



HYDRATION

FOR HIGH HEAT DAYS & STRUCTURE FIRES

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REHYDRATION PROTOCOL

Rehydration protocol developed by Fernando Montes with LAFD

ORS (oral rehydration solutions) like Liquid IV, Drip Drop, or Pedialyte Sport.



Pre-Hyponatremia

Clear urine - possible overhydration. Salty snack with no or limited fluids



Well Hydrated

No protocol needed
1 ORS packet might be beneficial (16 oz total)



Minimal Dehydration

1 ORS packet prior to training (16 oz total)



Significant Dehydration

1 ORS packet immediately + 1 ORS packet in 30 minutes (32 oz total)



Serious Dehydration

Hold out of training if possible
1 ORS packet immediately + 1 ORS packet in 30 minutes + 1-2 ORS packet after (48 oz total)

IMPORTANCE OF HYDRATION

High-intensity summer incidents and training can lead to dehydration fast. A loss of 2% of body weight from the fluid can lead to impairments in mental and physical performance. Dehydration can also increase body temperature and heart rate, increasing the risk for heat illness.

HOW DO I KNOW IF I'M HYDRATED?

The color of your urine is the easiest way to check your hydration status. The darker your urine, the more dehydrated you are. Use the circles to the left to determine your status.

HOW SHOULD I REHYDRATE?

Water alone is not enough for sweaty, long incidents. Oral Rehydration Solution (ORS) packets have double the electrolytes of sports drinks. ORS packets are more effective at restoring hydration than water or sports drink. LiquidIV, DriipDrop, or Pedialyte Sport are great options to keep on hand.

45-70 calories

500-650 mg sodium

370-380 mg potassium

per 16 oz - may have additional Vitamin C, magnesium, and Zinc

