



TAILBOARD TRAINING

VFIS “**Tailboard Training**” is a bi-weekly loss prevention program for clients. The program is intended to provide information on current safety issues facing emergency responders in a format that will quickly and effectively communicate a safe practice to implement and relate directly to your organization. These are released every other Thursday by VFIS.

IMPLEMENTING REHABILITATION PRACTICES

Rehabilitation is the rest, rehydration, nutritional support and medical monitoring of emergency responders and fire department members during emergency incidents.

Emergency responders and the commanding officers are responsible to maintain a level of physical fitness in to perform at an emergency. Rehabilitation practices may help personnel perform those duties.

NFPA Standard 1584 suggests that company/crew level rehabilitation, formal rehab sectors and rehydration solutions will be made available in proximity to SCBA bottles on individual apparatus to allow firefighters to rehydrate during the initial bottle change. Fire fighters are encouraged to drink four to eight ounces of rehydration solution during the initial bottle exchange.

Consider training company officers to observe the crew members for signs of exhaustion, dehydration and heat and stress related illness.

Have a discussion about the rehabilitation process. Does your rehabilitation system include these components? If not, who should be contacted to assure they are integrated into your system?

The objective is to complete the training in 15 minutes or less with participants leaving the session with a better understanding of how to keep from getting hurt.

SCENARIO

1. Review any existing protocols, strategic approaches or SOGs on this topic prior to conducting the *Tailboard Training*.
2. Ask a member to review the last incident where this scenario may have existed.
3. Have the group discuss the actions that were taken.

4. Were they done in a safe manner?

5. Were there any actions taken that could have been done differently?

NOTE: Most “after action reviews” such as this develop a number of suggestions that actions should have been or should be done differently. The officers need to balance this immediate reaction to the reality of the situation. Was the outcome positive or negative? Would the outcome have changed if actions were done differently? Should any additional safety precautions have been taken? If so, how and what?

1. Have you had any such incidents in your department or in nearby departments? If so, describe a type of injury, accident, or incident that has actually occurred

2. Commentary on how to better deal with this issue

3. Review of any related departmental standard operating guidelines that may apply

4. Have a short open dialogue on the subject with your personnel.

5. VFIS References:

VFISU online course [Rehabilitation](#)

Emergency Responder Safety Course www.vfis.com

[NFPA 1500 Checklist](#)

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