



POINTS TO PONDER



HEAT STRESS



Officers and Firefighters should be aware of the signs and symptoms of heat stress to protect themselves and those that they supervise.

Signs & Symptoms

- Elevated body temperature
- Hot, dry skin
- profuse sweating
- throbbing headache
- Altered mental status
- Chills



Essentially, the body is trying to restore itself to a state of homeostasis or neutrality in order to prepare itself for more work. We must ensure that this is being done so that firefighters will be able to go home safely or continue to work safely.

Due to the nature of our work and working conditions, including wearing PPE, it is inevitable that firefighters will increase their core body temperatures. The problem is how to prevent this from becoming dangerous to them.

Controls to minimize heat stress:

- Fluid intake
- Active cooling
- Rest/Work rotation

Rehab Is:

An attempt to restore (a person) to normal physical functioning

Efforts used to:

- Ensure adequate hydration
- Limit core temperature heating with “active cooling”
- Provide rest
- Sustain a Firefighter’s energy

ARE YOU HYDRATED?	
Scale Color (1-5)	
1	Water intake matches the volume of sweat loss.
2	Fluid intake slightly below sweat loss.
3	Increased thirst, increased heart rate, and increased breathing apparatus use.
4	Dark urine, a 10% drop in performance, and increased breathing apparatus use.
5	Very dark urine, a 20% drop in performance, and increased breathing apparatus use.
6	Very dark urine, a 30% drop in performance, and increased breathing apparatus use.
7	Very dark urine, a 40% drop in performance, and increased breathing apparatus use.
8	Very dark urine, a 50% drop in performance, and increased breathing apparatus use.
9	Very dark urine, a 60% drop in performance, and increased breathing apparatus use.
10	Very dark urine, a 70% drop in performance, and increased breathing apparatus use.