Fire Fighter Rehabilitation

1. What is the amount of rest needed to recover from physical exertion directly related to? p. 645

A.) Size of the team
B.) Physical condition of the fire fighter
C.) Weather conditions
*D.) Intensity of the work

2. What is one way to identify potential problems during medical monitoring in rehabilitation? p. 655

*A.) Check vital signs
B.) Get a medication list
C.) Ask when last meal was consumed
D.) Take medical history

3. What system can carrying extra body weight stress during fire fighting operations? p. 647

A.) Digestive
B.) Skeletal
C.) Nervous
*D.) Cardiovascular

4. What is seen in the start of dehydration? p. 653

A.) Reduced muscular endurance
*B.) Impaired body temperature regulation
C.) Reduced mental ability
D.) Stomach cramping

5. When should rest begin when using the rehabilitation facility? p. 652

A.) Just before you leave
B.) Once PPE is removed
*C.) As soon as you arrive
D.) After you have eaten

6. How many companies may be assigned to do the work normally done by one company during high-rise operations? p. 648

*A.) Three
B.) Four
C.) Five
D.) Two

7. What causes the fire fighter's core body temperature to rise to dangerous levels quickly? p. 645

*A.) Lack of evaporative cooling
B.) Ambient temperatures
C.) Added weight of the PPE
D.) Relative humidity in the air

8. Which is considered passive warming? p. 652

A.) Drinking warm liquids
B.) Using warming blankets
C.) Applying heat packs
*D.) Moving to a warm building

9. What percent of a balanced diet's calories should come from protein? p. 655

A.) 12 to 14 percent
B.) 14 to 16 percent
C.) 16 to 18 percent
*D.) 10 to 12 percent

10. Up to what amount of fluid can fire fighters in action lose in less than 1 hour? p. 646

A.) 1 quart (1 liter)
B.) 3 quarts (3 liters)
C.) 4 quarts (4 liters)
*D.) 2 quarts (2 liters)

11. How many floors below the fire floor will the rehabilitation center often be located in a high-rise fire? p. 650

A.) Four to five
B.) One to two
C.) Three to four
*D.) Two to three

12. During which type of operation was rehabilitation first used on a wide-spread basis? p. 650

A.) High-rise
*B.) Wildland
C.) Structure
D.) Hazmat

13. At which temperature would rehabilitation need to take place in a climate-controlled location? p. 652

A.) 72°F (22.2°C)
B.) 71°F (21.7°C)
C.) 70°F (21.1°C)
*D.) 73°F (22.8°C)

14. How much water per hour should fire fighters strive to drink during periods of work? p. 653

*A.) One quart
B.) One and one-half quarts
C.) One-half quart
D.) Two quarts

15. How long before physical exertion should 16 ounces (0.5 liters) of water be consumed to prevent dehydration? p. 646

A.) 1 hour
B.) 1½ hours
C.) 2½ hours
*D.) 2 hours

16. What is emergency incident rehabilitation a part of? p. 644

A.) Ventilation operations
*B.) Overall emergency effort
C.) Suppression effort
D.) Rescue operations

17. Which is used as a fuel source only in extreme conditions? p. 655

A.) Fat
B.) Carbohydrates
*C.) Protein
D.) Electrolytes

18. What portion of a healthy diet should consist of carbohydrates? p. 654

A.) 45 to 50 percent of calories
*B.) 55 to 65 percent of calories
C.) 65 to 70 percent of calories
D.) 50 to 55 percent of calories

19. What is NOT a correct statement? p. 648

A.) Engaging in a variety of activities can help develop optimal stair climbing endurance
B.) The old philosophy on the fire ground was "fight hard until you drop"
C.) The introduction of rehabilitation procedures has led to a decrease in the number of heat stress and exhaustion related injuries
*D.) The concept of rehabilitation needs to only be applied to large scale incidents

20. How many calories (joules) per day do some studies show wildland fire fighters need? p. 650

*A.) 5000 to 6000 calories (21-25 joules)
B.) 6000 to 7000 calories (25-29 joules)
C.) 3000 to 4000 calories (13-17 joules)
D.) 4000 to 5000 calories (17-21 joules)

21. Which of the following is considered passive cooling? p. 652

A.) Using a misting fan
*B.) Removing PPE and other clothing
C.) Putting arms in cool water
D.) Placing wet towels on the head

22. Who should the fire fighter take care of first on the fire ground? p. 656

A.) Crew members
*B.) Him or herself
C.) Bystanders
D.) Victims

23. Which of the following should be the preferred choice for rehydrating fire fighters? p. 653

*A.) Sports drinks
B.) Soda
C.) Tea
D.) Coffee

24. At what wind chill temperature does the United States Fire Administration recommend rehabilitation operations be initiated? p. 651

A.) 15°F (-9°C)
*B.) 10°F (-12°C)
C.) 20°F (-7°C)
D.) 25°F (-4°C)

25. What is one of the primary goals of rehabilitation? p. 651

A.) Changing into more comfortable clothing
B.) Allowing fire fighters to see their family
C.) Eliminating the need to transport
*D.) Returning the body temperature to normal

26. Which of the following does your body use for energy during strenuous activity? p. 646

A.) Carbohydrates and protein
B.) Peptides and fats
C.) Fats and protein
*D.) Carbohydrates and fats

27. Which is NOT correct about rehabilitation? p. 655

A.) Proper nutrition reduces stress, improves health, and provides more energy
B.) Low-sugar, high-protein sports bars are good for short-duration incidents
C.) "Refueling" must occur to maintain peak performance levels
*D.) It is always better to eat large meals

28. What is the minimum amount of rest that is recommended under NFPA 1584 for each period of rehabilitation? p. 656

A.) 30 minutes
B.) 15 minutes
*C.) 20 minutes
D.) 45 minutes

29. At what point does the United States Fire Administration recommend that rehabilitation operations be initiated? p. 651

A.) 85°F (29°C)
*B.) 90°F (32°C)
C.) 80°F (27°C)
D.) 75°F (24°C)

30. How long will the body need to recover once the initial 2 quarts (2 liters) of water are lost? p. 653

A.) 2 to 3 hours
*B.) 1 to 2 hours
C.) 1/2 to 1 hour
D.) 2 1/2 to 3 hours