

How **HYDRATED** are You?

Urine comparison chart

Urine Color	H2O Level	Next Steps
CLEAR	Hydrated	Drink 1 Quart over next 2 hours.
LIGHT YELLOW	Hydrated	Drink 1 Quart over next 1 hour.
YELLOW	Dehydrated	Drink 1 Quart in next 30 minutes
BRIGHT YELLOW	Dehydrated	Drink 1 Quart in next 15 minutes
DARK YELLOW	Severely Dehydrated	Drink 1 Quart Immediately



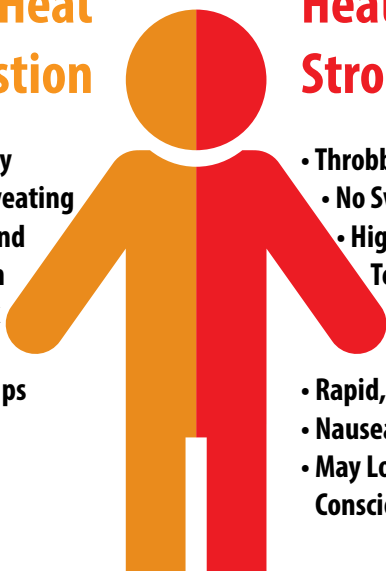
Caffeinated, Sugary, & Alcoholic beverages **dehydrate!**

For frontline firefighting, 1 quart of liquid should be taken every hour.

Heat Stroke Awareness

Heat Exhaustion

- Faint or Dizzy
- Excessive Sweating
- Cool, Pale, and Clammy Skin
- Rapid, Weak Pulse
- Muscle Cramps



Heat Stroke

- Throbbing Headache
- No Sweating
- High Body Temperature above 103° (Red, Hot, Dry Skin)
- Rapid, Strong Pulse
- Nausea or Vomiting
- May Lose Consciousness

Call Medic on Field Radio Channel

- Get to cool place
- Drink water, if conscious
- Take cool shower / use compresses

- Help cool person down until help arrives
- NEVER pour cold water on person's head, shoulders, etc.