"> <p><b>Activity</b></p> <ul style="list-style-type: none"> <li>Establishing a Rehab Area</li> <li>25 minutes:</li> <li>As a group, consider four scenarios</li> <li>Discuss responses to questions about scenarios</li> </ul>   <p>Jan 2023      Responder Rehab      44</p> </div> <p><b>Display Slide 44</b></p> <p><b>PM, P.18</b></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><b>NOTE:</b> 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><b>Activity: Establishing a Rehab Area</b></p> <p><b>Purpose:</b> 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><b>Time:</b> 25 minutes</p> <p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. Refer participants to the worksheet in the Participant Manual.</li> <li>2. 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.</li> </ol> <p><b>Debrief:</b></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?


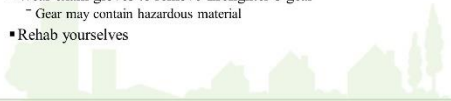

- *Access to fireground*
- *Protection from snow/sleet and from cold*
- *Accessible to EMS*
- *Far enough to be away from smoke*
- *Large enough for several crews*
- *May need several rehab areas, depending on how fire can be accessed*

What kind of facility might be available?

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

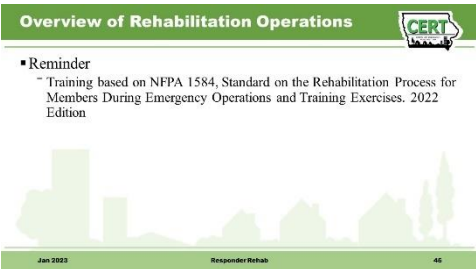
What supplies will you need?

- *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="159 304 630 569"> <p><b>Rehabilitation Operations</b></p> <ul style="list-style-type: none"> <li>Review of training up to this point <ul style="list-style-type: none"> <li>Why responders need rehab</li> <li>What rehab area looks like</li> </ul> </li> <li>Final section <ul style="list-style-type: none"> <li>What happens in each part of rehab area</li> <li>CERT members' roles</li> </ul> </li> </ul>  <p>Jan 2023      Responder Rehab      43</p> </div> <p><b>Display Slide 45</b></p>	<p><b><i>The Rehab Process</i></b></p> <p>Tell participants that they now have some background on rehab, including:</p> <ul style="list-style-type: none"> <li>Why responders need rehab</li> <li>What the rehab area looks like</li> </ul> <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>
<div data-bbox="159 646 630 911"> <p><b>CERT Safety</b></p> <ul style="list-style-type: none"> <li>PPE <ul style="list-style-type: none"> <li>Reflective vests and gloves</li> <li>Hard hats not needed, but keep nearby</li> </ul> </li> <li>Avoid smoke; may contain chemicals</li> <li>Wear exam gloves to remove firefighter's gear <ul style="list-style-type: none"> <li>Gear may contain hazardous material</li> </ul> </li> <li>Rehab yourselves</li> </ul>  <p>Jan 2023      Responder Rehab      44</p> </div> <p><b>Display Slide 46</b></p>	<p><b>CERT Safety</b></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> <p>PPE</p> <ul style="list-style-type: none"> <li>Wear reflective vests and gloves.</li> <li>Hard hats are not needed in the rehab area, but keep them nearby in case of flying debris.</li> <li>Avoid smoke as it may contain hazardous chemicals.</li> <li>Wear exam gloves to remove a responder's gear.</li> <li>The gear may contain hazardous material.</li> </ul> <p>Rehab for CERT members</p> <ul style="list-style-type: none"> <li>Team members may be working long hours.</li> <li>Take breaks and replenish food and water.</li> </ul>
	<p>Ask if there are any questions about CERT safety.</p>

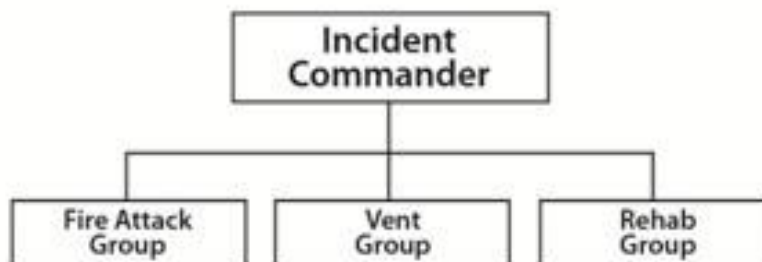
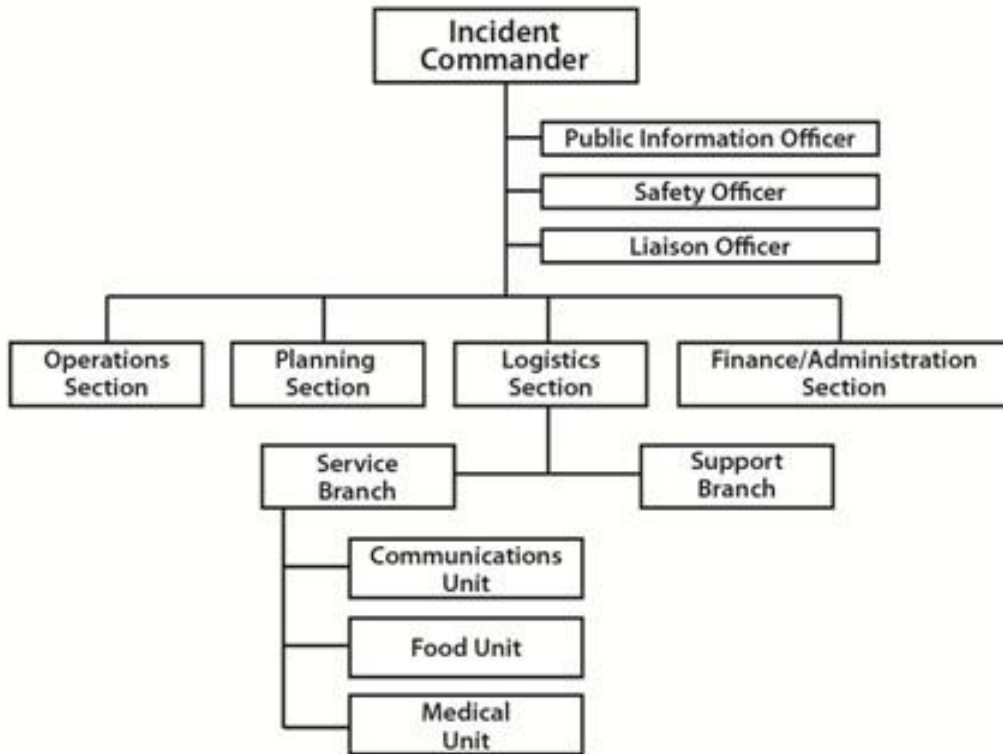


## COMMUNITY EMERGENCY RESPONSE TEAM RESPONDER REHABILITATION

INSTRUCTOR GUIDANCE	CONTENT
<p><b>Overview of Rehabilitation Operations</b></p>  <p>■ Reminder ~ Training based on NFPA 1584, Standard on the Rehabilitation Process for Members During Emergency Operations and Training Exercises, 2022 Edition</p> <p><b>Display Slide 47</b></p> <p><b>PM, P. 23</b></p> <p>Explain local policy and procedures if they differ from this.</p>	<p><b>Overview of Rehab Operations</b></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, 2022 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. 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 RESPONDER REHABILITATION






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INSTRUCTOR GUIDANCE	CONTENT
<p><b>PM, P. 24</b></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>

<b>PM, P. 24</b>	<b>Putting It All Together (Order of Rehab Operations)</b>
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1. CERT members are mobilized for responder 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 responders 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 responder is distressed:
  - a. CERT members alert rehab leader immediately.
  - b. The responder is moved to the medical area.
11. Responders ready to go back to active duty are signed out by CERT members and leave through the rehab exit area.

# COMMUNITY EMERGENCY RESPONSE TEAM RESPONDER REHABILITATION

INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="175 310 451 331"><b>1. CERT Members are Mobilized</b></div> <div data-bbox="553 310 613 352"></div> <ul style="list-style-type: none"><li>▪ CERT never self-deploys</li><li>▪ CERT will be notified by Incident Command through local protocol when it is needed for responder rehab</li></ul> <div data-bbox="431 411 618 537"></div> <div data-bbox="175 554 597 569"><p>Jan 2023 Responder Rehab 46</p></div> <p><b>Display Slide 48</b></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><b>1. CERT members are mobilized</b></p> <p>Emphasize that responder 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 responder rehab.</p>
<div data-bbox="175 825 451 846"><b>2. CERT Members Arrive in PPE</b></div> <div data-bbox="553 825 613 867"></div> <ul style="list-style-type: none"><li>▪ Report to Incident Command Post</li></ul> <div data-bbox="386 896 618 1052"></div> <div data-bbox="175 1068 597 1083"><p>Jan 2023 Responder Rehab 47</p></div> <p><b>Display Slide 49</b></p>	<p><b>2. CERT members arrive in PPE</b></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>
<div data-bbox="175 1167 386 1188"><b>3. Rehabilitation Leader</b></div> <div data-bbox="553 1167 613 1209"></div> <ul style="list-style-type: none"><li>▪ Leader needs credibility with responders</li><li>▪ Be assigned based on local SOP / SOG</li><li>▪ Responsibilities<ul style="list-style-type: none"><li>▫ Safety of rehab team</li><li>▫ Setup, operations, and stand down</li><li>▫ Notifying EMS when firefighter needs additional assistance</li><li>▫ Handling logistics; ensuring sufficient supplies</li><li>▫ Having plan for replenishing water and supplies</li></ul></li></ul> <div data-bbox="175 1413 597 1428"><p>Jan 2023 Responder Rehab 48</p></div>	<p><b>3. IC chooses a rehab leader</b></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> <p>Ideally, a responder will be in charge of the rehab area, as responders 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.</p>
<p><b>Display Slide 50</b></p>	<p><i>Rehab Leader Responsibilities</i></p> <ul style="list-style-type: none"><li>• Responsible for the safety of the rehab team</li><li>• Responsible for setup, operations, and stand down</li><li>• Notifies EMS when a responder needs additional assistance</li><li>• Handles logistics and ensures that there are sufficient supplies</li><li>• Has a plan in place for replenishing water and supplies</li></ul>



