



# Heat illness prevention and awareness training

## PROTECTING FIREFIGHTERS FROM HEAT RELATED ILLNESS

### PREPARATION



#### CLOTHING

Wicking, light weight undergarments



#### DRINK ICE SLURRY

500ml within 15 minutes



#### CHECK HYDRATION

Keep urine colour light

### DAILY HEALTHCHECK



### DIET

- ✓ 400-700kcal per hot wear
- ✓ lots of fruit and veg
- ✓ use carbs for heavy workload

### LIVE FIRE: core temperature limit 39°C



#### MONITOR CORE TEMPERATURE



#### CONSIDER WORKLOAD

Instructors aim for 1-3-9 workload

### RECOVERY: cool to within 0.5% of baseline



#### DRESS-DOWN & DECONTAMINATE



#### DRINK WATER

500ml within 60 minutes



#### DRINK ICE SLURRY

500ml within 30 minutes



### HYDRATION

- ✓ Water intake 2L per day  
general intake

To find out more go to [www.fbueducation.org](http://www.fbueducation.org)