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HYDRATION FOR FIREFIGHTERS

MANAGING
ENVIRONMENTAL AND
WORK DEMANDS



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***Reports indicate that 90% of firefighters
are continually dehydrated***

Even short-duration events can worsen
dehydration, exposing you to severe
health risk

FUNCTIONS OF WATER



BODY FUNCTION

Lubricates joints,
transports nutrients,
digestion



COOLING

Sweat evaporation
and vasodilation
regulate body
temperature



CARDIOVASCULAR

Maintains blood volume,
ensures heart function,
protects against hypertension



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DEHYDRATION: WHY RISK IT?

BE SURE YOU'RE FULLY HYDRATED.

Simply check the color of your urine to be sure you're drinking enough.



Hydrated

Severely Dehydrated



Prevent headaches

Cool your body

Protect your heart

Increase stamina

Protect against cramps

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The HYDRATION Trifecta



Fluids



Electrolytes



Sweat Rate

Hydration Considerations

- Workload
- Access to food
- Access to fluid
- Body size
- Ambient conditions
- Clothing
- Fitness level

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HIGH-WATER FOODS

- Yogurt
- Celery
- Cucumber
- Romaine lettuce
- Peaches
- Soup
- Tomatoes
- Apples
- Zucchini
- Peppers
- Cooked grains
- Smoothie bowls
- Strawberries
- Cottage cheese
- Watermelon



Daily Hydration Strategies

Water first!

- Primary beverage for daily hydration
- Carry a water bottle
- Build a habit
- Avoid chronic caffeine

Choose hydrating foods

- Yogurt/milk
- Fruits and veggies
- Broth-based soups

Baseline Target:

- 0.5 oz per pound body weight



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HYDRATION IN ACTION



*8-12 fl oz
every 15 min*



*Include salty
beverages and
snacks*



*Keep sports foods
and beverages
on-hand*



*Ingest food
as able*

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REHYDRATION



HOW CAN I REPLENISH AFTER THE CALL?

Keys for rehydration:

- Drink 24 fl oz for every pound lost during activity
- Monitor urine output. Drink a minimum 24 fl oz per hour until urine becomes pale yellow
- 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



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SUMMARY



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- The best defense against dehydration is to stay hydrated everyday
- Food and beverages both contribute to hydration status
- Have a hydration plan for calls, especially in extreme conditions
- Ensure rapid recovery by focusing on nutrition and beverages as soon as you can

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QUESTIONS?