## COMMUNITY EMERGENCY RESPONSE TEAM RESPONDER REHABILITATION

INSTRUCTOR GUIDANCE	CONTENT
<div><div>Rehabilitation Team Accountability</div><div><ul style="list-style-type: none"><li>▪ Accountability is key component of NFPA 1584 standard operating guideline</li><li>▪ Accountability system for rehab team<ul style="list-style-type: none"><li>- Rehab leader knows who to report to</li><li>- Names of all team members are recorded</li><li>- Rehab leader briefs team members on roles and tasks</li><li>- All documentation is returned to rehab leader at end of operation</li></ul></li></ul></div></div> <div>Jan 2023Responder Rehab49</div> <div>Display Slide 51</div>	<div>Rehab Team Accountability</div> <div>Say that accountability is a key component of the NFPA 1584 standard operating guideline. There must be an accountability system for the rehab team.</div> <div><ul style="list-style-type: none"><li>• The rehab leader knows who to report to.</li><li>• The names of all team members are recorded.</li><li>• The rehab leader briefs team members on their roles and tasks.</li><li>• All documentation is returned to the rehab leader at the end of the operation.</li></ul></div>
<div><div>4. Rehabilitation Location Chosen</div><div><ul style="list-style-type: none"><li>▪ Protects from the elements (hot and cold)</li><li>▪ Provides refuge from the incident</li><li>▪ Provides protection from environmental conditions (exhaust, smoke, toxins)</li><li>▪ Is large enough to accommodate multiple crews and rehabilitation personnel</li><li>▪ Is located near or with EMS</li><li>▪ Is approved by IC</li></ul></div></div> <div>Jan 2023Responder Rehab50</div> <div>Display Slide 52</div> <div>This is a review question. Responses should include:</div> <div><ul style="list-style-type: none"><li>• Protects from the elements (hot and cold)</li><li>• Provides refuge from the incident</li><li>• Provides protection from the prevailing environmental conditions (exhaust, smoke, toxins)</li><li>• Is large enough to accommodate multiple crews and rehabilitation personnel</li><li>• Is located near or with EMS</li><li>• Is approved by IC</li></ul></div>	<div>4. Rehab location chosen</div> <div>Say that the requirements for the rehab area have already been covered.</div> <div>Ask:</div> <div><ul style="list-style-type: none"><li>• What characteristics are required for a rehab location?</li></ul></div>

