

# Firefighter Hydration



Water is used in virtually every single body process, which makes it the most critical nutrient for performance and health.



Prevents headaches



Cools the body



Prevents muscular and joint injury



Protects against cramping



Protects the heart



Increases stamina

It's estimated that 90% of firefighters are continually dehydrated. How can you ensure you're of the 10% who are not?

## DAILY HYDRATION



Build a water habit!



Aim for 0.5 oz per pound of body weight

## ACTIVE HYDRATION



8-12 fl oz every 15 minutes



Opt for sports drinks with electrolytes, or pair water with salty foods

## Beyond Beverages



To maximize hydration — and enjoyment — prioritize high-water foods in daily meals and snacks.

Cooked grains  
Smoothie bowls  
Strawberries  
Cottage cheese  
Watermelon

Yogurt  
Celery  
Peppers  
Cucumber

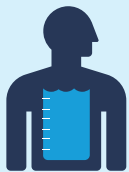
Romaine lettuce  
Peaches  
Soup

Tomatoes  
Apples  
Zucchini

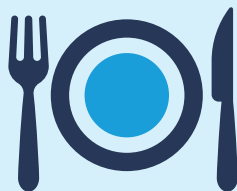
## Keys for Rehydration

Monitor urine output.

Drink a minimum 24 fl oz per hour until urine becomes pale yellow



Drink 24 fl oz for every pound lost during activity



Eat a nourishing meal as soon as you are able



Target electrolytes (salt, calcium, potassium & magnesium) from a beverage or food



Consider a rehydration solution for severe cases



Local dairy farm families are proud to partner with Two In, Two Out to bring wellness resources to first responders and their families in our communities.

Find more First Responder Resources here:

