



# HYDRATION FOR FIREFIGHTERS

## REGULAR EXERCISE **vs** FIREFIGHTING ACTIVITY

Sweat loss  
per hour

**8-16 OZ**

Sweat loss  
per hour

**75-110 OZ**

**PROPER  
HYDRATION**



**BOOSTS  
ENERGY**



**COOLS DOWN BODY  
TEMPERATURE**



**PREVENTS  
FATIGUE**

## HYDRATION FOR FIRE OPERATIONS & EXERCISE

### BEFORE



**16-32 oz**

on the way to work  
or exercise



### DURING



**8-10 oz**

of cool water every  
15 min



**8-10 oz**

of sports drink if  
longer than 90 min

### AFTER



**<60 min**

if fire activity lasted less  
than 60 min, drink water



**>60 min**

if fire activity lasted MORE than  
60 min, drink sports drink



**16 oz every 15-20 min**

If no water was consumed during operations, aggressively re-  
hydrate with 16 oz (2 cups) of fluid every 15-20 min



# TOP PICKS

PREVENT DEHYDRATION - DRINK BEFORE YOU'RE THIRSTY



## WATER

8 oz (1 cup), 10-12 times/day

### TIP

Infuse with fruit slices or add zero-calorie sweetener for flavor



## SPORTS DRINK

16-32 oz (2-4 cups) per hour after 60 minutes of activity  
Aim for 30-60g carbs

### GOALS

- 1) Replace fluid lost in sweat
- 2) Replace electrolytes (sodium/potassium)
- 3) Provide/replace carbs for energy



## CHOCOLATE MILK

12 oz (1.5 cup) of fat-free or 1% chocolate milk or milk substitute post-activity

### GOALS

- 1) Replace fluid/electrolytes lost in sweat
- 2) Replace carbohydrate used for energy
- 3) Provides protein to support muscle growth and repair

## BEVERAGE OPTIONS FOR A LOW ACTIVITY, OFF DAY

Water  
Skim Milk  
4 to 8oz 100% Fruit Juice  
Unsweetened Iced Tea

Unsweetened Coconut Water  
Green or Black Tea  
Black Coffee (8-16 oz max)  
Low Sugar Hot Cocoa

## WHAT TO LOOK FOR IN A SPORTS DRINK

PER 8 OZ SERVING  
50-80 calories  
14-17 g carbohydrate (6-8%)  
120-240 mg sodium  
75-150 mg potassium

EXAMPLES  
Gatorade  
Powerade  
Cytomax

**Save sports drinks for during or after activity.  
Drink water on non-active, off days.**



## 100% FRUIT JUICE

4 oz (1/2 cup)

### TIP

Be sure to measure out as the serving size is small.  
Dilute with 4 oz water if desired.

### FAST FACT

Orange juice is a great post workout electrolyte replacement, providing 510 mg potassium per serving.

## LIMIT - CAFFEINE & ALCOHOL

### CAFFEINE

Serving: 95-190 mg caffeine per day or 8-16 oz black coffee.  
Caffeine will not cause dehydration, but high doses (>400mg) may increase body temperature and heart rate, which is a concern during fire suppression.

## AVOID - ENERGY DRINKS

### ENERGY DRINKS

Contents: mega dose of caffeine (eq. 4-5 cups coffee), sugar, guarana, ginseng, and other additives (ex. Red Bull, Monster).  
The 2015 NFPA 1584 rehab standard strongly discourages consumption of energy drinks by firefighters at any time.  
Why? Energy drinks significantly raise the risk of dehydration, cardiac stress, and even death in firefighters.

### ALCOHOL

Serving: 12 oz beer, 5 oz wine, 1.5 oz liquor  
1 serving per day women, 2 servings per day men off duty. If you have questions or concerns about your alcohol use, call Lori Rieckelmann, MCFRS Staff Therapist at 240-777-2212

### SODAS

Contents: excess sugar and carbonation  
Sugary sodas contain too much sugar, which is not absorbed well during activity. Soda is not recommended, albeit in small serving sizes (<8oz), at any time.