# COMMUNITY EMERGENCY RESPONSE TEAM RESPONDER REHABILITATION

INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="175 281 427 304" data-label="Section-Header"> <h2>5. Set up Rehabilitation Area</h2> </div> <div data-bbox="550 281 618 323" data-label="Image"> </div> <div data-bbox="168 323 427 369" data-label="List-Group"> <ul style="list-style-type: none"> <li>▪ What separate areas are needed?</li> <li>▪ What are the critical supplies to have?</li> </ul> </div> <div data-bbox="422 371 612 508" data-label="Image"> </div> <div data-bbox="190 525 225 537" data-label="Text"> <p>Jan 2023</p> </div> <div data-bbox="362 525 423 537" data-label="Text"> <p>Responder Rehab</p> </div> <div data-bbox="583 525 596 537" data-label="Text"> <p>51</p> </div> <div data-bbox="151 562 402 600" data-label="Section-Header"> <h3>Display Slide 53</h3> </div> <div data-bbox="151 617 633 783" data-label="Text"> <p>Use these questions to conduct a group discussion. There will probably be some differences of opinion of what is critical.</p> </div> <div data-bbox="157 802 628 1220" data-label="List-Group"> <ol style="list-style-type: none"> <li>1. At a minimum, there should be an entry/exit point and separate areas for removing gear and food/drink/monitoring.</li> <li>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.</li> </ol> </div>	<div data-bbox="646 254 969 291" data-label="Section-Header"> <h2>5. Set up rehab area</h2> </div> <div data-bbox="646 300 1435 373" data-label="Text"> <p>Say that the rehab area is set up with supplies that are already available.</p> </div> <div data-bbox="646 382 1455 453" data-label="Text"> <p>Remind participants that the list of needed supplies was discussed earlier.</p> </div> <div data-bbox="646 464 719 495" data-label="Text"> <p>Ask:</p> </div> <div data-bbox="646 506 1451 651" data-label="List-Group"> <ul style="list-style-type: none"> <li>• Based on what you know so far, what separate areas are needed?</li> <li>• Based on what you know so far, what are the critical supplies to have?</li> </ul> </div>
<div data-bbox="168 1253 367 1276" data-label="Section-Header"> <h2>6. Responders Sign In</h2> </div> <div data-bbox="550 1253 618 1295" data-label="Image"> </div> <div data-bbox="168 1295 615 1371" data-label="List-Group"> <ul style="list-style-type: none"> <li>▪ Establish clear directions to point of entry</li> <li>▪ All responders must sign in             <ul style="list-style-type: none"> <li>~ Names and arrival times are recorded on Rehab Area Check-In/Check-Out Sheet</li> </ul> </li> </ul> </div> <div data-bbox="168 1390 618 1491" data-label="Image"> </div> <div data-bbox="190 1497 225 1509" data-label="Text"> <p>Jan 2023</p> </div> <div data-bbox="362 1497 423 1509" data-label="Text"> <p>Responder Rehab</p> </div> <div data-bbox="583 1497 596 1509" data-label="Text"> <p>52</p> </div> <div data-bbox="151 1530 402 1572" data-label="Section-Header"> <h3>Display Slide 54</h3> </div> <div data-bbox="151 1587 302 1625" data-label="Text"> <p>PM, P. 27</p> </div> <div data-bbox="151 1642 568 1753" data-label="Text"> <p>Substitute local procedure if difference from this and local form if available.</p> </div>	<div data-bbox="646 1226 995 1264" data-label="Section-Header"> <h2>6. Responders sign in</h2> </div> <div data-bbox="646 1270 1414 1381" data-label="Text"> <p>Explain that CERT members may need to establish a way or a person to direct responders to the correct entry point where they will need to sign in.</p> </div> <div data-bbox="646 1390 1305 1461" data-label="Text"> <p>Just as with the rehab team, there must be an accountability system for the responders.</p> </div> <div data-bbox="646 1470 1476 1614" data-label="List-Group"> <ul style="list-style-type: none"> <li>• Responders check in as they arrive at the rehab area.</li> <li>• The names of the responders and their arrival times are recorded on an official rehab check-in and check-out sheet.</li> </ul> </div> <div data-bbox="646 1621 1409 1734" data-label="Text"> <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> </div>

# COMMUNITY EMERGENCY RESPONSE TEAM RESPONDER REHABILITATION

INSTRUCTOR GUIDANCE	CONTENT
<p><b>Rehabilitation Sign In Sheet</b></p>  <ul style="list-style-type: none"> <li>Develop and use pre-planned forms for your area to ensure continuity</li> <li>Minimum information to capture <ul style="list-style-type: none"> <li>Name</li> <li>Time in / Time Out</li> <li>Vital Signs Obtained <ul style="list-style-type: none"> <li>Time taken</li> <li>Temperature</li> <li>Heart rate</li> <li>Respiratory rate</li> <li>Blood pressure</li> <li>Pulse oximetry</li> </ul> </li> </ul> </li> </ul> <p><i>Make sure EMS, responding departments and your CERT team has copies for your records</i></p> <p><i>If a person refuses rehabilitation services, capture this on the log</i></p> <p><b>REMEMBER! If it is not written down, it did not happen</b></p> <p>Jan 2023      Responder Rehab      53</p> <p><b>Display Slide 55</b></p>	<p>The sign-in sheet serves as a vital documentation tool during emergency operations and training exercises to track the presence and accountability of personnel.</p> <p>The sign-in sheet is an essential administrative tool that ensures personnel accountability, records attendance, provides contact information, facilitates documentation and reporting, and helps address legal and liability considerations.</p> <p>Ensure copies are available for your, the members agency and EMS.</p> <p>➤ <b>REMEMBER! If it is not written down, it did not happen</b></p>
<p><b>Rehabilitation Tracking Tag</b></p>  <ul style="list-style-type: none"> <li>An option to a sign in sheet a Rehab tag may be used</li> <li>Prompts ensures accurate accountability and documentation that travels with the responder</li> </ul> <p>Keep track: <a href="https://www.pennsylvania.gov/transportation-and-infrastructure/154">https://www.pennsylvania.gov/transportation-and-infrastructure/154</a></p> <p>Jan 2023      Responder Rehab      54</p> <p><b>Display Slide 56</b></p>	<p>Similar to tags used for triage, a rehab tag typically consists of a durable, color-coded card or tag that can be easily attached to a person's clothing or gear. The tag carries essential information related to the individual's well-being and rehab status.</p>







# Rehab Area Check-In/Check-Out Sheet



### Crews operating on the scene:

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[illegible]

