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

PROCEDURE
The following directives are to be implemented 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.

1. Each member will be responsible to:
   a. Maintain proper rest/nutrition regimen
   b. Observe appropriate work/rest cycles
   c. Hydrate before, during, and after each shift (minimize coffee, tea, and cola products)
   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 64 ounces (2 quarts) of fluid should be consumed during the 24-hour shift
   c. Work/rest cycles, request a relief company and assignment to rehab after 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. Utilize the practice of first company in, first company out routine
   d. Request additional resources as necessary