



# HEAT & HYDRATION



Heat Illnesses	Dehydration
<ul style="list-style-type: none"> <li><input type="checkbox"/> Heat Exhaustion/Cramp               <ul style="list-style-type: none"> <li><input type="checkbox"/> Cramping</li> <li><input type="checkbox"/> Red faced</li> <li><input type="checkbox"/> Sweating</li> <li><input type="checkbox"/> Cold, clammy skin</li> <li><input type="checkbox"/> Confusion/dizziness</li> <li><input type="checkbox"/> Shallow breathing/rapid pulse</li> </ul> </li> <li><input type="checkbox"/> Heat Stroke- <b>MEDICAL EMERGENCY</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Delusion/irritation</li> <li><input type="checkbox"/> Loss of Coordination</li> <li><input type="checkbox"/> Loss of Consciousness</li> <li><input type="checkbox"/> Not sweating and red, dry skin</li> <li><input type="checkbox"/> Seizure</li> <li><input type="checkbox"/> Vomiting</li> <li><input type="checkbox"/> Core temp &gt;104</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 1% decrease in hydration can result in:               <ul style="list-style-type: none"> <li><input type="checkbox"/> Decreased cognitive function</li> <li><input type="checkbox"/> physiological strain on brain, heart, kidneys, muscle tissue</li> </ul> </li> <li><input type="checkbox"/> Check urine color to monitor hydration status               <ul style="list-style-type: none"> <li><input type="checkbox"/> Dark yellow, orange, or brown- HYDRATE</li> <li><input type="checkbox"/> 16-24 oz immediately</li> <li><input type="checkbox"/> Can take up to 36 hours to rehydrate</li> </ul> </li> <li><input type="checkbox"/> Working/Exercising in extreme heat               <ul style="list-style-type: none"> <li><input type="checkbox"/> Hydrate 8-12 oz every half hour</li> </ul> </li> </ul>
Safe Hydration Practices	Safe Hydration Practices Cont.
<ul style="list-style-type: none"> <li><input type="checkbox"/> Start hydrating <u>days</u> before the event               <ul style="list-style-type: none"> <li><input type="checkbox"/> WATER</li> <li><input type="checkbox"/> Sports drinks should not replace water, but are beneficial with water</li> </ul> </li> <li><input type="checkbox"/> Consume electrolytes               <ul style="list-style-type: none"> <li><input type="checkbox"/> Sodium, potassium, magnesium, calcium, chloride, phosphate</li> <li><input type="checkbox"/> Body Armour, Gatorade, Coconut Juice</li> <li><input type="checkbox"/> Foods with high electrolyte/water content                   <ul style="list-style-type: none"> <li><input type="checkbox"/> Watermelon, grapes, apples, banana, citrus fruit</li> </ul> </li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Consume 1-1.5 oz/kg of body weight per day               <ul style="list-style-type: none"> <li><input type="checkbox"/> 150 lb = 68 - 102 oz</li> <li><input type="checkbox"/> 200 lb = 91 - 136 oz                   <ul style="list-style-type: none"> <li><input type="checkbox"/> 128 oz = 1 gallon</li> <li><input type="checkbox"/> kg = lbs: Body Weight / 2.2046</li> </ul> </li> </ul> </li> <li><input type="checkbox"/> Do not drink TOO much water               <ul style="list-style-type: none"> <li><input type="checkbox"/> Hyponatremia</li> <li><input type="checkbox"/> Electrolyte abnormality compared to sodium content</li> <li><input type="checkbox"/> Potentially fatal</li> </ul> </li> </ul>

**If Experiencing any Symptoms:**

IMMEDIATELY go to a cool zone and notify EMS