INSTRUCTOR GUIDANCE	CONTENT
<p><b>7. Gear is Removed; Water is Offered</b> </p> <ul style="list-style-type: none"> <li>▪ Offer water immediately</li> <li>▪ Provide help with removing gear <ul style="list-style-type: none"> <li>– Firefighters should “dress down” by removing bunker coats, helmets, and hoods, and by opening bunker pants to promote cooling</li> </ul> </li> <li>▪ Direct responders to wash or sanitize hands and face before moving into rest and recovery area</li> <li>▪ Consider providing water in operations areas if safe to do so</li> </ul> <p><small>Jan 2023      Responder Rehab      55</small></p> <p><b>Display Slide 57</b></p>	<p><b>7. Gear is removed; water is provided</b></p> <p>Say that water should be offered immediately.</p> <p>Say that as soon as the responder checks in, he or she removes his or her gear, including the empty SCBA cylinder.</p> <ul style="list-style-type: none"> <li>• Responders should “dress down” by removing their bunker coats, helmets, and hoods, and by opening their bunker pants to promote cooling.</li> <li>• CERT members may need to help with gear removal, making sure to wear gloves.</li> </ul> <p>Tell participants that responders 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><b>8. EMS Provides Medical Assessment</b> </p> <ul style="list-style-type: none"> <li>▪ As responders enter rest and recovery area, EMS personnel will check vitals (heart rate, blood pressure, respiration, and pulse)</li> <li>▪ CERT member may be asked to assist by recording vitals</li> </ul>  <p><small>Jan 2023      Responder Rehab      56</small></p> <p><b>Display Slide 58</b></p> <p><b>PM, P. 29</b></p> <p>Substitute local procedure if different from this and local form that CERT members would use to assist in EMS assessment.</p>	<p><b>8. EMS provides medical assessment</b></p> <p>Explain that, as the responder 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. 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>
<p><b>Vital Signs to be Obtained</b> </p> <ul style="list-style-type: none"> <li>▪ Vitals taken by EMS</li> <li>▪ NFPA 1584 also includes specific guidelines for which vital signs should be recorded at an incident shown below <ul style="list-style-type: none"> <li>– Temperature</li> <li>– Heart Rate</li> <li>– Respiratory Rate</li> <li>– Blood Pressure</li> <li>– Pulse Oximetry</li> </ul> </li> <li>▪ The standard also lists thresholds when EMS needs to be alerted</li> <li>▪ CERT may be used as scribe to assist with recording information</li> </ul> <p><small>Jan 2023      Responder Rehab      57</small></p> <p><b>Display Slide 59</b></p>	<p>Vitals taken by EMS, even if you have the training, when you have your CERT hat on, you follow CERT training only.</p> <p>NFPA 1584 includes specific guidelines for which vital signs should be recorded at an incident.</p> <ul style="list-style-type: none"> <li>• Temperature</li> <li>• Heart Rate</li> <li>• Respiratory Rate</li> <li>• Blood Pressure</li> <li>• Pulse Oximetry</li> </ul>

## COMMUNITY EMERGENCY RESPONSE TEAM RESPONDER REHABILITATION

INSTRUCTOR GUIDANCE	CONTENT
<p><b>What Do You Think?</b></p>  <p>▪ What are some other situations where rehab could be necessary?</p>  <p>Jan 2023      Responder Rehab      68</p> <p><b>Display Slide 60</b></p>	<p>Discuss various local events and other situation where setting up a rehabilitation area would be beneficial.</p>






## **Incident Rehab - Individual Rehabilitation Report**

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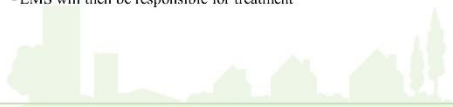

# COMMUNITY EMERGENCY RESPONSE TEAM RESPONDER REHABILITATION

INSTRUCTOR GUIDANCE	CONTENT
<p><b>9. Rest and Recovery Activities</b></p> <ul style="list-style-type: none"> <li>▪ Responders need to rest in rehab area for at least 10-20 minutes</li> <li>▪ They should sit, if at all possible</li> <li>▪ Three CERT tasks:             <ol style="list-style-type: none"> <li>1. Offer beverages and nutrition</li> <li>2. Provide cooling and warming as appropriate</li> <li>3. Monitor for signs of distress</li> </ol> </li> </ul> <p><b>Display Slide 61</b></p>	<p><b>9. Rest and recovery activities</b></p> <p>Explain that responders 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 responders can sit.</p> <p>Say that CERT members have three tasks in the rest and recovery area:</p> <ol style="list-style-type: none"> <li>1. Offer beverages and nutrition.</li> <li>2. Provide cooling and warming as appropriate.</li> <li>3. Monitor for signs of distress.</li> </ol>
<p><b>Offer Beverages and Nutrition</b></p> <ul style="list-style-type: none"> <li>▪ Rehydration             <ul style="list-style-type: none"> <li>~ Have fluids available at all times</li> <li>~ Always offer water</li> <li>~ After first hour of firefighting, provide a sports drink containing electrolytes</li> </ul> </li> <li>▪ Nourishment             <ul style="list-style-type: none"> <li>~ Have appropriate food available in rehab area</li> <li>~ During long operations, encourage responders to eat</li> </ul> </li> </ul> <p><b>Display Slide 62</b></p>	<p><i>Rehydration</i></p> <p>Provide these guidelines.</p> <ul style="list-style-type: none"> <li>• Have fluids available at all times.</li> <li>• Responders are often dehydrated at the start of their work.</li> <li>• Firefighting activities cause profuse sweating.</li> <li>• Fluids must be replaced quickly and aggressively.</li> <li>• Always offer water.</li> <li>• After the first hour of firefighting, provide a sports drink containing electrolytes.</li> </ul> <p><i>Nourishment</i></p> <p>Provide these guidelines.</p> <ul style="list-style-type: none"> <li>• Have appropriate food available in the rehab area(see the section on Equipment and Supplies).</li> <li>• During long operations, encourage responders to eat.</li> </ul>
<p><b>Provide Cooling - Passive</b></p> <ul style="list-style-type: none"> <li>▪ Remove gear and allow the body to cool naturally</li> <li>▪ Sit in shaded area</li> <li>▪ Drink cool or iced fluids</li> </ul> <p><b>Display Slide 63</b></p>	<p><i>Cooling</i></p> <p>Explain that there are two kinds of cooling:</p> <ul style="list-style-type: none"> <li>• Passive</li> <li>• Active</li> </ul> <p>Say that <u>passive</u> cooling is enough in many situations:</p> <ul style="list-style-type: none"> <li>• Remove gear and allow the body to cool naturally.</li> <li>• Sit in a shaded area.</li> <li>• Drink cool or iced fluids.</li> </ul>

