How HYDRATED are You?

Urine comparison chart

<table>
<thead>
<tr>
<th>Urine Color</th>
<th>H2O Level</th>
<th>Next Steps</th>
</tr>
</thead>
<tbody>
<tr>
<td>CLEAR</td>
<td>Hydrated</td>
<td>Drink 1 Quart over next 2 hours.</td>
</tr>
<tr>
<td>LIGHT YELLOW</td>
<td>Hydrated</td>
<td>Drink 1 Quart over next 1 hour.</td>
</tr>
<tr>
<td>YELLOW</td>
<td>Dehydrated</td>
<td>Drink 1 Quart in next 30 minutes</td>
</tr>
<tr>
<td>BRIGHT YELLOW</td>
<td>Dehydrated</td>
<td>Drink 1 Quart in next 15 minutes</td>
</tr>
<tr>
<td>DARK YELLOW</td>
<td>Severely Dehydrated</td>
<td>Drink 1 Quart Immediately</td>
</tr>
</tbody>
</table>

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

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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.

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