

PERSONAL SAFETY: Hydration

From RFDS (Royal Flying Doctor Service)

PREVENTION

To prevent dehydration you should hydrate early – this is before you start to feel thirsty.

When working and exercising in hot climate condition, you need to

- Drink 1 cup (250mls) of water every ½ hour
- Drink water or sports drinks only
- Increase fluid intake if urine is dark in colour.

SYMPTOMS

The symptoms of mild dehydration are:

- Muscle Cramps
- Headache
- Dizziness
- Pale, clammy skin
- Dark coloured urine

Urine Hydration Chart

1	HYDRATED
2	HYDRATED
3	HYDRATED
4	DEHYDRATED
5	DEHYDRATED
6	DEHYDRATED
7	SEVERELY DEHYDRATED
8	SEVERELY DEHYDRATED

RFS recommends 1 litre per hour for frontline fire fighting.

Bushfire CRC (Cooperative Research Council)

In a 12 hour firefighting shift, firefighters could be asked to consume **6 or 36 litres!**



THE IMPORTANCE FOR FIRE AGENCIES:

1. Are firefighters at risk of dehydration? **YES**
2. Is there published evidence? **NO**
3. Are fire agencies providing the *right* amount of fluid and advice to their firefighters? **NO ONE KNOWS**