



TRAINING ANNOUNCEMENT

3/17/2026

Weekly Drill Series

This 3-hour course is being held on the following dates and times:

Rehab Process During Emergency Operations and Training: April 9th 1900-2200

Westchester's weekly drill series is designed to enhance the skillset of Fire Service personnel operating at a wide range of incident types. Drills will be conducted during the week and will rotate through key subject areas. Through a combination of discussion-based learning and hands on training, this program empowers firefighters and officers to both initiate and facilitate daily drills at their home departments. Each session is thoughtfully designed to supplement your departments existing training schedule, while providing practical drills that participants can take back and implement.

Rehab Process During Emergency Operations and Training

Emergency incident operations and training can be physically and mentally demanding for firefighters and emergency medical personnel. Fire and EMS responders routinely perform strenuous tasks while wearing personal protective equipment (PPE), which significantly increases physical stress on the body. These stressors are often intensified by environmental conditions such as high heat, humidity, cold temperatures, and wind. Without proper management, these conditions can lead to fatigue, dehydration, heat-related illness, or other medical emergencies. On-scene rehabilitation (Rehab), as defined by National Fire Protection Association Standard NFPA 1584, is an intervention designed to mitigate the physical, psychological, and emotional stress experienced during emergency operations. The goal of rehab is to help responders recover, maintain energy levels, improve performance, and reduce the likelihood of injury, illness, or death.

This class will cover:

- The purpose and importance of rehab during emergency incidents and training
- Responsibilities of the Incident Commander (IC)
- Roles of company officers and supervisors
- Responsibilities of individual members
- Establishment and operation of a rehab sector
- Medical monitoring, hydration, and rest protocols

By implementing effective rehab procedures, departments can protect the health and safety of personnel while ensuring operational effectiveness on the incident scene.

Target audience: Fire Service Personnel

For questions or concerns regarding weather or course cancellation call (914) 231 – 1615.

Check out our Website at <http://emergencyservices.westchestergov.com/> for the most current information on training

Prerequisites: *Students are required to register for each class. Students who are not registered will be turned away!*

Registration: Pre-registration is mandatory. Walk-ins are not permitted. Make sure you have completed any pre-requisite courses. To register go to: [Weekly Drill Series](#)

Class size is limited to 20/30 (min/max) students.

Venue: Westchester County DES Training Center, 4 Dana Rd. Grasslands Campus., Valhalla, New York.
All students are able to park in the lot adjacent to the Support Services Building located at 35 Walker Road.

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