



Tips from Training

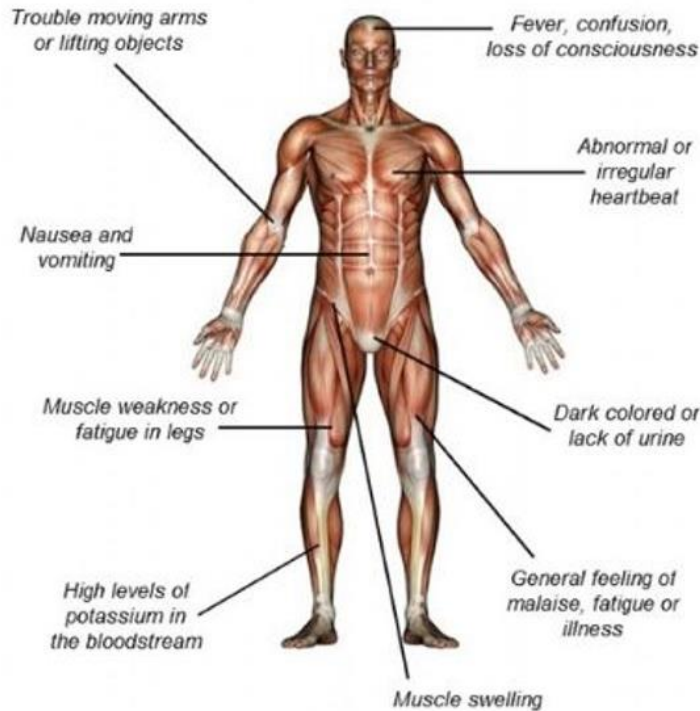


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Rhabdomyolysis



[YouTube Video
Rhabdomyolysis](#)



[CDC Report
Rhabdomyolysis
in Firefighters](#)

Structural firefighting and training often involves exposure to heat and prolonged, intense exertion. These factors increase the risk for a dangerous condition known as rhabdomyolysis (often referred to as rhabdo). Because exertion in challenging environments and situations is such a fundamental part of firefighting, firefighters need to know the signs and symptoms of rhabdo and quickly recognize the potential danger of this condition. Consider the following points regarding rhabdo:

- Rhabdomyolysis is a breakdown of damaged muscle tissue that releases proteins and electrolytes into the bloodstream which can cause heart and kidney damage.
- This condition can occur for many reasons, including engaging in the type of extreme physical exertion **common with firefighting**.

Symptoms include:

- Muscle cramps, aches, or pain that are more severe than expected.
- Exercise intolerance (unable to complete a usual workout routine).
- Abnormally dark (tea- or cola-colored) urine and weakness.

If you experience any of the symptoms listed above: Immediately stop the activity you are performing, cool down, drink fluids and seek medical attention.

Firefighters with no known risk factors can get rhabdo. It can happen following activities you have done in the past without a problem. Even athletes and physically fit firefighters can develop rhabdomyolysis.

Knowing the signs and symptoms of rhabdomyolysis can save your life.

Submit a potential Training Tip via email to: TrainingTips@fdny.nyc.gov