(HPA)

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



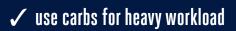
CHECK HYDRATION Keep urine colour light

DAILY HEALTHCHECK



DIET ✓ 400-700kcal per hot wear

Iots of fruit and veg



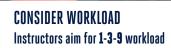


HYDRATION
✓ Water intake 2L per day general intake





MONITOR CORE TEMPERATURE







DRESS-DOWN & Decontaminate



DRINK WATER 500ml within 60 minutes



DRINK ICE SLURRY 500ml within 30 minutes

