



# Table Top Training Drills

## Table Top Training Exercise-August 2011

### Hot Weather and Rehab

Working as a first responder in the fire service takes a toll on the body in many different ways. The numerous hazards that are faced when the alarm is transmitted are dangerous enough, acclimating to the weather can be even more challenging, especially in the extreme forms of high and low temperatures. In near-miss report [10-1209](#) units are conducting live burn training on a hot day. Unfortunately the weather affects several members and some valuable lessons are learned. Take the time to review the report listed below and discuss with your crew the importance of rehab in all situations, even semi-controlled situations.

*“The department’s training division was conducting multi-company burn structure sessions on a hot, clear day where the temperature was approximately 90 degrees. Due to the need to rotate the crews and get the companies back in service, scenarios were being rushed through. My crew was awaiting our turn to rotate through the scenarios. A crew that was finishing up was given the last scenario after back to back trips into the burn room of the structure with little rehab. They were next assigned a task of proceeding to the fourth floor for downed firefighter rescue, in a smoke filled environment. When they reached the fourth floor they were observed to be disoriented, confused and not understanding directions. It was determined at that time to terminate the exercise. The firefighters were brought down and their gear stripped immediately. Both firefighters were extremely diaphoretic and suffering from heat exhaustion. They were treated with aggressive cooling, IV fluids and transported to the nearest hospital for treatments. Both firefighters remained out of work for the rest of the shift and returned to work the following week.”*

The 2011 National Fire Fighter Near Miss Reporting System’s Training Calendar has dedicated the month of June to the importance of rehabilitation of fire service personnel.

[http://firefighternearmiss.com/Resources/2011\\_Calendar/Near-MissCalendar2011.pdf](http://firefighternearmiss.com/Resources/2011_Calendar/Near-MissCalendar2011.pdf)

The US Fire Administration has teamed with the IAFF to create this excellent resource on dealing with Emergency Incident Rehabilitation. The report states:

*“The physical and mental demands associated with firefighting and other emergency operations exceed those of virtually any other occupation. Unlike many jobs, firefighters cannot pick the time or conditions these jobs must be carried out. Emergencies occur at all times and in every conceivable environmental condition. When you combine the inherent stresses of handling emergency incidents with the environmental dangers of extreme heat and humidity or extreme cold, you create conditions that can have an adverse impact on the safety and health of the individual emergency responder.”*

[http://www.usfa.dhs.gov/downloads/pdf/publications/fa\\_314.pdf](http://www.usfa.dhs.gov/downloads/pdf/publications/fa_314.pdf)