

4 Must Do's During Your Shift

- **Focus on crew level rehab** – make sure your unit has the supplies needed to rehab after every call, training session, and activities throughout your shift
- **Emphasize the need for rehab with the extended on scene time calls and training sessions** – ensure you rehab any time you are exposed to the elements for extended times or conducting high impact on duty training, whether you are in your turnouts or not. For example: minor MVAs, and gas leaks. BCs can carry a Quick Deploy Rehab Kit (See Resource Materials)
- **Follow through with all requirements of a good rehab sector, including vital signs!**
- **Evaluate your crewmates throughout the shift** – monitor each other's condition and needs. Don't be afraid to ask for help. Make sure someone is accounting for the boss's condition and... Take care of each other!