## COMMUNITY EMERGENCY RESPONSE TEAM RESPONDER REHABILITATION





INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="159 268 630 533"> <p><b>Provide Cooling - Active</b></p>  <ul style="list-style-type: none"> <li>Active cooling situations                             <ul style="list-style-type: none"> <li>Whenever there is potential for heat stress</li> <li>After second and each subsequent SCBA tank</li> </ul> </li> <li>Guidelines                             <ul style="list-style-type: none"> <li>Put wet towels on head and neck</li> <li>Sit in front of misting system/fan or in air-conditioned area</li> <li>Submerge hands and arms in water</li> </ul> </li> </ul> <p>Jan 2023      Responder Rehab      62</p> </div> <p><b>Display Slide 64</b></p>	<p>Say that some situations require <u>active</u> cooling:</p> <ul style="list-style-type: none"> <li>Whenever there is the potential for heat stress (temperatures, conditions, and/or workload)</li> <li>After the second and each subsequent SCBA tank</li> </ul>
<div data-bbox="159 632 630 896"> <p><b>Provide Cooling – Active</b></p>   <p>Jan 2023      Responder Rehab      63</p> </div> <p><b>Display Slide 65</b></p>	<p>Provide these guidelines for active cooling:</p> <ul style="list-style-type: none"> <li>Apply wet towels around the responder's head and neck.</li> <li>Have responders sit in front of a misting system/fan or in an air-conditioned area.</li> <li>Submerge the responder'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.</li> </ul>
<div data-bbox="159 1014 630 1278"> <p><b>Provide Warming</b></p>  <ul style="list-style-type: none"> <li>Have responders move to dry, heated area protected from elements (wind, snow, rain)</li> <li>ONLY remove wet gear if there is heated area and warm, dry clothing available                             <ul style="list-style-type: none"> <li>Offer dry socks or clothing if gear is removed</li> </ul> </li> <li>Encourage responders to drink warm fluids</li> </ul> <p>Jan 2023      Responder Rehab      64</p> </div> <p><b>Display Slide 66</b></p>	<p><i>Warming</i></p> <p>Provide these guidelines for how to help warm up responders:</p> <ul style="list-style-type: none"> <li>Have responders move to a dry, heated area that is protected from the elements (wind, snow, rain).</li> <li>ONLY remove wet gear if there is a heated area and warm, dry clothing available.</li> <li>Offer dry socks or clothing if gear is removed.</li> <li>Encourage responders to drink warm fluids.</li> </ul>
<div data-bbox="159 1396 630 1661"> <p><b>Monitor Physical Status</b></p>  <ul style="list-style-type: none"> <li>Expect responders to be hot, flushed, sweaty, and tired                             <ul style="list-style-type: none"> <li>Conditions should improve pretty quickly</li> </ul> </li> <li>Get sense of how responders look when first leaving the incident in order to gauge improvement</li> </ul> <p>Jan 2023      Responder Rehab      65</p> </div> <p><b>Display Slide 67</b></p>	<p><i>Monitor physical status</i></p> <p>Explain that CERT members will continuously monitor a responder's physical status while he or she is in the rehab area as it can change suddenly.</p> <p>Say that responders 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 responder looks when first leaving the fire in order to gauge improvement.</p>

