

# **BE A CATALYST FOR YOUR HEALTH Hydration**

The days are getting longer and the temperature outside is rising, making hydration even more important over these next couple of months. This month, learn more about how you can stay hydrated while at work or at home!

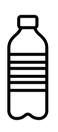
## PRE-ACTIVITY

( L	20	
	•	]

16-32 ounces on the way to work or during lineup.

Equivalent to two 12-ounce plastic water bottles + one 8-ounce glass of water.

### DURING ACTIVITY



8-10 ounces of cool water every 15 minutes.

8-10 ounces of electrolyte-rich drink (Liquid IV, DripDrop, Fire Salt) if longer than 90 minutes.

\*Recommend cutting a 12-ounce sports drink to half water, half drink for sensitive stomachs.

### POST-ACTIVITY



CLICK HERE

**TO LEARN** 

ABOUT THE

SCIENCE

BEHIND

LIQUID IV!

Less than 60 minutes of fire activity: **DRINK WATER** 

Greater than 60 minutes of fire activity: DRINK SPORTS DRINK THIS IS THE TIME FOR YOUR LIQUID IV!

No water consumed during fire activity: **REHYDRATE FAST** \*Drink 16-ounces (2 cups) of water or sports drink every 15-20 minutes.

## **BENEFITS OF PROPER** HYDRATION

Click on each of the below icons to be taken to research that supports each benefit







**CLICK HERE FOR** 

**MORE SIGNS &** 

SYMPTOMS OF

**DEHYDRATION** 



Increased brain function & decision making.

lubrication risk of meaning cardiac decreased event. joint pain.

**Decreased Temperature Increased** regulation.

energy & performance.

## **DEHYDRATION SIGNS & SYMPTOMS**

Watch out for yourself & those around you.

- Headache, delirium, confusion
- Fatigue
- Dizziness, weakness
- Dry mouth or dry cough

Joint

- Darker yellow urine
- Muscle cramping
- High HR/Low BP

#### **PAY EXTRA ATTENTION TO HYDRATION LEVELS WHEN:**

- Increased outdoor temperature
- Active vomiting or diarrhea
- Burns, sun exposure
- Dark urine per urine chart (linked here!)

PORTANTAN 

#### **BATTALION 4 INJURY PREVENTION STATION VISITS!**

JUNE 3RD (A), 5TH (C), AND 10TH (B) Find the sign-up JotForm linked HERE!



#### **SHOUTOUTS!**

Big shoutout to the 3rd battalion taking the lead with 3 perfect scores on the Functional Movement Screen (FMS)-With Station 31 with 2 of those!