

Chapter 20

Rehabilitation

1. What NFPA Standard covers Rehabilitation Process for Members During Emergency Operations and Training Exercises? 644
 - A. 1582
 - B. 1583
 - C. 1584
 - D. 1585

2. What is the definition of rehabilitate as it relates to firefighting? 644
 - A. To check-in to a substance abuse clinic
 - B. To restore someone or something to a condition of health or state of useful and constructive activity
 - C. Drink a lot of fluids fast to feel better quickly
 - D. None of the above

3. How much fluid can fire fighters lose in an hour of "action"? 646
 - A. 1 Quart
 - B. 2 Quarts
 - C. 3 Quarts
 - D. 4 Quarts

4. What's the average weight of the PPE that firefighters wear? 645
 - A. Between 10-20 pounds
 - B. Between 20-30 pounds
 - C. Between 30-40 pounds
 - D. Greater than 40 pounds

5. What type of fire was rehab first used / practiced extensively? 650
 - A. Wildland Fires
 - B. Residential Fires
 - C. High Rise Fires
 - D. Airport Fires

6. What is the definition of dehydration? 646
 - A. Heat exhaustion
 - B. A state which fluid loss is greater than the fluid intake in the human body
 - C. Heat stroke
 - D. All of the above

7. What is one type of incident that might impose a large energy drain on fire fighters? 650
 - A. Pump Operator
 - B. Station Standby Assignment
 - C. An EMS call where a person is choking
 - D. A HazMAT incident where members are wearing and operating in fully encapsulated suits

8. Is it necessary to implement all the components of a rehab center at every incident? 648
 - A. No, non-fire incidents don't need rehab
 - B. No, some minor incidents may require only part of the rehab process
 - C. Yes, every incident must have a FULL rehab setup
 - D. Yes, every incident, even minor ones, but a large drain on the human body

9. Where do saturated fats come from? 655
 - A. Nuts
 - B. Cereals
 - C. Animal Products
 - D. Bacon

10. What is one possible tactic a department might use to help reduce load at a high-rise fire? 648
 - A. Suspend the two-in, two-out rule
 - B. Attack the fire in shifts
 - C. Have police or other bystanders help carry equipment to the fire floor
 - D. Assign three companies to do the work that would normally be assigned to one.

11. Why does Firefighting PPE prevent the perspiration of the fire fighter from evaporating? 645
 - A. The PPE radiates the perspiration back to the body
 - B. PPE acts as a vapor barrier
 - C. PPE acts as a wick and absorbs the perspiration
 - D. None of the above