## COMMUNITY EMERGENCY RESPONSE TEAM RESPONDER REHABILITATION

INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="159 264 631 531"> <p><b>Check Mental Status</b></p> <ul style="list-style-type: none"> <li>Can responder make eye contact?</li> <li>Is responder oriented to person, place, and time?</li> <li>Can responder respond coherently and logically?</li> </ul>  <p>Jan 2023      Responder Rehab      66</p> </div> <p><b>Display Slide 68</b></p>	<p>Check mental status</p> <ul style="list-style-type: none"> <li>See if the responder can make eye contact.</li> <li>Ask questions to see if the responder is oriented to person, place, and time.</li> <li>See if the responder can respond coherently and logically.</li> </ul>
<div data-bbox="159 646 631 913"> <p><b>Watch for Signs of Distress</b></p> <ul style="list-style-type: none"> <li>Look for signs of heat stress/dehydration</li> <li>In cold weather, look for signs of cold stress</li> <li>Watch for signs of a cardiac event</li> </ul>  <p>Jan 2023      Responder Rehab      67</p> </div> <p><b>Display Slide 69</b></p>	<p>Watch for signs of distress. (See Physiological</p> <ul style="list-style-type: none"> <li>Threats to Responders for details on what to look for.)</li> <li>Look for signs of heat stress/dehydration.</li> <li>In cold weather, look for signs of cold stress.</li> <li>Watch for signs of a cardiac event.</li> </ul>
<div data-bbox="159 1008 631 1274"> <p><b>10. If a Responder is Distressed</b></p> <ul style="list-style-type: none"> <li>If you see any indication that responder is in trouble, notify rehab leader immediately <ul style="list-style-type: none"> <li>Indication may be as simple as "I don't feel good"</li> </ul> </li> <li>Rehab leader will notify EMS; may alert Incident Command</li> <li>EMS will then be responsible for treatment</li> </ul>  <p>Jan 2023      Responder Rehab      68</p> </div> <p><b>Display Slide 70</b></p> <p>Tailor to local policies and procedures.</p>	<p><b>10. If a responder is distressed</b></p> <p>Provide these guidelines:</p> <ul style="list-style-type: none"> <li>If a CERT member sees any indication that a responder is in trouble, the CERT member must notify the rehab leader immediately.</li> <li>The indication may be as simple as a responder saying, "I don't feel good."</li> <li>The rehab leader will notify EMS immediately and may alert Incident Command if appropriate.</li> <li>EMS will then be responsible for treatment.</li> </ul>
<div data-bbox="159 1476 631 1743"> <p><b>When to Alert EMS</b></p> <ul style="list-style-type: none"> <li>CERT staff to notify EMS if any of the responders in the Rehab area exhibit or complain of any of the following: <ul style="list-style-type: none"> <li>Chest pain, dizziness, shortness of breath, weakness, nausea, or headache</li> <li>General complaints (cramps, aches, or pains)</li> <li>Symptoms of heat- or cold-related stress</li> <li>Changes in gait, speech, or behavior</li> <li>Diminished alertness and orientation (person, place, or time)</li> </ul> </li> </ul>  <p>Jan 2023      Responder Rehab      69</p> </div> <p><b>Display Slide 71</b></p>	<p>All the people working in a rehab area are the eyes and ears monitoring the responders. Notify EMS if any of the responders in the Rehab area exhibit or complain of any of the following:</p> <ul style="list-style-type: none"> <li>Chest pain, dizziness, shortness of breath, weakness, nausea, or headache</li> <li>General complaints (cramps, aches, or pains)</li> <li>Symptoms of heat- or cold-related stress</li> <li>Changes in gait, speech, or behavior</li> <li>Diminished alertness and orientation (person, place, or time)</li> </ul>





## COMMUNITY EMERGENCY RESPONSE TEAM RESPONDER REHABILITATION

INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="159 279 631 543"> <div>Dispositions for Responders</div> <div>  </div> <ol style="list-style-type: none"> <li>1) The responder responds appropriately to rest and rehydration and is able to return to action or return to quarters</li> <li>2) Standard, basic EMS procedures are treatment initiated and the responder is monitored</li> <li>3) Advanced medical treatment, followed by transport to a medical facility</li> </ol> <div> <div>Jan 2023</div> <div>Responder Rehab</div> <div>70</div> </div> </div> <p><b>Display Slide 72</b></p>	<p>There are three dispositions of a responder from a rehabilitation area.</p> <ol style="list-style-type: none"> <li>1) The responder responds appropriately to rest and rehydration and is able to return to action or return to quarters</li> <li>2) Standard, basic EMS procedures are treatment initiated and the responder is monitored</li> <li>3) Advanced medical treatment, followed by transport to a medical facility</li> </ol>
<div data-bbox="159 646 631 911"> <div>11. Responders sign out</div> <div>  </div> <ul style="list-style-type: none"> <li>▪ All responders must sign out <ul style="list-style-type: none"> <li>– Departure times are recorded on Rehab Area Check-In/Check-Out Sheet</li> </ul> </li> </ul> <div> <div>Jan 2023</div> <div>Responder Rehab</div> <div>71</div> </div> </div> <p><b>Display Slide 73</b></p>	<p><b>11. Responders sign out</b></p> <p>Explain that the responders 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>
<div data-bbox="159 1008 631 1272"> <div>One Exception</div> <div>  </div> <ul style="list-style-type: none"> <li>▪ Some jurisdictions may allow member of the rehab team to leave the rehab area</li> <li>▪ If so, CERT members should provide water closer to the incident scene to assist responders with self-rehab</li> </ul> <div> <div>Jan 2023</div> <div>Responder Rehab</div> <div>72</div> </div> </div> <p><b>Display Slide 74</b></p> <p>Discuss local policy relating to CERT members assisting with self-rehab.</p>	<p><b>One Exception</b></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 responders with self-rehab.</p>
<div data-bbox="159 1528 237 1596">  </div>	<p>Ask if there are any questions about the rehab process</p>



