



# Oswego County EMS Standard Operating Guideline



SOG Number: 4

Title: Emergency Responder Rehabilitation Criteria

Approval Date: 11/1/2010

Review Date: 11/1/2011

Approved By: J.D. Jones

## Purpose

To provide criteria for the assessment of Emergency Responders during training or actual event response and recommendations for rehabilitation actions based on those assessments.

## Guideline

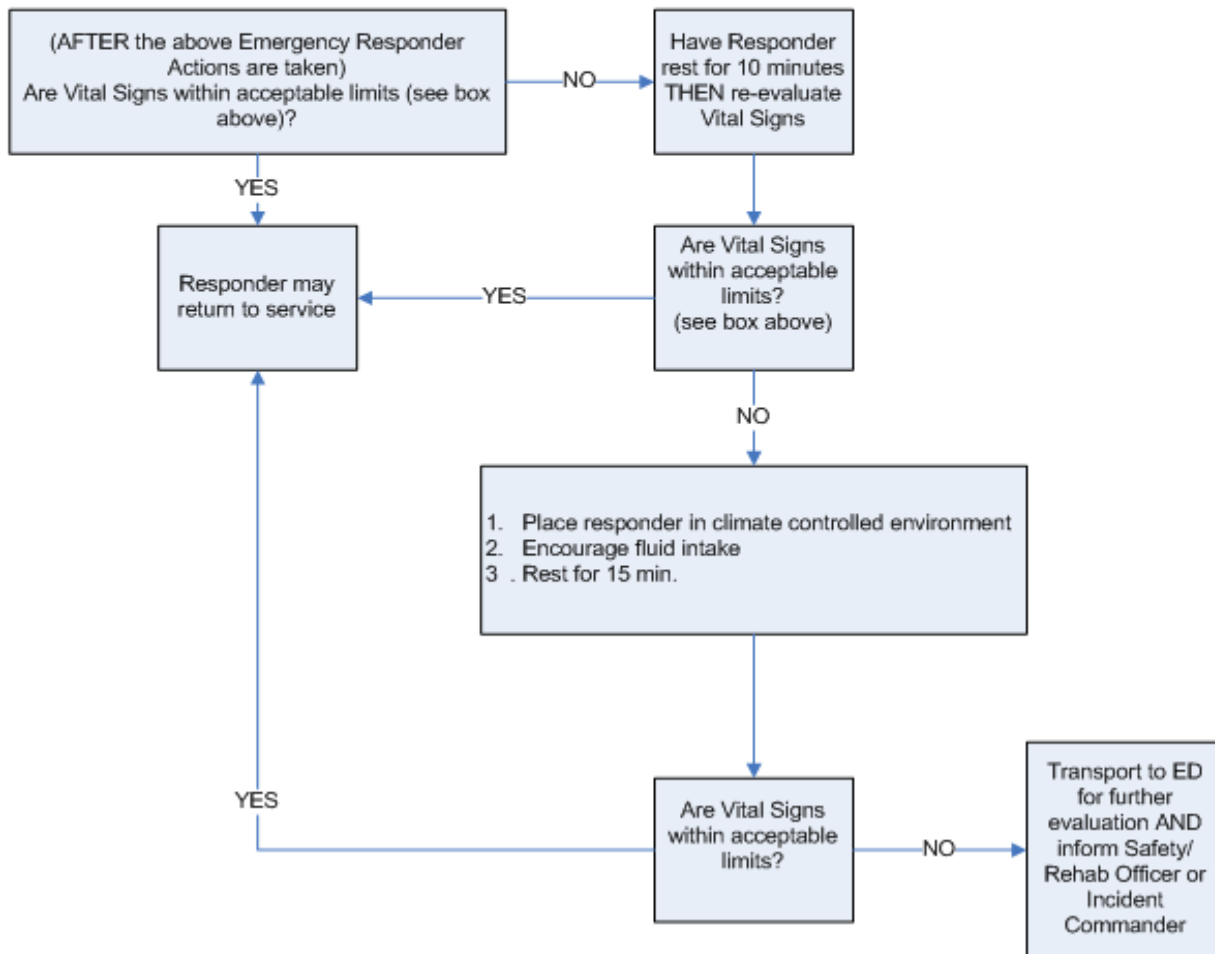
1. Emergency Responders to be assessed should sign in with Rehab Officer or EMS personnel
  - a. If a Rehab Log is not being maintained, then a Pre Hospital Care Report should be generated to document assessments and actions.
  - b. All Emergency Responders assessed may be included on a single PCR.
  - c. If Emergency Responders require BLS or ALS intervention beyond assessment, a separate PCR should be initiated for each patient.
2. Rehab officer or EMS personnel should use the flowchart below to assess the Emergency Responders.
3. If the recommendations for rest, fluid intake or ED transport cannot be complied with, then document on a CNY EMS Refusal form.

### Emergency Responder Actions

1. Turn off radios
2. Remove turnout coat and roll pants down over boots
3. Sit down
4. Drink at least 8 oz. of fluid AND rest for 10-20 minutes, CAUTION: Do NOT over hydrate.

### Acceptable Vital Signs

Pulse: 50-100  
Resp Rate: 12-20  
Systolic BP: 90-160  
Diastolic BP 50-100



Source document: NFPA 1584, Standard on the Rehabilitation Process for Members During Emergency Operations and Training Exercises (2008 edition)

- Section 6.2.6 Medical Monitoring and Emergency Medical Care
- Annex A: Standard Operating Guideline for Rehabilitation

## **External Approvals**

Not required