

# INTERNATIONAL ASSOCIATION OF FIRE FIGHTERS INTERNATIONAL ASSOCIATION OF FIRE CHIEFS



**Supporting Wellness**

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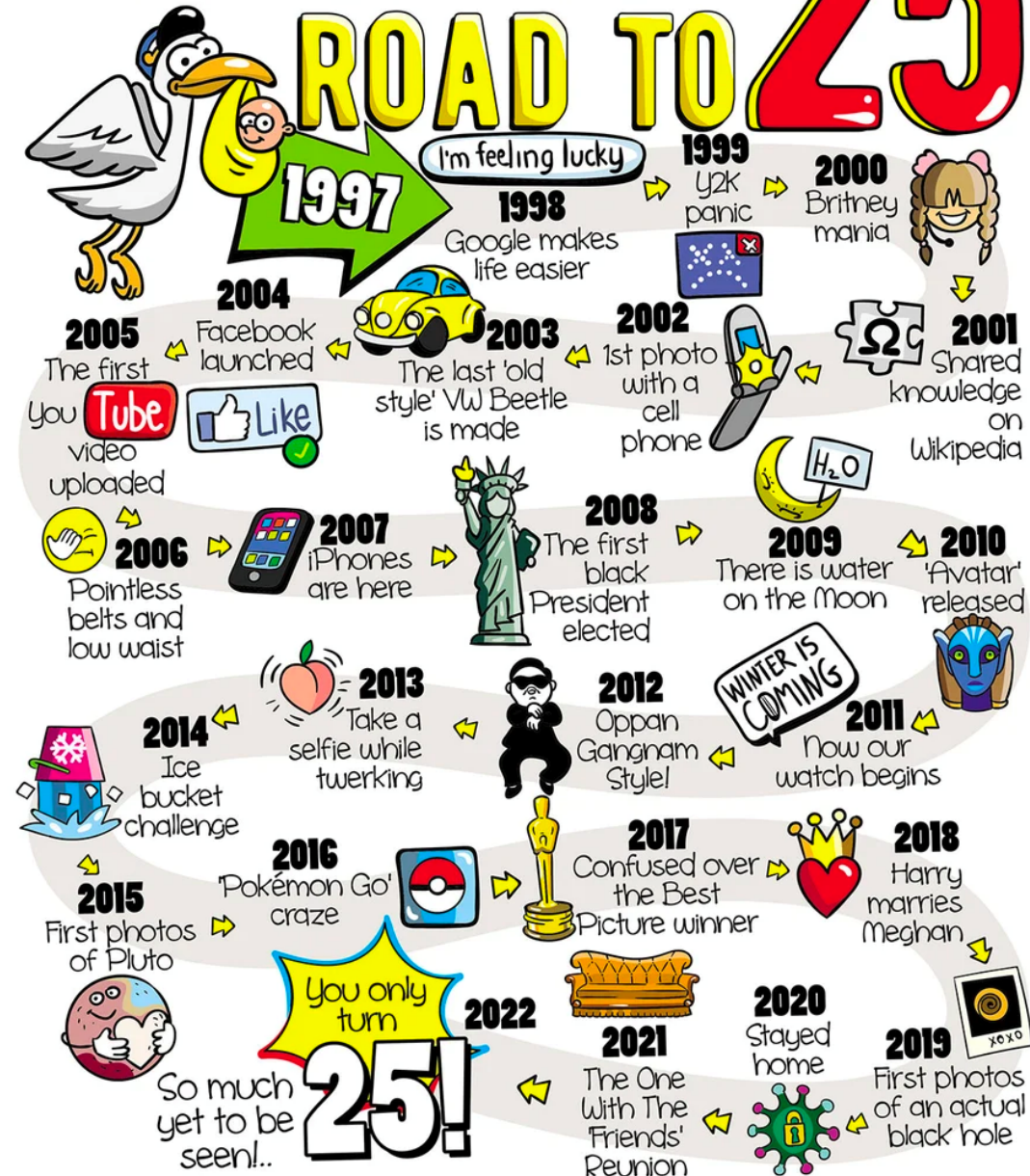
# Supporting Wellness

- Comprehensive Medical Evaluation & Assessment
- Physical Fitness
- Behavioral Health
- Nutrition
- Injury and Medical Rehabilitation



What's changed  
in 25 years?

