

ATTACHMENT “L”

	Northern Illinois Public Safety Training Academy REHABILITATION DURING TRAINING	
Section 7: Campus Safety		708
Effective Date: 3/2018	Revised:	Approved: Ramaker, 3/2018 <i>Executive Director</i>

PURPOSE

To provide structure to the Rehabilitation (“Rehab”) and Reset functions as they apply to NIPSTA training operations.

SCOPE

This document will provide guidance for the establishment and function of Rehab/Reset during training exercises. An emphasis is placed on consistency, safety, and efficiency of operations.

POLICY

NIPSTA employs the Rehab/Reset function to promote the safe physical and mental well-being of all participants operating on campus. The goal is to preclude a student/participants’s or instructor/contractor’s physical and mental condition from deteriorating to the point that it affects personal safety, the safety of others, and the overall operation.

DEFINITIONS

Rehab: The process of promoting well-being through the implementation of passive measures and interventions.

Reset: An opportunity for a participant or instructor/contractor to stop or reduce physical and/or mental training activities in order to encourage rest and respite.

ORGANIZATIONAL STANDARDS

The Lead Instructor/Incident Commander (“Lead/IC”), Safety Officer or Rehab/Reset Supervisor may establish a formal Rehab Area and direct participants and instructors/contractors to report to the zone at any time at their discretion.

Establishing a Rehab Area is considered standard procedure in the following situations:

- ❑ Work that consumes two (2) SCBA bottles during a single training session
- ❑ Live fire training evolutions
- ❑ Verbal request from a participant or instructor/contractor

A Reset Area is established as routine practice during all didactic training activities.

Responsibilities

Lead Instructor/Incident Commander (Lead/IC)

The Lead/IC is responsible for the safety and well-being of all personnel on the training ground. The Lead/IC will ensure the following:

- ❑ Determine the need for Rehab/Reset
 - Refer to the Heat Index chart at the start of the day as appropriate (ATTACHMENT “B”)
- ❑ Determine the most appropriate location for the Rehab/Reset Area
- ❑ Assign a Rehab/Reset Supervisor
- ❑ Ensure appropriate forms are available
 - *Rehab Evaluation Form*
 - *Accident/Injury Form*
- ❑ Make adequate provisions for the following
 - *Access to Advanced Life Support (ALS) via 911*

Safety Officer

Working with the Lead/IC and in addition to their general duties, the Safety Officer should ensure the Lead/IC has established Rehab using the criteria listed above. In addition, the Safety Officer should:

- ❑ Confirm the Rehab/Reset box is packed and delivered to the training site before work starts
- ❑ Ensure that instructors/contractors are aware of the contents of the box
- ❑ Ensure the Rehab Supervisor has access to appropriate resources throughout the training period
- ❑ Ensure Rehab/Reset supplies are replenished and equipment is placed back in service at the end of the day

Rehab/Reset Supervisor (RS)

Working with the Lead/IC and Safety Officer, the Rehab/Reset Supervisor will manage the Rehab/Reset function for the entire event. The Rehab/Reset Supervisor should:

- ❑ Review Rehab/Reset plan and event objectives with Lead/IC and Safety Officer
- ❑ Confirm availability of applicable forms and supplies
- ❑ Establish Rehab/Reset Area and ensure participants and instructors/contractors are aware of the location.
 - Rehab/Reset area should be easily accessible by responding emergency personnel and vehicles.
- ❑ Ensure Rehab/Reset area has the following items:
 - *Drinking water and/or electrolyte replacement products*
 - *Relief from ambient conditions (e.g. shade, cooled area, heated area)*
 - *Automatic External Defibrillator (“AED”)*
 - *Radio communications/cell-phone*
- ❑ Notify Lead/IC or Safety Officer of any participant who requires medical assessment and intervention by local emergency services
- ❑ Complete pre- and post-event check off sheets
- ❑ Archive documents per NIPSTA guidelines

Instructors/Contractors

Instructors/Contractors working directly with students/participants are expected to remain aware of the physical and mental stressors impacting those operating under their span of control. Instructors/contractors are expected to:

- ❑ Verbally interact with participants and other instructors/contractors
- ❑ Request relief and assignment to the Rehab/Reset Area when needed
- ❑ Maintain accountability of assigned participants during the Rehab/Reset process

Participants

During the Safety Briefing, students/participants are directed to notify an instructor/contractor when they anticipate they have reached their physical and/or mental limits.

