

Dehydration

Dehydration can seriously affect your abilities when attending an incident and, at worst, can cause serious illness or death. Here's how to avoid dehydration, recognise the symptoms and treat it.



EARLY SYMPTOMS

- Thirst
- Dry mouth, lips and tongue
- Feeling faint
- Headache
- Not urinating as often
- Fatigue

SEVERE SYMPTOMS



- Exaggerated early symptoms
- Increased heart rate
- Rapid breathing
- Fast, weak pulse
- Cramping in arms and legs
- Extreme thirst
- Low blood pressure
- Fever
- Feeling faint, confused, irritable or drowsy



NSW RURAL FIRE SERVICE



Prevent heat-related illness

LISTEN TO YOUR THIRST! DEHYDRATION CAN BE FATAL!

PREVENTION

- Drink often, before you get thirsty
- Eat fluid-rich and carbohydrate-rich foods regularly
- Reduce workload according to conditions
- Watch for signs of heat-related illness
- Take time to acclimatise
- Designate a buddy and ask how they feel periodically
- Take time to rest and cool down
- Sit somewhere cool, rest and rehydrate frequently
- Apply IMSAFER principles



LOOK OUT FOR YOUR MATES

- Look out for each other – does your mate look hot and faint, drowsy or fatigued?
- If you're thirsty, there's a good chance your co-worker is too
- Grab a drink of water and one for your mate, too

