

City of Belleville Fire Department

Number: 3012

POLICY:

It is the policy of the Belleville Fire Department that standard procedures are followed by all personnel to recognize and reduce Heat and Cold Stress.

Date S.O.G. Comes Into Effect: July 3, 2006

Date S.O.G. Revised: May 1, 2018

Date Committee Approved S.O.G.: May 3, 2006

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GUIDELINE

1:00 **Purpose:**

1:01 To reduce the risk of Heat and Cold Stress to all personnel during emergency incidents and/or daily activities.

2:00 **Procedures:**

2:01 **Heat and Cold Stress Training**

Training programs should be developed that educate all personnel in recognizing heat and cold stress.

2:02 **Recognition of Heat Related Stress**

- Heat Rash
- Heat Cramps
- Fainting
- Dehydration
- Heat Exhaustion
- Heat Stroke

THIS GUIDELINE IS NOT EXPECTED TO SUBSTITUTE FOR GOOD JUDGEMENT AND EXPERIENCE UNDER UNUSUAL CONDITIONS.

2:03 **Methods to Assist in Alleviating and Managing Heat Related Stress**

- Fluid replacement
- Work rotation
- Dressing down from full protective clothing
- Rotating Firefighters to areas that may provide cooler temperature by use of air conditioning or provision of shade (rehab area)
- Have Firefighters rest
- Use of Rehab chair (cool water)

2:04 All non-emergency activities should be rescheduled during extremely hot and humid weather to avoid the risk of heat related stress.

2:05 **Recognition of Cold Related Stress**

- Frostbite
- Hypothermia
- Trench Foot (caused by wet feet being exposed to cold temperatures above freezing)

2:06 **Methods to Assist in Alleviating and Managing Cold Related Stress**

- Work rotation to allow Firefighters to rehabilitate where a source of heat is available, protected from the wind, rain, snow, etc.
- Advise Firefighters to wear multiple layers of loose fitting clothing
- Protection of hands, feet, face and head
- Advise Firefighters to report to a supervisor any cold related stress symptoms to themselves or any other personnel
- Replace wet clothing as soon as possible
- Fluid replacement with warm, sweet, non-caffeine containing drinks
- Use of Rehab chair (warm water)

2:07 All non-emergency activities should be rescheduled during extremely windy and cold weather to avoid the risk of cold related stress.

3:00 **Scope:**

3:01 It shall be the responsibility of the Captain/ Officer in charge of each shift to ensure that this guideline is explained and followed.

3:02 It shall be the responsibility of **all employees** to understand and adhere to this guideline.

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