## COMMUNITY EMERGENCY RESPONSE TEAM RESPONDER REHABILITATION

INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="159 264 631 531"> <p><b>Activity</b></p>  <ul style="list-style-type: none"> <li>▪ Rehab Area Operations</li> <li>▪ 55 minutes:</li> <li>▪ Detailed instructions are provided in Participant Manual. <ul style="list-style-type: none"> <li>~ Identify initial roles: 3-4 minutes</li> <li>~ Set up rehab area: no more than 5 minutes</li> <li>~ Process firefighters: about 25 minutes</li> </ul> </li> </ul>  </div> <p><b>Display Slide 75</b></p> <p><b>PM, P.33</b></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><b>Activity: Rehab Area Operations</b></p> <p><b><u>Purpose:</u></b> The purpose of this activity is to practice setting up and running a rehab area.</p> <p><b><u>Time:</u></b> 50 minutes</p> <p><b><u>Instructions:</u></b></p> <ol style="list-style-type: none"> <li>1. Refer participants to the instructions in the Participant Manual on how the activity will run.</li> <li>2. Walk through the instructions, making sure that everyone understands how the activity will unfold.</li> <li>3. Start the activity. <ol style="list-style-type: none"> <li>a. Identify initial roles: 3-4 minutes</li> <li>b. Set up rehab area: no more than 5 minutes</li> <li>c. Process responders: about 25 minutes</li> </ol> </li> <li>4. Stop the activity after 35 minutes.</li> <li>5. Conduct the debrief (15 minutes).</li> </ol>
	<p><b><u>Debrief:</u></b></p> <p>Ask these questions:</p> <ol style="list-style-type: none"> <li>1. In your role as responder, did you feel taken care of?</li> <li>2. How did it feel to play the other roles?</li> <li>3. Were there challenges you did not expect?</li> <li>4. Did any responder exhibit stress? How was it handled?</li> </ol> <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 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.

## COMMUNITY EMERGENCY RESPONSE TEAM RESPONDER REHABILITATION

INSTRUCTOR GUIDANCE	CONTENT
<div data-bbox="175 296 326 315"><b>Module Summary</b></div> <div data-bbox="553 296 613 333"></div> <ul style="list-style-type: none"><li>▪ Introduction and Overview</li><li>▪ Physiological Threats to Responders</li><li>▪ The Incident Scene</li><li>▪ The Rehabilitation Area</li><li>▪ The Rehabilitation Process</li></ul>  <p>Jan 2023      Responder Rehab      76</p> <p><b>Display Slide 76</b></p>	<p><b>Module Summary</b></p> <p>Summarize the topics that were discussed in this module:</p> <p>Introduction and Overview</p> <ul style="list-style-type: none"><li>• Definition of responder rehab</li><li>• Stresses on responders</li><li>• Purpose of responder rehab</li><li>• CERT's role in responder rehab</li></ul> <p>Physiological Threats to Responders</p> <ul style="list-style-type: none"><li>• Heat stress</li><li>• Cold stress</li><li>• Resulting dehydration, altered mental state, and cardiac events</li></ul> <p>The Incident Scene</p> <ul style="list-style-type: none"><li>• What happens at the scene of a fire</li></ul> <p>The Rehab Area</p> <ul style="list-style-type: none"><li>• The characteristics of a good location</li><li>• What facilities might serve as a rehab area</li><li>• The supplies and equipment that are needed</li><li>• The requirements for laying out the rehab area</li></ul> <p>The Rehab Process</p> <ul style="list-style-type: none"><li>• An overview and details of the steps of rehab operations</li></ul> <p>Explain to participants any next steps in qualifying them to assist in responder rehab. These will have been determined by the local public safety agencies and the CERT program.</p>
<div data-bbox="175 1549 248 1566"><b>Sources</b></div> <div data-bbox="553 1549 613 1587"></div> <ul style="list-style-type: none"><li>▪ NFPA 1500 Standard of Fire Department Safety and Health Programs</li><li>▪ NFPA 1561 Standard of Emergency Medical Services Incident Management Services</li><li>▪ NFPA 1584 Standard on the Rehabilitation Process for Members During Emergency Operations and Training Exercises</li><li>▪ US Fire Administration FA_314 Emergency Incident Rehabilitation</li></ul>  <p>Jan 2023      Responder Rehab      77</p> <p><b>Display Slide 77</b></p>	<p>Refer to the following references when creating your local SOPs or SOGs.</p>

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