

# EMERGENCY INCIDENT REHABILITATION

## APPENDIX A

**Table 1.1**  
 HEAT STRESS INDEX

<i>Heat Stress Index</i>									
Relative Humidity									
°F	10%	20%	30%	40%	50%	60%	70%	80%	90%
104	98	104	110	120	132				
102	97	101	108	117	125				
100	95	99	105	110	120	132			
98	93	97	101	106	110	125			
96	91	95	98	104	108	120	128		
94	89	93	95	100	105	111	122		
92	87	90	92	96	100	106	114	122	
90	85	88	90	92	96	100	106	114	122
88	82	86	87	89	93	95	100	106	115
86	80	84	85	87	90	92	96	100	109
84	78	81	83	85	86	89	91	95	99
82	77	79	80	81	84	86	89	91	95
80	75	77	78	79	81	83	85	86	89
78	72	75	77	78	79	80	81	83	85
76	70	72	75	76	77	77	77	78	79
74	68	70	73	74	75	75	75	76	77

**NOTE:** Add 10°F when protective clothing is worn.  
 Add 10°F when in direct sunlight.

Humidity °F	Danger Category	Injury Threat
Above 130°	EXTREME DANGER	Heat stroke imminent!
105° to 130°	DANGER	Heat cramps or exhaustion likely, heat stroke possible if exposure is prolonged and there is physical activity.
90° to 105°	EXTREME CAUTION	Heat cramps and heat exhaustion possible if exposure is prolonged and there is physical activity.
80° to 90°	CAUTION	Fatigue possible if exposure is prolonged and there is physical activity.
Below 80°	NONE	Little or no danger under normal circumstances.

**Table 1.2**  
**WIND CHILL CHART**

<b>U.S. Customary Wind Chill Chart</b>												
Estimated Wind Speed in MPH	Actual Thermometer Reading (F)											
	50	40	30	20	10	0	-10	-20	-30	-40	-50	-60
	Equivalent Temperature (F)											
Calm	50	40	30	20	10	0	-10	-20	-30	-40	-50	-60
5	48	37	27	16	6	-5	-15	-26	-36	-47	-57	-68
10	40	28	16	4	-9	-21	-33	-46	-58	-70	-83	-95
15	36	22	9	-5	-18	-36	-45	-58	-72	-85	-99	-112
20	32	18	4	-10	-25	-39	-53	-67	-82	-96	-110	-124
25	30	16	0	-15	-29	-44	-59	-74	-88	-104	-118	-133
30	28	13	-2	-18	-33	-48	-63	-79	-94	-109	-125	-140
35	27	11	-4	-20	-35	-49	-67	-82	-98	-113	-129	-145
40	26	10	-6	-21	-37	-53	-69	-85	-100	-116	-132	-148
(Wind speeds greater than 40 mph have little additional effect)	<b>LITTLE DANGER*</b> (for properly clothed person)			<b>INCREASED DANGER*</b> (for properly clothed person)				<b>GREAT DANGER*</b>				
*DANGER FROM FREEZING OF EXPOSED FLESH												

**TABLE 1.3**  
**RATE OF PERCEIVED EXERTION SCALE (RPE)**

NEW PE SCALE	BORG PE SCALE	
1	6	No exertion at all
2	9	Very light
3	11	Light
4	12	
5	13	Somewhat hard
6	14	
7	15	Hard heavy
8	16	
8.5	17	Very hard
9	18	
9.5	19	Extremely hard
10	20	Maximal exertion

Source: G. Borg, Borg's Perceived Exertion and Pain Scale

### REHAB SECTOR COMPANY CHECK IN/OUT SHEET

CREWS OPERATING ON THE SCENE: \_\_\_\_\_

UNIT #	# PERSONS	TIME-IN	TIME-OUT	UNIT #	# PERSONS	TIME-IN	TIME-OUT

# VBFD EMERGENCY REHABILITATION REPORT

INCIDENT #:		DATE:			TEMP:		HUM:						
LOCATION:							AIR:						
NAME	TIMES	# OF SCBA	BP	PULSE	RESP	TEMP	SKIN	PULSE OX	CO %	TAKEN BY	COMPLAINTS / CONDITION TRANSPORT / WHERE		
Unit #:			/								Yes	No	
Unit #:			/								Yes	No	
Unit #:			/								Yes	No	
Unit #:			/								Yes	No	
Unit #:			/								Yes	No	
Unit #:			/								Yes	No	
Unit #:			/								Yes	No	
Unit #:			/								Yes	No	
<b>1</b> If environmental conditions permit, have members remove personal protective equipment prior to entering REHAB Area.		<b>VITALS</b>						<b>REHAB RELEASE PARAMETERS/GUIDELINES</b>					
								<b>Pulse</b>		Pulse < 100 beats per minute			
								<b>BP</b>		Systolic < 160, Diastolic < 100, WITHOUT symptomatic problems			
								<b>Temp</b>		< 100.6 degrees or > 97.0 degrees			
<b>2</b> As soon as possible, take and record name, unit #, above listed vitals and readings, complaints, and treatment/transport.		<b>Pulse Ox</b>		> 94 %									
		<b>CO %</b>		Refer to Leigh: Refer to ER: 3-7% asymptomatic: Trxt w/ 100% O2 and reassess									
<b>3</b> During rest period, ask and record "How many SCBA bottles they have used prior to entering REHAB								Refer to Leigh: Refer to ER: 3-7% asymptomatic: Trxt w/ 100% O2 and reassess					
								KEEP REHAB OFFICER ADVISED OF ANY ABNORMAL VITALS					
Take vitals every 15 min., assist with hydration & nourishment. No one leaves REHAB until vital signs meet guidelines or released by the REHAB Officer.													

