

Responder Rehabilitation Guide

For Medical Monitoring

Max Heart Rate and Signs and Symptoms Guide on Back

Step 1 **Responder Enters Rehab**

If answer is YES to any question in Step 1, Send to EMS for evaluation

- 1) Is pulse greater than 220-age? (Guide on Back)
- 2) Is CO greater than 10%? (If available)
- 3) Do you have Chest Pain, SOB, Nausea or Dizziness?
- 4) Do they have an altered mental status or difficulty speaking?
- 5) Does responder look or feel sick?

Step 2 **Hydration and Replenishment Cycle**

- ✓ Rest 10 minute per cycle
- ✓ Cooling Remove gear; consider active cooling (wet towels, mister, immersion chairs, etc.)
- ✓ Heating As needed
- ✓ Hydration 12 oz of water over 10 minutes
- ✓ Lack of gradual improvement may warrant a 2nd cycle in rehab.

If responder's condition does not improve, or worsens, Send to EMS for evaluation

Step 3 **Prior to Leaving Rehab**

If answer is YES to any question in Step 3, Send to EMS for evaluation

- 1) Do you have Chest Pain, SOB, Nausea or Dizziness?
- 2) Do they have an altered mental status or difficulty speaking?
- 3) Does responder look or feel sick?
- 4) Is skin hot to touch?

Step 4 **Responder Disposition**

- ✓ If pulse is less than 110 → **Return to Duty**
- ✓ If pulse equal to or greater than 110 → **Repeat Rehab cycle 1 time and re-evaluate** (20 min. total)
- ✓ Re-Check: If pulse is less than 110 → **Return to Duty**
- ✓ If pulse equal to or greater than 110 → **Send to EMS for evaluation**

Max Heart Rate Guide

Age	Max Heart Rate	Age	Max Heart Rate
18	202	42	178
19	201	43	177
20	200	44	176
21	199	45	175
22	198	46	174
23	197	47	173
24	196	48	172
25	195	49	171
26	194	50	170
27	193	51	169
28	192	52	168
29	191	53	167
30	190	54	166
31	189	55	165
32	188	56	164
33	187	57	163
34	186	58	162
35	185	59	161
36	184	60	160
37	183	61	159
38	182	62	158
39	181	63	157
40	180	64	156
41	179	65	155

Signs and Symptoms Guide

HEAT SYMPTOMS

Nausea	Shortness of Breath	Mental Confusion
Flushed Skin	Weakness	Seizure
Cramping	Sunburn	Exhaustion
Headache	Dehydration	
Rapid Heart Rate	Absence of Sweating	

COLD SYMPTOMS

Headache	Dehydration	Blisters
Numbness	Mental Confusion	Muscle Rigidity
Waxy Pale Skin	Low Blood Pressure	

CARBON MONOXIDE GUIDE

0-5%	Consider Normal
5-10%	Consider Normal in a Smoker
> 10%	Abnormal in Any Person: Consider High Flow Oxygen
>15%	Significantly Abnormal in Any Person Treatment Mandated

Heat Index

Temperature (Fahrenheit)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137
55	81	84	86	89	93	97	101	106	112	117	124	130	137	
60	82	84	88	91	95	100	105	110	116	123	129	137		
65	82	85	89	93	98	103	108	114	121	126	130			
70	83	86	90	95	100	105	112	119	126	134				
75	84	88	92	97	103	109	116	124	132					
80	84	89	94	100	106	113	121	129						
85	85	90	96	102	110	117	126	135						
90	86	91	98	105	113	122	131							
95	86	93	100	108	117	127								
100	87	95	103	112	121	132								

CAUTION
EXTREME CAUTION
DANGER
EXTREME DANGER

Important: Since heat index values were devised for shady, light wind conditions, exposure to full sun light can increase heat index values by up to 15A F.