First Approved by the NIPSTA Safety Committee:

14 March 2018

Subsequent Approvals:

8/2019

2/2020

Next Approval:

2/2022

Approved by the NIPSTA Executive Director:

Signature:

/s/ Jill Ramaker

14 March 2018

Rehab/Reset: ATTACHMENT “A”**NIPSTA REHAB/RESET OPERATIONAL GUIDELINES****ESTABLISHING THE BASELINE AND FINAL EVALUATION****BASELINE:**

Prior to any training session where students/participants or instructors/contractors may consume two (2) or more SCBA tanks or any live fire training event, the following actions are required for every participant and instructor/contractor:

- Utilizing a blood pressure wrist cuff and a tympanic thermometer, determine the physical baseline
- Document the data on the NIPSTA Rehab Worksheet (ATTACHMENT “C”)

The following criteria must be met in order to participate in fireground activities:

Heart Rate	<i>Less than 110 bpm</i>
Blood Pressure	<i>Systolic between 110 & 160</i>
Body Temperature (Tympanic)	<i>Not exceeding 100.4 F</i>

- In the event that a participant or instructor/contractor does not initially meet the established guidelines for participation, they may be re-evaluated in ten (10) minutes. If a participant or instructor/contractor fails to meet the established guidelines for participation after the second attempt, they will not be permitted to participate in the training.

POST-EVENT:

Subsequent to any training where participants have consumed two (2) or more SCBA tanks during the session or after any live fire training event, the following actions are required for every student/participant and instructor/contractor:

- Utilizing a blood pressure wrist cuff and a tympanic thermometer, determine the physical baseline
- Document the data on the NIPSTA Rehab Worksheet (ATTACHMENT “C”)

STANDARD REHAB/RESET ACTIONS:

- Direct students/participants and instructors/contractors to open-up or remove their turnout gear as necessary
- Encourage participants to drink fluids (e.g., water, sports drinks)
- In warm training environments, encourage participants to place wet towels on themselves
- Consider the mental status of each student/participant and instructor/contractor during verbal conversation
- Ensure that companies assigned to the Rehab/Reset Area remain for a minimum of ten (10) minutes

ACTIVATING THE EMERGENCY MEDICAL RESPONSE SYSTEM:

The Lead/IC, Safety Officer and/or Rehab Supervisor should consider contacting the Emergency Medical Response System if the following occurs:

- Participant or instructor/contractor complains of extreme fatigue, illness, pain or injury
- Participant or instructor/contractor appears to be physically and/or mentally exhausted
- Any other indication that the participant or instructor/contractor requires medical assistance and/or evaluation

PROCEDURE FOR ACTIVATING THE EMERGENCY MEDICAL RESPONSE SYSTEM:

1. Call 911 and request emergency medical response
2. Move participant to environmentally stable area if possible
3. Notify the participant's immediate supervisor (via NIPSTA staff or Fire Academy Coordinator)
4. Notify the Executive Director, NIPSTA Safety Director and Fire Academy Coordinators
5. Complete a NIPSTA Accident/Injury report and submit directly to the NIPSTA Safety Director

Rehab/Reset: ATTACHMENT “B”**NFA Heat Index Chart**

Increased humidity limits the body's ability to cool itself. Using the heat index to evaluate work conditions is important in order to reduce physical stress and the potential for illness/injury.


Source: National Weather Service, 2018

Relative Humidity	Air Temperature (Fahrenheit)										
	70	75	80	85	90	95	100	105	110	115	120
	Apparent Temperature (<i>what it feels like</i>)										
0%	64	69	73	78	83	87	91	95	99	103	107
10%	65	70	75	80	85	90	95	100	105	111	116
20%	66	72	77	82	87	93	99	105	112	120	130
30%	67	73	78	84	90	96	104	113	123	135	148
40%	68	74	79	86	93	101	110	122	137	151	
50%	69	75	81	88	96	107	120	135	150		
60%	70	76	82	90	100	114	132	149			
70%	70	77	85	93	106	124	144				
80%	71	78	86	97	113	136	157				
90%	71	79	88	102	122	150	170				
100%	72	80	91	108	133	166					

Green	Routine Conditions <ul style="list-style-type: none"> • Training operations as normal • Rehab as normal
White	Caution <ul style="list-style-type: none"> • Increased potential for heat related fatigue • Monitor for signs of heat stress • Hydrate & Rehab more frequently
Yellow	Extra Caution <ul style="list-style-type: none"> • Increased potential for heat related cramps, heat exhaustion & heat stroke • Monitor for heat emergencies and employ active cooling techniques • Decrease work periods; Increase Rehab/Reset periods • Limited turnout gear use • No live fire evolutions after 1200hrs
Orange	Danger <ul style="list-style-type: none"> • Hands-on training limited to hangar area only • Full turnout gear should not be used. Light activity in scaled down PPE (helmet, pants, gloves) may be done in cooler, shaded, or conditioned areas using increased awareness
Red	Extreme Danger <ul style="list-style-type: none"> • No outdoor training. No turnout gear use. • Light training may take place in shaded or air conditioned areas

Rehab/Reset: ATTACHMENT "C"

NIPSTA REHAB Work Sheet

	Training Date:	Training Location:
	Program:	Lead/Incident Commander:

NAME:	Department:
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BASELINE

	Time	BP	Pulse	Temp
1 st				
2 nd				
3 rd				

Notes:

POST-EVENT

	Time	BP	Pulse	Temp
1 st				
2 nd				
3 rd				

Notes: