

Jefferson and Scio Fire District Joint Operational Guideline

ADOPTED: 09/03/2021

REVISED:

Scope: This operating guideline applies to all personnel of the Jefferson and Scio Fire Districts.

Purpose:

To ensure that the condition of all personnel operating at the scene of an emergency or training exercise do not deteriorate to a point which affects their own or any other person's safety, especially those involving an IDLH atmosphere, long work periods, extreme exertion, and/or extreme weather conditions. Fire District personnel are not typically working long hours in high heat conditions, although we can work in high heat temperatures with PPE in strenuous situations. The district will limit the exposure in non-emergency conditions during these high heat temperatures and encourage personnel to acclimate during the day as well as hydrate before, during and after.

Procedure:

1. The Incident Commander (IC) or the Safety Officer (SO) will be responsible for evaluation the conditions of an incident and determining the need to establish an incident support/rehabilitation (Rehab) area for personnel. When the heat index is equal to or above 80 degrees Fahrenheit support/rehabilitation will be established.
 - A. If the IC or SO feels the conditions will in any way cause harm in the safe, efficient performance of response personnel, Rehab shall be considered.
 - B. Rehab should be considered after personnel go through two SCBA bottles.
 - C. All personnel are expected to maintain awareness of personal limitations and/or conditions and report, to their officer, any changes that may affect their ability to function effectively and safely.
 - D. Rehab shall be located to provide for environmental protection and be a space large enough to handle the needs of the incident.
2. When the heat index is equal to or above 80 degrees Fahrenheit; the Fire District is required to provide:
 - A. Access to sufficient shade or using apparatus with air conditioning.
 - B. An adequate supply of drinking water.
3. When the heat index rises above 90 degrees Fahrenheit the Fire District is required to provide:
 - A. Access to sufficient shade or using apparatus with air conditioning.
 - B. An adequate supply of drinking water.
 - C. Ensure effective communications between members and their officer is maintained so that a member can report concerns.

- D. Ensure that members are observed for alertness and signs and symptoms of heat illness and monitored to determine whether medical attention is necessary.
 - E. Provide a cool-down rest period in the shade of 10 minutes for every two hours of work. These preventative cool-down rest periods may be provided concurrently with any other meal or rest period required by policy, rule, or law.
4. Incident Support (Generally 1st and 2nd alarms)
- A. Personnel will enter and undergo an initial medical evaluation that will consist of a physical assessment including mental status. If appropriate manpower is available, baseline vital signs may be taken. All medical evaluations will be recorded on the Medical Evaluation Form.
 - B. Personnel will remain in incident support for a minimum of 10 minutes, during which time they shall be offered nutritional support, rehydration, and relief from environmental conditions.
5. REHAB (Generally 3rd alarm and larger)
- A. Personnel entering REHAB will receive the above treatment as well as more detailed medical treatment.
 - B. Medical treatment or a resting period will be determined according to the following triage criteria based on entry findings:
 - I. Findings mandating that the individual be transferred to the Medical Unit:
 - a. Any chest pain, shortness of breath or serious injury.
 - b. Altered mental status (confusion, dizziness, weakness, loss of consciousness).
 - c. Tingling sensation in extremities.
 - d. Skin pallor, hot in temperature and dry.
 - e. Any complaint of unusual symptoms.
 - f. Irregular pulse.
 - II. If initial exam findings include any of the following the individual will require reassessment within 10 minutes:
 - a. Temperature >101°F, regardless of other vital signs.
 - b. Heart Rate >120.
 - c. Systolic BP <100 or >160.
 - d. Diastolic BP >100.

- III. If reassessment exam findings include any of the following, the individual will require an additional reassessment in 10 minutes:
 - a. Temperature >101°F, regardless of other vitals.
 - b. Heart Rate >120
 - c. Systolic BP <100 or >160.
 - d. Diastolic BP >100.
 - IV. If, after an additional 10 minutes (20 minutes total in Rehab), reassessment exam findings include any of the following, the individual will be sent to the Medical Unit for further evaluation and/or treatment:
 - a. Temperature >101°F, regardless of other vitals.
 - b. Heart Rate >120.
 - c. Systolic BP <100 or >160.
 - d. Diastolic BP >100.
 - V. Exam findings allowing an individual to enter staging for reassignment include
 - a. Temperature <101°F.
 - b. Heart Rate <100.
 - c. Systolic BP 100-160.
 - d. Diastolic BP <100.
6. The Fire District provides water on all apparatus in coolers.
 7. The Fire has added heat index app to all IPADS located in district vehicles. The Incident commander and/or Safety Officer will monitor the heat index.
 8. Firefighting PPE creates an increase in body temperature, we provide rest, hydration and cooling during emergency incident activates and training. It is everyone's responsibility while not involved in Fire District activities to stay hydrated. Any individual who is experiencing signs or symptoms of heat related illness are to report that to their supervisor immediately. It will be the responsibility of each member and supervisors to monitor personnel and working conditions.
 9. For non-emergency activities on high temperature days, we will consider the activities and conditions and will follow the requirements for **equal to or above 80 degrees Fahrenheit** and **above 90 degrees Fahrenheit**