

Standard Operating Guidelines for Prevention and Treatment of Environmental Emergencies in Firefighters

Purpose

The purpose of this procedure is to provide information on actions that will reduce the incidence of heat and cold related injuries to firefighters.

Overview

Physical fitness is a bona fide occupational qualification for firefighters. They must have the strength, stamina, and conditioning necessary to provide services regardless of weather or other adverse environmental factors. That said, fire officers have a practical and ethical imperative to ensure that they do not endanger the health and well-being of their subordinates in any activity, emergency or not. To prevent harm, firefighters and officers must know and recognize the symptoms of heat and cold injuries and take appropriate action to keep themselves and their subordinates safe.

Before they are allowed to participate in training or respond to emergencies, firefighters must have a medical evaluation to ensure that they are physically fit to perform strenuous tasks as needed.

Under no circumstances whatsoever shall firefighters be threatened or intimidated into performing activities that may pose a danger to their health, nor shall they be subject to ridicule, retribution, or discipline for asking for relief or for refusing to perform unsafe activities.

Heat-Related Injuries

Hyperthermia, defined as abnormally elevated body temperature, takes three forms, in increasing severity: heat cramps, heat exhaustion, and heat stroke. Firefighters are at high risk to develop hyperthermia because they work in high-heat environments wearing personal protective equipment when they fight fire.

- a) Heat cramps are muscle pains or spasms caused by low salt levels in the body. They generally occur in the abdomen, legs, or arms. When firefighters experience heat cramps, they should rest in a cool place, drink plenty of liquids, and not resume strenuous activities for several hours.
- b) Heat exhaustion is more serious than heat cramps and may produce the following symptoms: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea/vomiting, fainting.

Standard Operating Guidelines

KJ Lindholm-Leary



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