# THE AMAZING ROAD TO 25



# Awareness

- Behavioral Health Impacts
- Sleep/Shift Work
- Exposure to Carcinogens, Mutagens, Toxins
  - Cross-contamination



# NFPA Standards That Support Wellness

- NFPA 1500 *Safety, Health, and Wellness Program*
- NFPA 1581 *Infection Control Program*
- NFPA 1582 *Comprehensive Occupational Medical Program*
- NFPA 1583 *Health-Related Fitness Programs*
- NFPA 1584 *Rehabilitation Process for Members During Emergency Operations and Training Exercises*



# Is Operational Rehabilitation a Part of Wellness?

# NFPA 1584 (2015)

NFPA® 1584

Standard on the  
Rehabilitation Process for  
Members During  
Emergency Operations  
and Training Exercises

2015 Edition



NFPA®, 1 Batterymarch Park, Quincy, MA 02169-7471, USA  
An International Codes and Standards Organization

- Historically operational rehabilitation was thought of in terms of...
  - Heat and Cold Stress
  - Hydration/Nutrition
  - Rest & Recovery
  - Assessment of Vital Signs



# Exposure to Fireground Toxic Contaminants



# rehabilitate **verb**

re·ha·bil·i·tate | \,rē-ə-'bi-lə-,tāt,  ,rē-hə-  \

**rehabilitated; rehabilitating**

## Definition of *rehabilitate*

transitive verb

- 1 **a** : to restore to a former capacity : REINSTATE
  - b** : to restore to good repute : reestablish the good name of
- 2 **a** : to restore to a former state (as of efficiency, good management, or solvency)

*// rehabilitate* slum areas

  - b** : to restore or bring to a condition of health or useful and constructive activity

# Operational and Training Rehabilitation

NFPA®

# 1584

Standard on the  
Rehabilitation Process for  
Members During Emergency  
Operations and Training Exercises

2022



“This standard describes the

- **prerehabilitation,**
- **contamination control,**
- **rehabilitation,**
- **and post-incident recovery processes**

for members prior to, during, and after incident scene operations, training, and exercises.”



# Preparedness

- Organizational SOPs
- Recognition of Heat/Cold Stress
- Member Prehabilitation
  - Proper hydration, nutrition, rest
  - Fitness



# Contamination Control

- Hazard Control Zones
- Contamination Reduction
  - Preliminary Exposure Reduction (PER)
    - IAW NFPA 1851
- On-Scene Personal Hygiene



# Incident Scene and Training Rehabilitation

- Heat and Cold Stress
- Hydration/Nutrition
- Rest & Recovery
- ~~Assessment of Vital Signs~~
  - No longer indiscriminate vital signs checks
  - “EMS personnel shall evaluate members with symptoms suggestive of a health and/or safety concern.”



# Post-Incident Recovery

- Demobilization process
- Post-incident personal hygiene
- Cleaning and decontamination of apparatus, protective clothing, and equipment
- Identification of Potentially Traumatic Events
- Exposure Reporting



# Do you???

- On-Scene Rehabilitation
- Preliminary Exposure Reduction
- Post-Fire Respiratory Protection
- Turnout Gear Containment On-Scene
- On-Scene/Post-Incident Personal Hygiene





# Also Wellness???

- Station Design (CC and Immersive Design)
- Gradual and Zone Alerting
- Direct Capture Systems
- PPE Selection, Care, and Maintenance
- Contamination Control
- Clean Cab
- What Else?



# NFPA 1580 (2025)

## Standard for Emergency Responder Occupational Health and Wellness

NFPA

# 1581

Standard on  
Fire Department  
Infection Control Program

2022



NFPA

# 1582

Standard on  
Comprehensive Occupational  
Medical Program for Fire  
Departments

2022



NFPA

# 1583

Standard on  
Health-Related Fitness Programs  
for Fire Department Members

2022



NFPA

# 1584

Standard on the  
Rehabilitation Process for  
Members During Emergency  
Operations and Training Exercises

2022



# ***NFPA 1585 (2025)***

## ***Standard for Exposure and Contamination Control***

- *Facilities*
- *Vehicles*
- *Operations and Training*
- *PPE*
- *Cleaning of Equipment*

# Supporting Wellness

## Recommendations for the 5<sup>th</sup> Edition

- Contamination Control and Prevention
- Behavioral Health Programs
- Sleep/Shiftwork Best Practices



# Discussion

## Best Practices in Supporting Wellness...

- Contamination Control and Prevention
- Model Contract Language
  - Medical Physical
  - Fitness
  - Essential Job Tasks
  - Protective Clothing

