Centre County Public Safety Training Center
Rehab Policy

This document is meant as a Policy to comply with the Pennsylvania State Fire Academy Live Fire Policy as it pertains to rehab. The following steps are meant as an efficient way to streamline and track participants in all high hazard environments that the student and instructor will be wearing fully encapsulating PPE such as Fire Fighting TOG, Hazmat Level A suits or strenuous activities that put high stress on the human body.

1. Prior to start of evolutions, staff and students baseline vitals (blood pressure, respirations and pulse) are taken and recorded on vitals sheet and stored in provided book.

2. Lead Instructor verifies with EMS all participants have baselines established and will then communicate this to all Instructors.

3. All participants’ tags (including Instructors) for the evolution are placed on the accountability board and verified by command and site Safety Officer.

4. Once evolution is completed, tags for the participants that were inside the building and using SCBA (hose team up, hose team down and instructors) will be given to EMS by the Safety Officer.

5. Once the evolution is completed, the interior crews, (Instructors and Students) will dress down and report to EMS for vitals.

6. When participants are cleared by EMS, they will receive their accountability tags back.

7. EMS will verify that everyone has been to rehab before the start of the next evolution.

8. If a participant is not cleared by EMS they will not receive their tag until cleared. EMS will notify the Lead Instructor if there are any students or Instructors not cleared to proceed.

9. The following chart has listed maximum baseline values that are not to be exceeded after being checked after each evolution. EMS will follow standard protocol on established medically acceptable minimum values. EMS makes final judgment to clear students or instructors for participation in next evolution.

10. The below number values are a guideline. Do to personal differences in these values the EMS crews will make final decisions if a student or instructor needs to sit out.

<table>
<thead>
<tr>
<th>Pulse</th>
<th>130 or &gt;</th>
</tr>
</thead>
<tbody>
<tr>
<td>B/P Diastolic</td>
<td>160 or &gt;</td>
</tr>
</tbody>
</table>
B/P Systolic 100 or >