

## SHELBYVILLE FIRE & RESCUE STANDARD OPERATING PROCEDURES

	<b>SECTION: Safety</b>	S.O.P: 104.13
	<b>SUBJECT: Recording of Vitals</b> <b>Beginning of Shift</b>	PAGE: 1 of 1
	<b>Approved By:</b>	<b>Effective Date:</b> December 1, 2012
		<b>Revision Date:</b>

### ***Purpose:***

To outline the policies and procedures for each member of a platoon in taking their blood pressure and pulse rate. Also, to provide baseline vitals signs in the event a member must enter a hazardous atmosphere during their shift.

### ***Scope:***

This applies to all members who are working a shift or assigned to a platoon.

1. Each member of the platoon will take his/her blood pressure (BP) and Pulse rate between 0700 and 0730 hours.
2. The blood pressure (BP) will be recorded at the bottom of the daily log
3. Blood pressure (BP) and pulse rate will be taken using the automatic wrist (BP) cuff.
4. If the member feels that the reading is inaccurate, then another member will manually take the (BP) and pulse rate.
5. The two results will be compared, if there is a discrepancy between the two results, the (BP) and pulse rate will be taken a third time manually and that (BP) will be used and recorded in the daily log.
6. All (BP) and pulse rates shall be witnessed by at least one other member of the platoon.
7. If a member has an issue with their information being recorded in the daily log, they may record their BP and pulse rate on a piece of paper. The members name, date and firefighter number are to be placed on the paper then folded and taped together. It shall then be forwarded to the shift supervisor and placed in the members personnel file.
8. Normal blood pressure (BP) is 120/80. Any (BP) above this is considered to be pre-hypertension. (Members who consistently have a (BP) higher than this, should consult with his/her physician.)
9. If a member of the platoon has a (BP) greater than or equal to 150/100, then their (BP) is to be taken again in one hour.
10. If the (BP) remains greater than or equal to 150/100, the member will immediately consult their physician.
11. If it is determined by a physician that the normal (BP) for the member is 150/100 or greater, then the member shall bring a note from the physician stating that this is an acceptable (BP) for them.
12. A member will not be able to complete their shift until cleared by a physician.