

FIREGROUND FIRE FIGHTER REHABILITATION – ADULT

- A. Establish communication with Incident Command or rehab division officer.
- B. Stage ambulance near rehab:
 - Consider egress and potential for additional incoming fire apparatus
- C. Perform focused assessment including complete set of vital signs and temperature (if applicable):
 1. Consider 12-lead ECG
 2. Consider Blood Glucose check
 3. Consider transcutaneous CO measurement if available
 - Administer high flow O₂ immediately if concern for CO toxicity regardless of level or ability to measure.
- D. Immediate transport for:
 1. Symptoms of chest pain, severe SOB, altered mental status and syncope
 2. Heart rate greater than 220 (minus patient's age), systolic blood pressure less than 100, respiratory rate greater than 30, SpO₂ less than 85%
 3. Treatment for immediate transport:
 - a. IV, O₂, monitor, 12-lead ECG
 - b. Consider hydroxocobalamin (Cyanokit) administration if available
- E. Begin active cooling/warming based on weather conditions.
- F. Provide oral rehydration 8-12 oz/10 minutes.
- G. Reassess the following after 10 minutes:
 1. Vital signs
 2. Symptoms to assess for include:
 - Chest pain, dizziness, shortness of breath, weakness, nausea/vomiting, headache, cramps, change in behavior/speech, unsteady gait.
 3. If improving and asymptomatic, monitor until exit criteria met (see H):
 - a. Minimum 20 minute rest/rehydration time.
 - b. Offer transportation, if refused, document per service specific guidelines.
 4. If worsening or symptomatic, transport:
 - a. IV, O₂ Monitor, 12-lead, blood glucose check.
 - b. Consider hydroxocobalamin (Cyanokit) administration (per service specific guidelines).
- H. "May return to work" criteria (must meet/document all below):
 1. Offer of transport declined.
 2. Presence of normal speech/mental status and a steady gait.
 3. Normal vital signs:
 - Heart rate less than or equal to 110, respiratory rate less than or equal to 20, systolic blood pressure greater than 100, diastolic blood pressure less than 100,

SpO₂ greater than 95%, skin temp normal or measured less than 101.5°F, CO less than 10 (if applicable).

4. Asymptomatic
5. EMS provider discretion may override and recommend “no return to work” despite meeting criteria.