



The following protocol is designed to focus on care for firefighters while in rehabilitation (rehab). Firefighters will be evaluated for heat stress, mental stress and other medical issues. The inability to recover from the physical exertion encountered during firefighting after 20 minutes of rest, could be an indicator of a serious medical condition. Firefighters who meet any criteria outlined in this protocol **shall** be transported ALS by an MDFR Rescue to the closest appropriate hospital.

General Care

EMR/BLS

1. Initial Assessment/Care [Protocol 1](#).
2. Administer oxygen to maintain SPO2 $\geq$ 94%.

ALS

3. Firefighters meeting any of the below criteria after twenty (20) minutes of Emergency Operations Rehabilitation, requires a 12-Lead ECG **and** will be transported ALS with continuous monitoring of the ECG until transfer of care is completed.
 - a. **Temperature** $\geq$ 100.6° F
 - b. **Heart rate** $\geq$ 100 BPM
 - c. **Blood Pressure** $\geq$ 160 mmHg Systolic and/or $\geq$ 100 mmHg Diastolic
 - d. **Pulse CO-Oximetry** $\geq$ 10% SpCO
 - e. **Pulse Oximetry** $\leq$ 91% SpO2
 - f. **Mental Status** GCS less than 15
4. Monitor ECG tracings and perform a 12-Lead ECG.
5. Establish IV access [Procedure 13](#).
6. Assess for and treat heat related emergencies according to [Protocol 26](#).
7. Assess and treat signs/symptoms as necessary according to the most appropriate protocols.