



# MABAS DIVISION 124

## SCENE REHABILITATION PROTOCOL



Remove SCBA and PPE, including bunker pants being pushed down on boots. Rest, active/passive cooling or warming as needed, and oral rehydration.

If no immediate threat to responder life or health, proceed 10 minutes after last responder exertion.

Pulse  
> 85 percent maximum for age  
AND / OR  
Blood Pressure  
Systolic >200 or Diastolic >100

Have person stand for 1 minute and observe for symptoms. Perform orthostatic vitals. Does pulse increase > 20 or Systolic BP drop >20?

NFPA Age-Predicted 85% Maximum Heart Rate	
Age	85 Percent
20 – 25	170
25 – 30	165
30 – 35	160
35 – 40	155
40 – 45	152
45 – 50	148
50 – 55	140
55 – 60	136
60 – 65	132

Respirations  
< 8 per minute or >32 per minute

Temperature  
> 101.5 F

Pulse Oximetry  
< 92%

CO level > 10% or signs/  
symptoms of CO poisoning

Return to Full Duty

Mandatory rest, rehydration and re-evaluation in 10 minutes. Transport to ED if no improvement in total rehab time of 30 minutes

Initiate Carbon Monoxide Exposure Protocol

Carbon Monoxide symptoms and exposure levels
<b>Mild:</b> headache, mild SOB
<b>Moderate:</b> nausea, vomiting, drowsiness, red/flushed skin appearance, and poor coordination.
<b>Severe:</b> confusion, unconsciousness, chest pain, shortness of breath, seizures, and coma.

- Firefighters should report to rehab for evaluation following the use of a second 30 minute SCBA cylinder, a single 45 or 60 minute cylinder, 40 minutes of continuous strenuous exertion without an SCBA, or as required by the firefighter or Incident Commander. The Incident Commander may adjust timeframes based on work and environmental conditions.
- Any person complaining of shortness of breath not relieved by oxygen therapy, confusion, combativeness or headache will be treated with high flow oxygen and be transported to the hospital.
- **Automatic Transport Criteria:**
  - Chest Pain
  - Shortness of breath unresolved by 10 minutes on high flow oxygen.
  - Heart rhythm other than NSR or sinus tachycardia
  - A syncopal episode, disorientation, or confusion
  - Vital signs that have not returned to normal after 30 minutes of rest
  - Inability to hold fluids down or an episode of vomiting