

**PHOENIX REGIONAL
STANDARD OPERATING PROCEDURES**

HEAT STRESS MANAGEMENT
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PURPOSE

The purpose of this procedure is to establish guidelines and responsibilities for minimizing the effects of heat stress on department members.

POLICY

Effective June 1st to September 30th of each year, or at the discretion of the on-duty Shift Commander, Dispatch and Deployment shall provide an additional ALS Engine Company to any working fire incident. A Rehab Unit will be dispatched on all First Alarm and greater incidents.

PROCEDURE

Strenuous physical activities in high temperatures affect all organ systems of the body. The effect is relative to how hot it is, duration of exposure, type of activity, and a variety of other factors. For example, during long and even short-duration strenuous activities at temperatures above 105 degrees Fahrenheit, normal cooling mechanisms can be stressed and overwhelmed. In the interest of reducing the impact of heat-related stress on members, the following directives are to be followed whenever the temperature is at or above 105 degrees Fahrenheit:

1. Each member will be responsible to:
 - a. Maintain proper rest/nutrition regimen
 - b. Observe appropriate work/rest cycles
 - c. Maintain hydration and replenish electrolytes before, during, and after each shift (minimize products containing caffeine)
 - d. Inform supervisor of any ill effects due to heat
2. In addition to the above, Company Officers are responsible for monitoring and managing:
 - a. Cardiovascular activity (i.e., tennis, racquetball, running, etc.) shall be limited to a maximum of 30 minutes
 - b. A minimum of 96 ounces of water/fluid should be consumed during a 24-hour shift
 - c. Work/rest cycles, request a relief company, and assignment to rehab after the crew has consumed two bottles of air
 - d. Company activity and request additional resources as necessary
3. During emergency operations, the Incident Commander is responsible for the following:
 - a. Consider the establishment of a Rehab Sector/Division/Group on all working fires
 - b. Assign companies to Rehab Sector/Division/Group as needed or requested (companies shall remain in rehab for a minimum of 20 minutes)
 - c. Rehab Sectors will perform vital signs monitoring during rest periods as per MP 202.08 Rehabilitation Sector
 - d. Utilize the practice of first company in, first company out routine
 - e. Request additional resources as necessary